



Wellness Programs



Crisis Intervention

- Immediate short term help
- Resources
- Stabilization
- Support

- Standards not always followed
- Not all depts use CIT's



Peer support

- Standard training
- Selection process
- Not all agencies have peer support teams
- Standards not always followed



#119483880



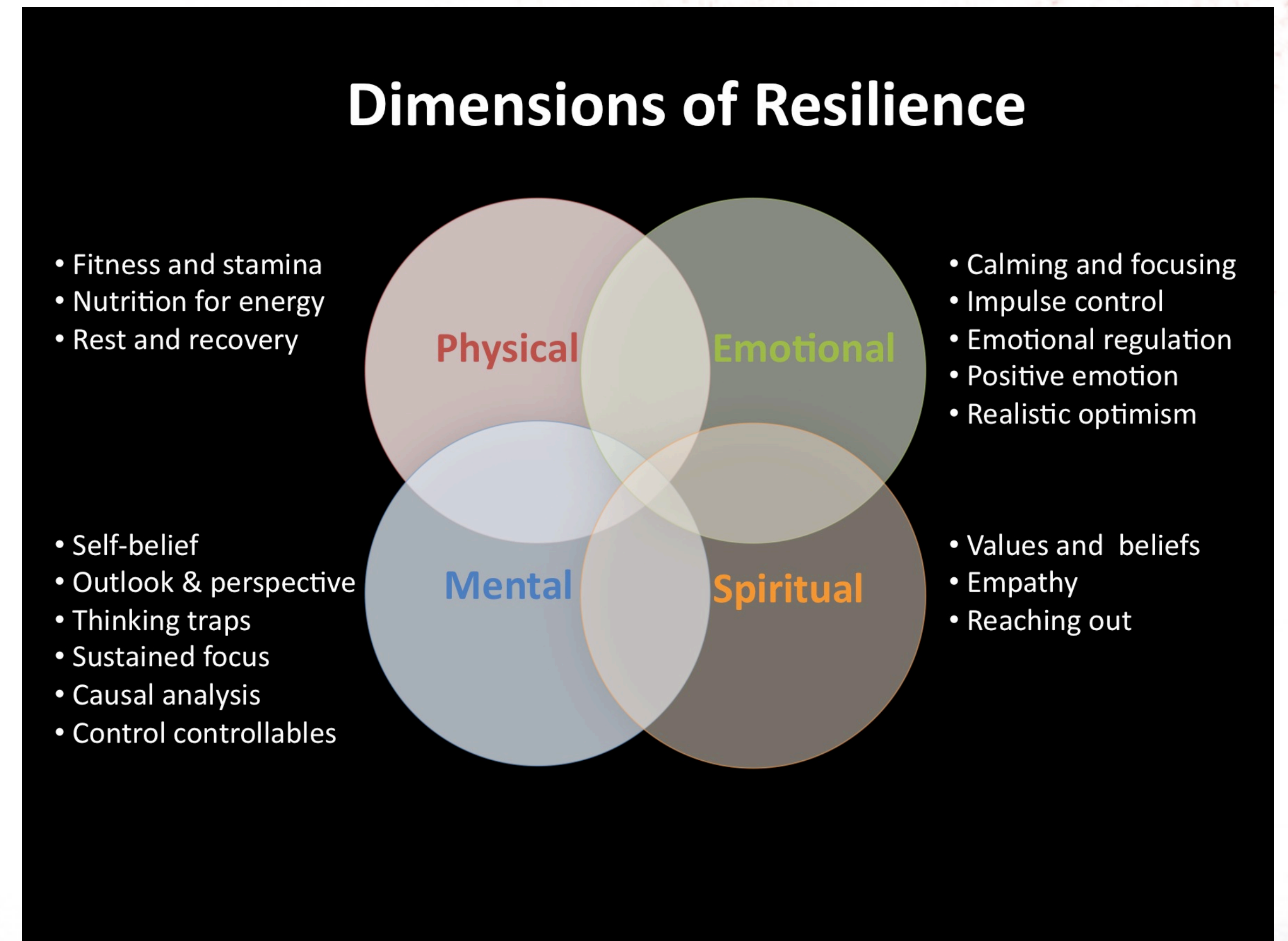
Mental health professionals

- Don't understand EMS
- Not using the right tools for the job
- Have limited education and training on suicide



