

A vertical graphic on the left side of the slide featuring a stylized American flag. The top portion shows red and white horizontal stripes, while the bottom portion shows a blue field with white stars.

CURRENT STATE OF RESEARCH

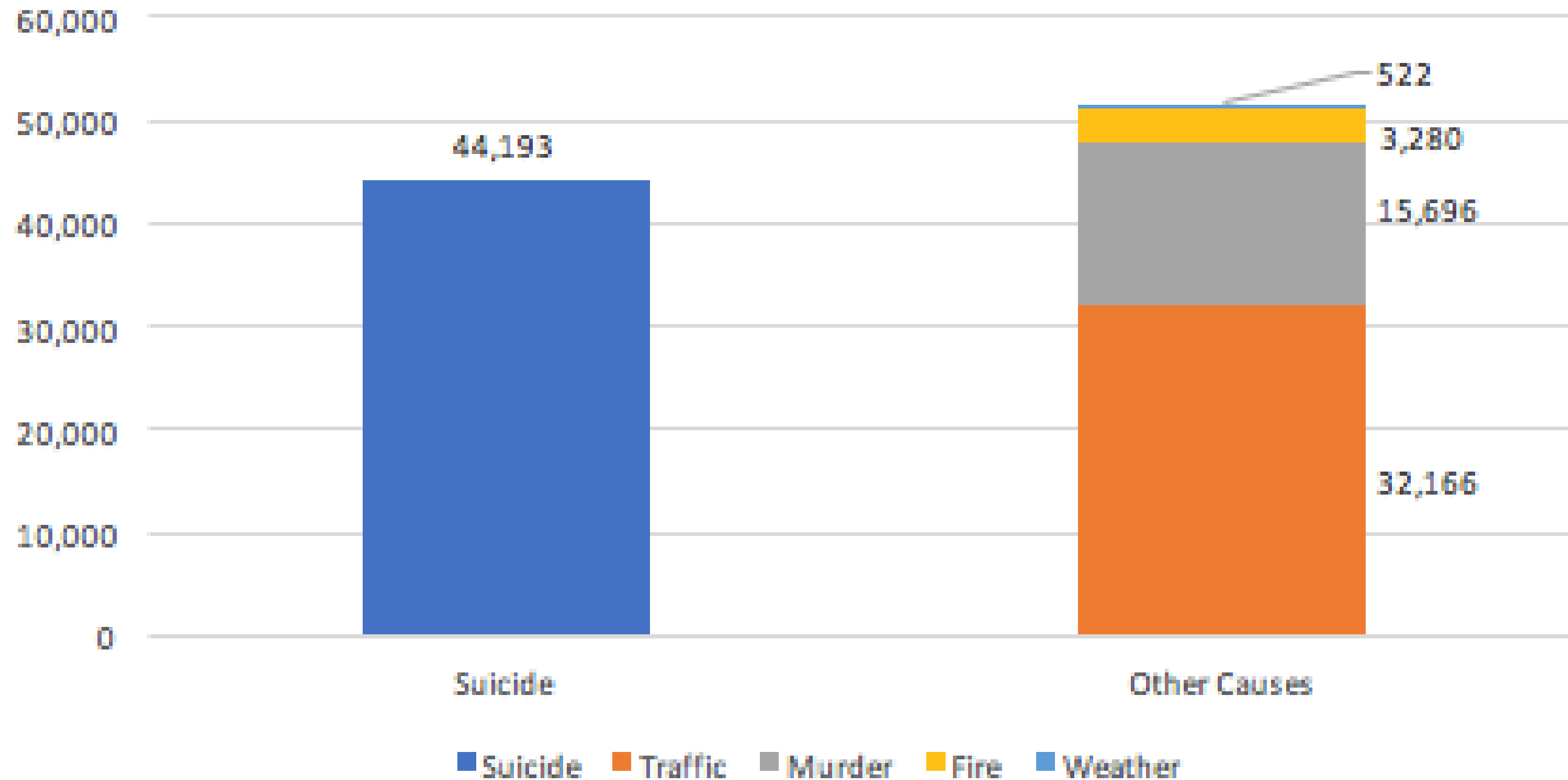
Chris Caulkins, MA, MPH, ABD

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Research Funding

- Agency funded (Time and Resources)
- Private NGO
 - American Foundation for Suicide Prevention
 - National Alliance on Mental Illness
 - Business Foundations
- Governmental
 - National Institute of Mental Health
 - Substance Abuse and Mental Health Services Administration

