



DEVELOPMENTS IN EMPLOYEE MENTAL HEALTH

USA

THE LAST 12 MONTHS

State of Mental Health in the US
FRAGMENTED!

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Executive Director NEMSMA
Chief Operating Officer Cascade Medical Center








NO ONE FIGHTS ALONE



CORRECTIONS 

DISPATCH 

EMS 

NURSE 

FIREFIGHTER 

POLICE 

MILITARY 



Fragmented Systems







SAFE CALL NOW®
"Saving the lives of those who protect us"

ARMOR UP
 PTSD & Trauma Informed Care, Prevention, Training and Education

TANIA GLENN AND ASSOCIATES, PA

"Pain is inevitable, suffering is optional."

HEALING*OUR*HEROES

TASK*FORCE CO
911FOR911.US

RESPONDERSTRONG™

YOGA
FOR FIRST RESPONDERS

EMERGENCY RESPONDER
TRAUMA COUNSELORS
 FIRE • LAW ENFORCEMENT • EMS

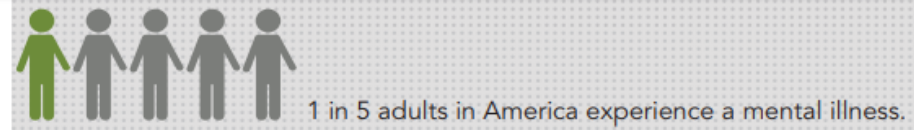


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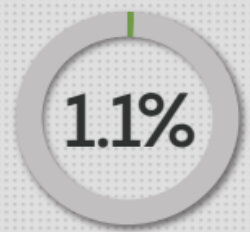


Mental Health Facts IN AMERICA

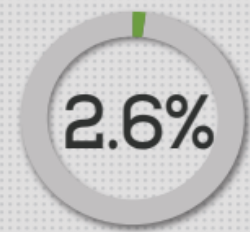
Fact: 43.8 million adults experience mental illness in a given year.



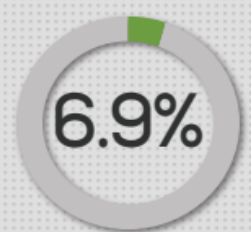
Prevalence of Mental Illness by Diagnosis



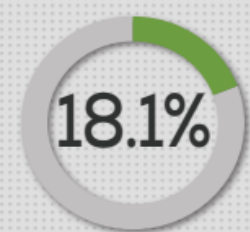
1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹



Consequences



10.2m

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹



26%

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.¹



24%

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.³



90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³



Suicides on the Increase

Ada County Paramedics Cope with Internal Tragedy After Two Commit Suicide

Sorrow spurs new emphasis on mental health
By Jessica Murri



Missing Virginia Firefighter's Death Ruled a Suicide

Mon, Apr 25, 2016 | JEFF GOLDBERG, ABC7
Fairfax County firefighter/paramedic Nicole Mittendorff's body was found in a rugged area of Shenandoah National Park