Resilience training

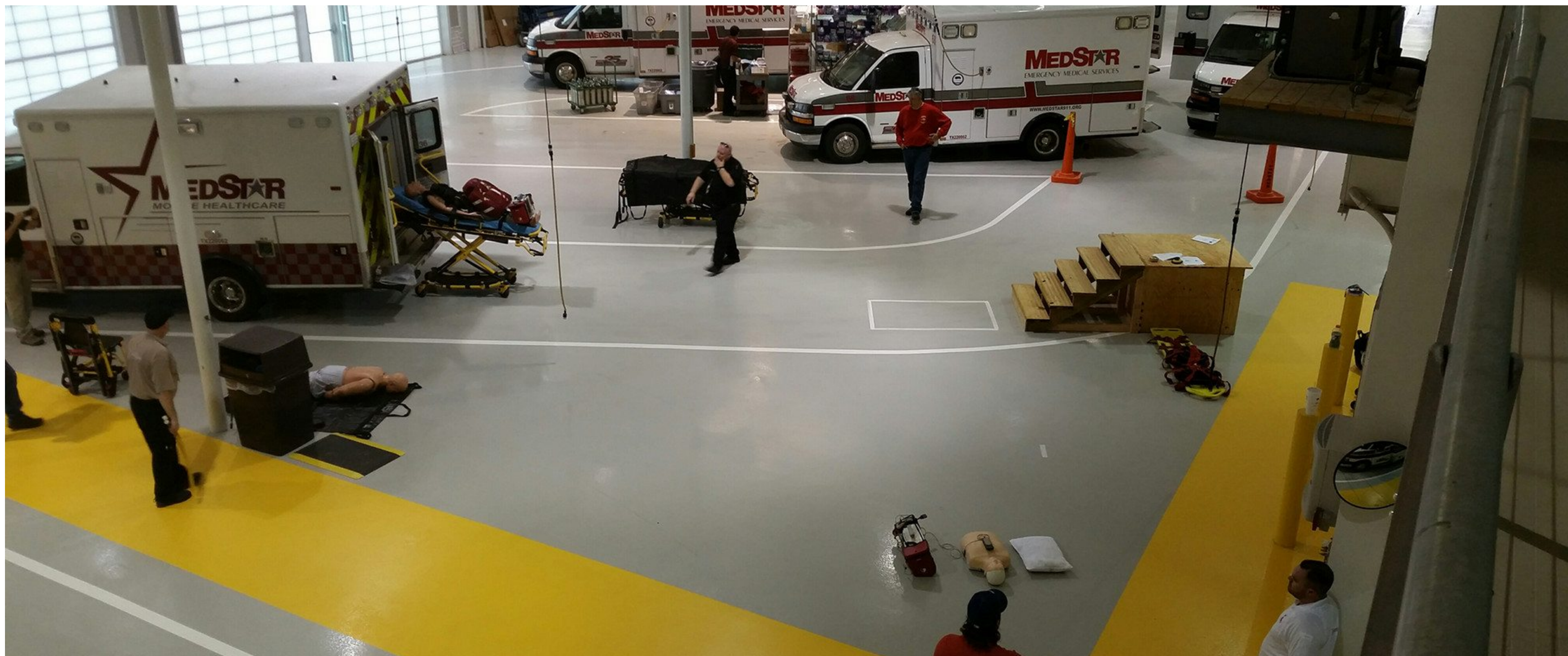
- Few programs out there
- Not widely used