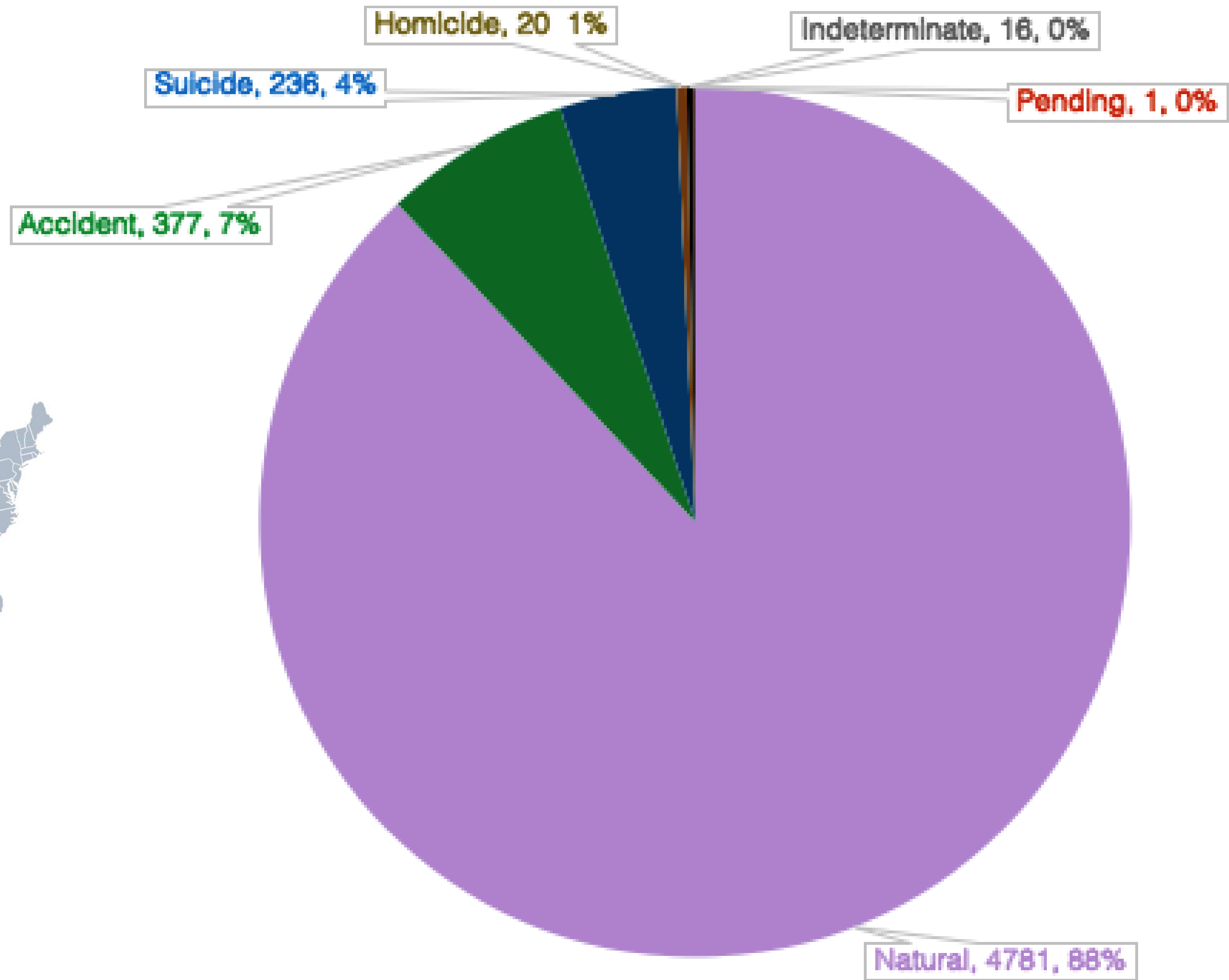
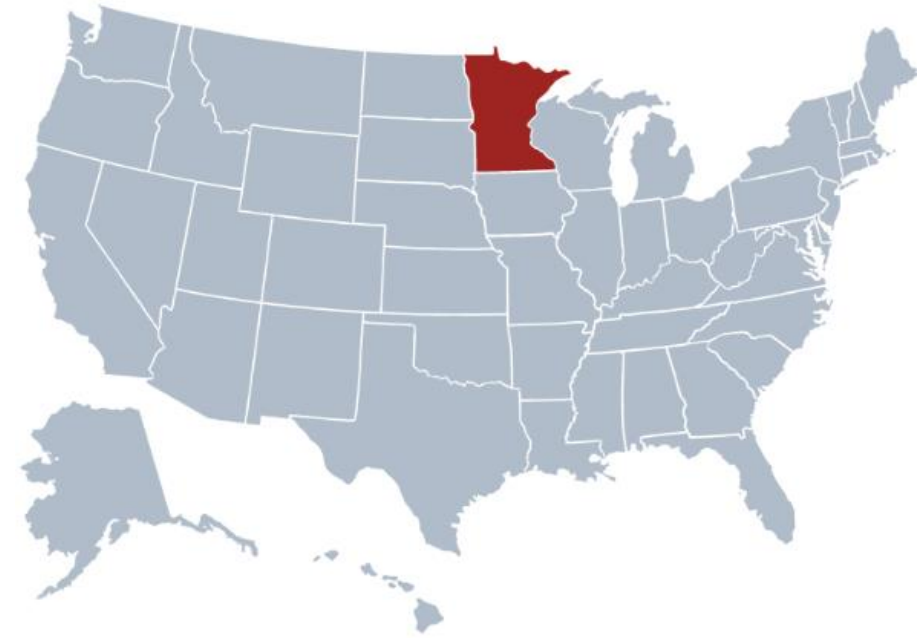
Figure 1. 2015 Comparison of Deaths in the United States