Family says EMS job stress contributed to suicide



PARAMEDIC'S DEATH HIGHLIGHTS STRESS OF JOB
REWARD FOR TREE VANDALS | PREPS STATE WRESTLING | MASSIVE POWER OUTAGES

Douglas Casson

Obituary Condolences

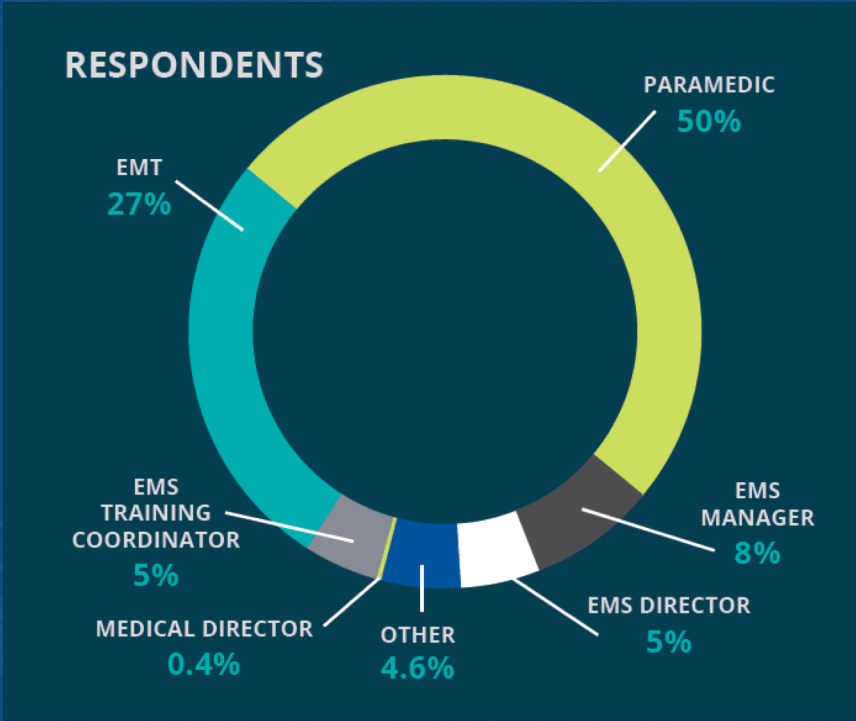


Douglas James Casson
Great Falls — Douglas James Casson, 46, of Great Falls, passed away on Wednesday, August 6, 2014 at his residence. Visitation is Tuesday, August 12, from 6-8pm in the Rose Room Chapel at Croxford Funeral Home. The Funeral Service is also at Croxford's, Wednesday, August 13, at 3pm with burial and military honors to follow at Highland Cemetery.



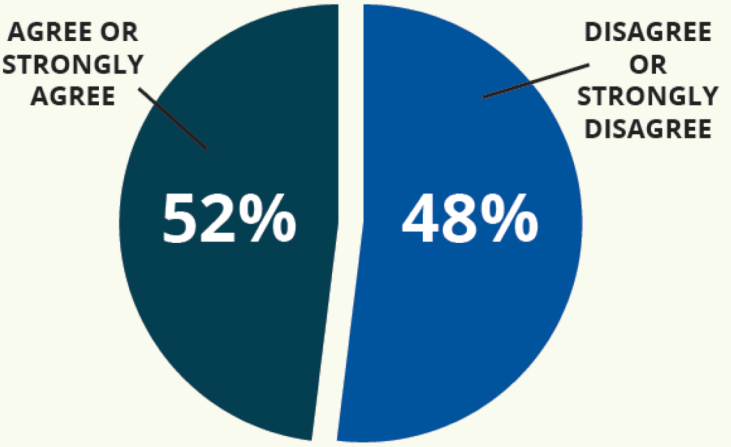
2016 NATIONAL SURVEY ON EMS MENTAL HEALTH SERVICES

By the National Association of Emergency
Medical Technicians (NAEMT)





SURVEY RESPONDENTS WERE ASKED TO RATE THE STATEMENT: "I FEEL COMFORTABLE TALKING ABOUT MENTAL HEALTH ISSUES WITH MY COLLEAGUES."



DOES YOUR EMS AGENCY MEASURE THE EFFECTIVENESS OF MENTAL HEALTH SERVICES?