Physical wellness

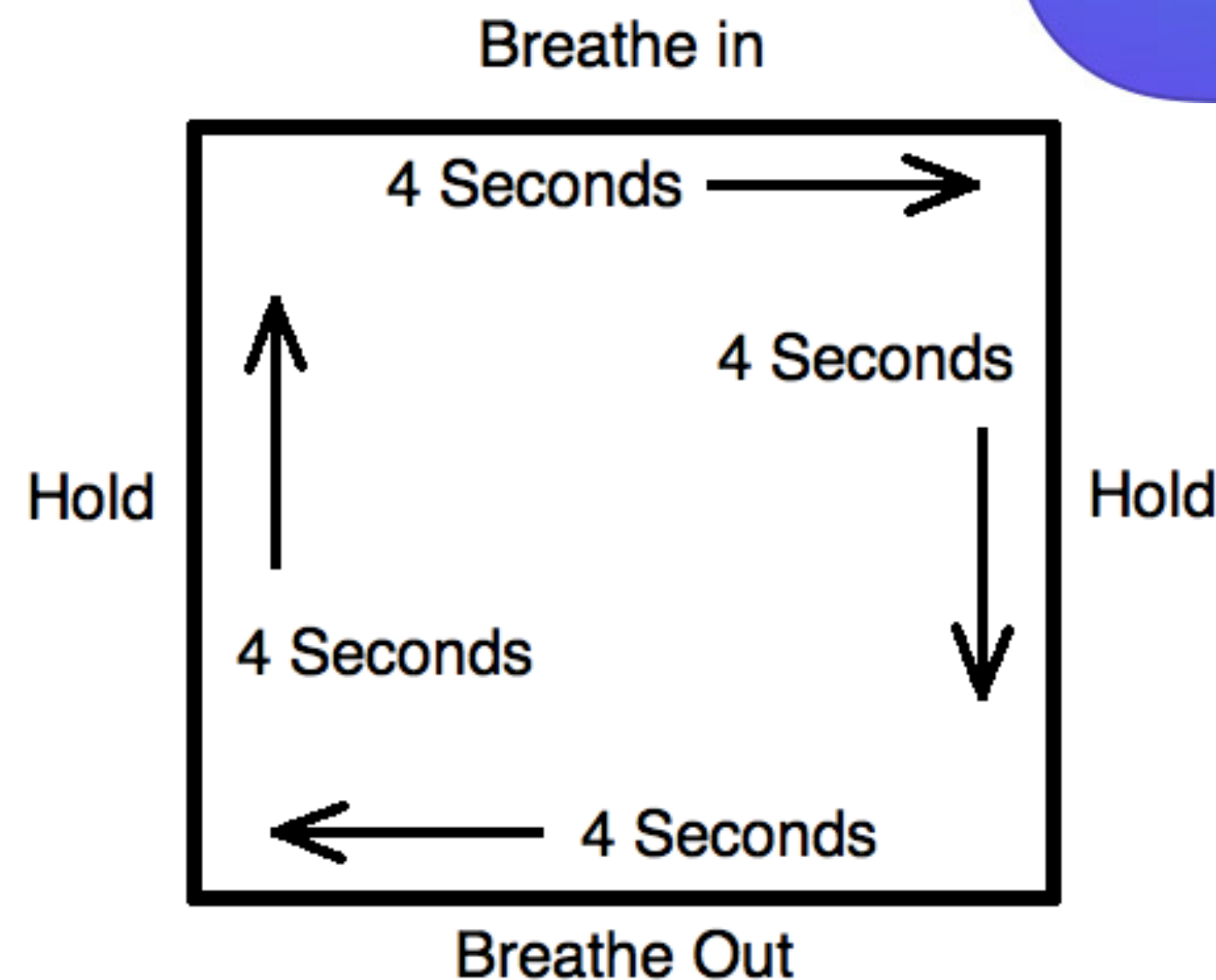
- Not many EMS agencies on board
- Pre-employment fitness testing
- Undervalued?





Stress management techniques

- Mindfulness
- Meditation
- Yoga
- Visualization
- Breathing techniques



SPIRITUAL SUPPORT

- Grief counseling
- Aid, comfort and help providers
- Bound in religious tradition - typically non-denominational
- Both volunteer and paid



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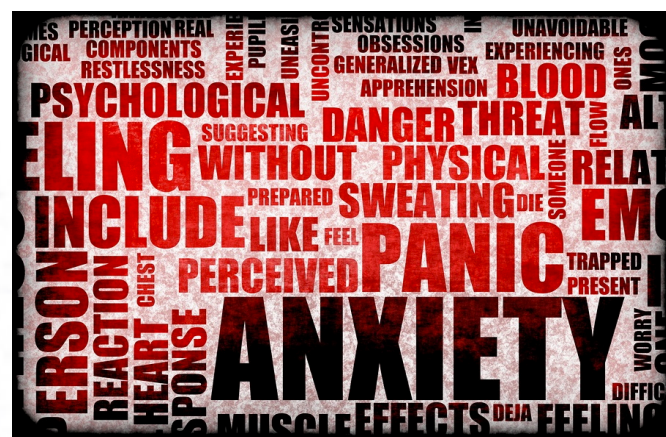
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Picture storage



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