

Mental Wellness for EMS Personnel: A Regional Program Proposal

Goals

- ▶ Establish mental wellness for EMS personnel as a regional priority.
- ▶ Build on existing work to create a regional mental wellness program proposal.
- ▶ Conduct a survey to better understand needs.

Survey Tool*: Objectives

- ▶ Determine mental wellness status and identify mental wellness needs of EMS providers.
- ▶ Identify occupational stressors, coping strategies, knowledge of and attitudes toward mental wellness programs and resources.
- ▶ Inventory local and regional mental wellness programs, trainings and resources.
- ▶ Perceptions of EMS culture around mental wellness.

Estimated Timeline

- ▶ Mid-September to mid-October: Develop survey.
- ▶ Mid-October to end of December: Conduct survey.
- ▶ January-March 2018: Analyze results and develop proposal.