Note. Data obtained from the Centers for Disease Control, 2017; Federal Bureau of Investigation, n.d.; National Fire Protection Association, 2017a; National Highway Traffic Safety Administration, n.d.; and National Oceanic and Atmospheric Administration, 2017.

Research Issues

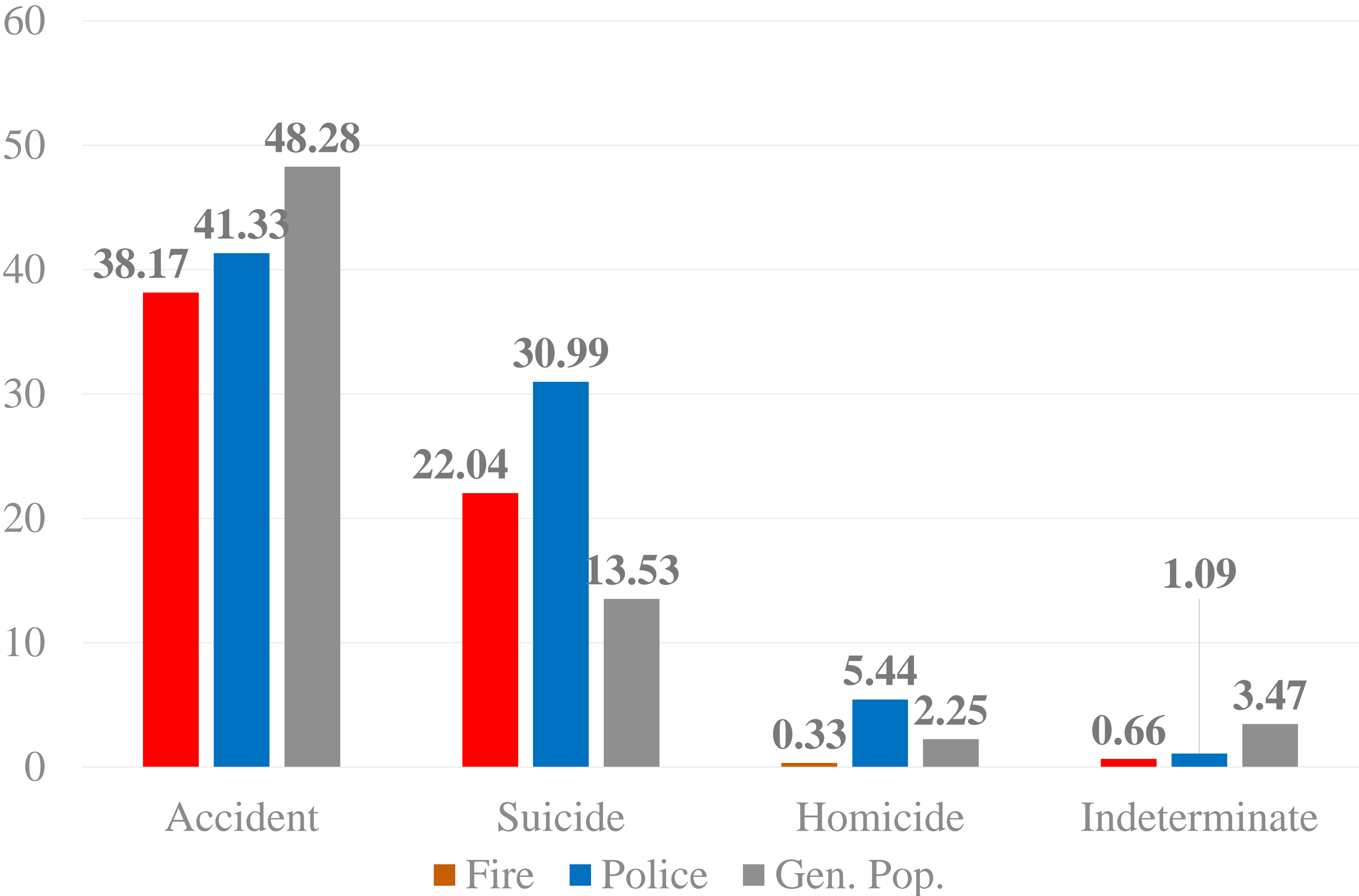
- Concentration on fire and police
- Large urban departments studied
- Lack of understanding of EMS
- Inferential statistics



