

49TH ANNUAL COLORADO STATE EMS CONFERENCE

Mental Health Trauma & Resiliency in EMS: An Evolving Crisis

November 5, 2021

Keystone Conference Center
633 Tennis Club Rd
Dillon, CO 80435

Mental Health Trauma and Resiliency in EMS: An Evolving Crisis is a day of live learning offered as part of the 49th Annual Colorado State EMS Conference.

Overview and Target Audience

A strong link is known to exist between high levels of chronic, critical incident stress and PTSD, depression, and drug or alcohol use. It is not surprising, then, that EMS professionals suffer a published risk of depression more than 6-7 times the national average and a more than doubled incidence of PTSD. Even more frighteningly, those serving in the prehospital field commit suicide at 12-15 times the national average.

While mental health has long been a smoldering catastrophe for EMS professionals, the past year has accelerated the urgency with which the EMS community must address this ongoing mental health crisis within the profession. EMS Medical Directors and agency leaders must gain a better understanding of the impact of this crisis, how to recognize early signs of mental health trauma, and how to help providers in crisis before these frontline care providers become another statistic.



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Mental Health Trauma & Resiliency in EMS: An Evolving Crisis

Learning Objectives

At the conclusion of today's presentations, attendees should be able to:

- Understand the impact of mental health on EMS provider wellbeing and practice capability.
- Recognize mental trauma injuries in EMS/Field providers.
- Develop a best-practice approach to assisting an EMS professional suffering from mental trauma.
- Partner with Statewide EMS leaders to unify and advance the approach to EMS provider mental health.

Continuing Education Credit

Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Education (ACCME) to provide continuing medical education for physicians.

Children's Hospital Colorado designates this live activity for a maximum of 7.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

EMS

Children's Hospital Colorado is a Colorado State EMS Training Group: CO-049

Others

A general certificate of attendance will be available to all other care providers after the completion of the online evaluation.

Learners should only claim credit commensurate of your conference attendance.

Instructions for Obtaining Credit

Registration, evaluation, and crediting for this activity are hosted online in the Children's Hospital Colorado's Continuing Education Platform. To sign into this activity:

- Text **FEMZES** to 720-790-4423 using your mobile device. This activity-specific code is available 30 minutes prior to the designated start time of the conference.

Once you have completed this activity, you will receive an email with a link to complete the course evaluation and receive CE credit.

To obtain your continuing education certificate, you must complete the evaluation by November 19, 2021.

Faculty & Planning Committee Members

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Disclosures

The following financial relationships have been disclosed by faculty. All relevant financial relationships have been mitigated prior to the activity.

- No financial relationships to disclose.

Non-faculty contributors and others involved in the planning, development, and editing/review of the content have no relevant financial relationships to disclose.

Agenda

Friday, November 5, 2021

8:55am	Registration & Opening Remarks
9:00	A Personal Journey Through Mental Trauma <i>Melissa Verseman, C-NPT</i>
9:45	Innovations in Stress Injury Awareness, then Choice <i>Laura McGladrey, PMHNP, FNP, MSN, RN, FAWM</i>
10:30	Panel Discussion: Best Practices for Preparing for and Treating Mental Trauma in Front Line Providers <i>Ann Rush Crampton, PhD, James McLaughlin, BS, NRP, Melody Messmer, BS & Robert Mines, PhD</i>
12:00pm	Lunch Break
1:00	Round Table Discussion
4:00	Evaluation Overview & Adjourn

Criteria for Successful Completion of this CE Activity

Registration, attendance, sign-in and submission of the evaluation, including a written response to questions related to any change in practice that you may make as a result of learning that took place at this activity, are required for successful completion and receipt of the certificate of attendance. Claim only those hours you attended.

Off-Label Use of Products

Faculty are asked to inform the audience when they are discussing the use of a product (medication, device, etc.) other than for which it was approved by the Food and Drug Administration.

Disclosure Policies

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