■ Natural ■ Accident ■ Suicide ■ Homicide ■ Indeterminate ■ Pending



2001-2016 Adult Crude Mortality Rates (MN)



Responder Suicidality

Newland, Barber, Rose, & Young, 2015

- Ideation: 37%
- Personal Attempt: 6.6%



General Population

Ideation
5.6 - 13.5%

Attempts
1.9 – 8.7%

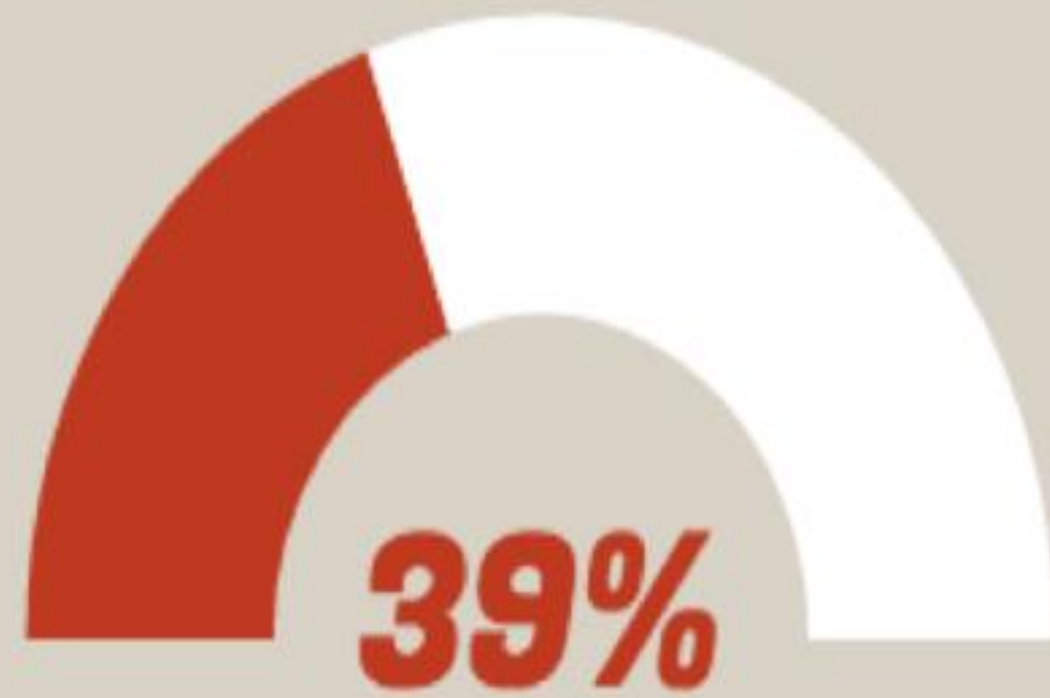
Planning
3.1 - 4%

Caulkins & Wolman, 2018

- Ideation: 27.8%
- Planning: 12%
- Access to Means: 10.3%
- Personal Attempt: 4.5%
- Peer Attempt: 37.5%
- Peer Suicide: 34.4%



First Responders Face Mental Health Stigma at Work



Say There are Negative Repercussions for Seeking Mental Health Help at Work

Of those...

- **55%** say their supervisor will treat them differently if they bring up mental health concerns at work
- **45%** say their co-workers will perceive them as "weak" if they bring up mental health concerns at work
- **34%** say bringing up mental health concerns at work will cause them to be looked over for promotions

(University of Phoenix, 2017)

*Bi-Annual Time Requirements to Cover the Five Psychiatric and Behavioral Health Emergencies
Topical Areas and the Verbal De-Escalation/Soft Restraint Skill*

Credential Level	Time Allotted (Minutes)	Average Time (Minutes)
EMR	15	2.5
EMT	30	5
AEMT	60	10
Paramedic	60	10

Note. Data adapted from information obtained from the NREMT (2016a, 2016b, 2016c, 2016d).

Why our work matters...



Jason Woodbury
May 12, 1976 – January 8, 2016



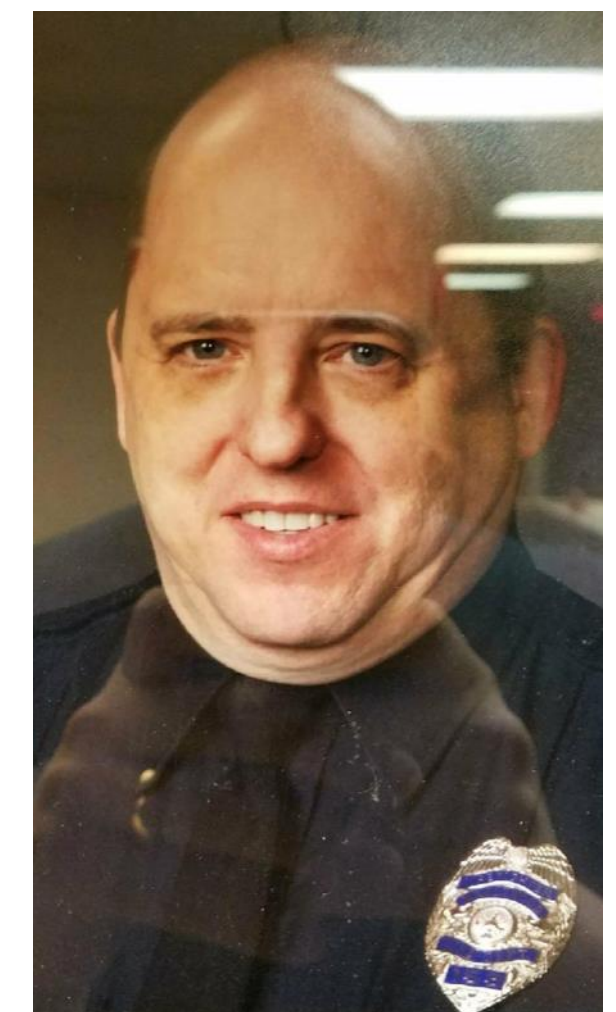
Michael Somes
February 14, 1949 – September 5, 2008



James Arter, Jr.
January 23, 1988 – December 26, 2017



Sean Shevik
February 28, 1964 – December 26, 2013



Kurt Parsons
May 3, 1956 – November 8, 2007

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Newland, C. Barber, E., Rose, M., & Young, A. (2015). Survey reveals alarming rates of EMS provider stress & thoughts of suicide. *Journal of Emergency Medical Services*, 40(10), 30-34.