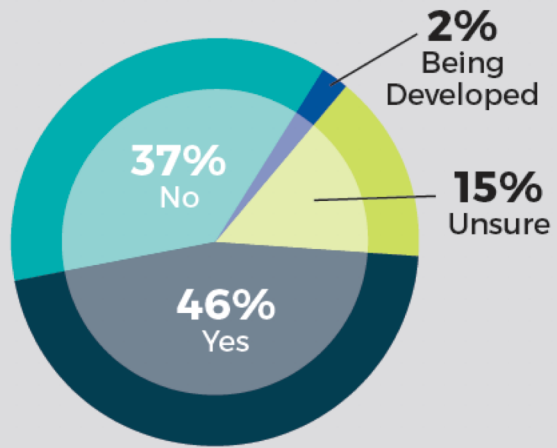


NAEMT

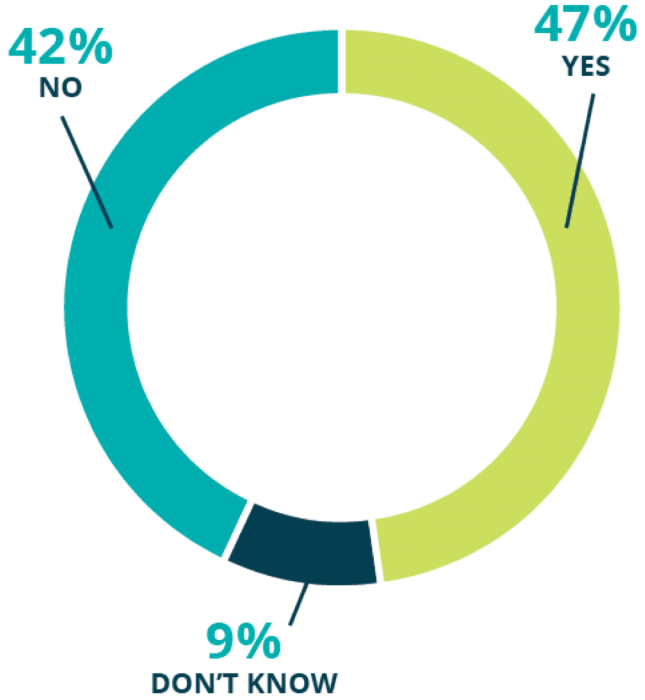
Serving our nation's EMS practitioners



DOES YOUR EMS AGENCY PROVIDE MENTAL HEALTH SERVICES?



DOES YOUR EMS AGENCY OFFER HEALTH AND WELLNESS SERVICES?





59% of survey respondents agreed or strongly agreed that they know where to go for help within their agency if they need it, **while 41% disagreed or strongly disagreed.**

TYPES OF MENTAL HEALTH SERVICES PROVIDED

By a wide margin, the most common type of mental health service provided by EMS agencies are employee assistance programs (EAP).

- 86% of those whose EMS agency provides mental health services report having an EAP.
- EAP was followed by critical incident stress counseling (59%) as the most common form of mental health service provided.





2,200 U.S. EMTs, Paramedics, EMS Managers, and Medical Directors

2016 NAEMT Mental Health Report:

55%

Agreed or strongly agreed with “My agency considers mental health important”

59%

Agreed or strongly agreed with “They know where to go for help within their agency if they need it”

47%

Respondents said agency offers any health or wellness services



First Responder Survey

2,000 U.S. adults employed as firefighters, police officers, EMT/paramedics and nurses

Experienced a traumatic event on the job **84%**

69% Say mental health services are seldom or never utilized

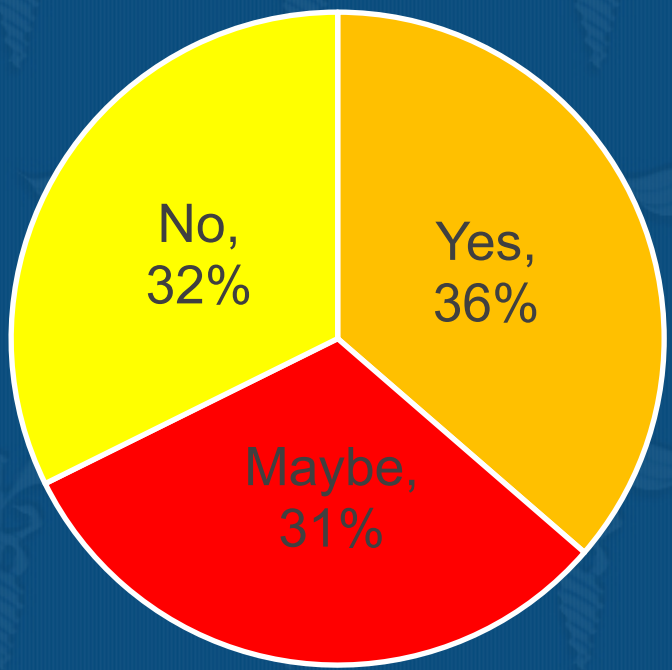
Mental health disorder diagnosis **34%**

39% Say there are negative repercussions at work for seeking mental health help

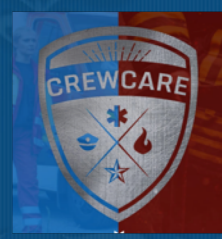
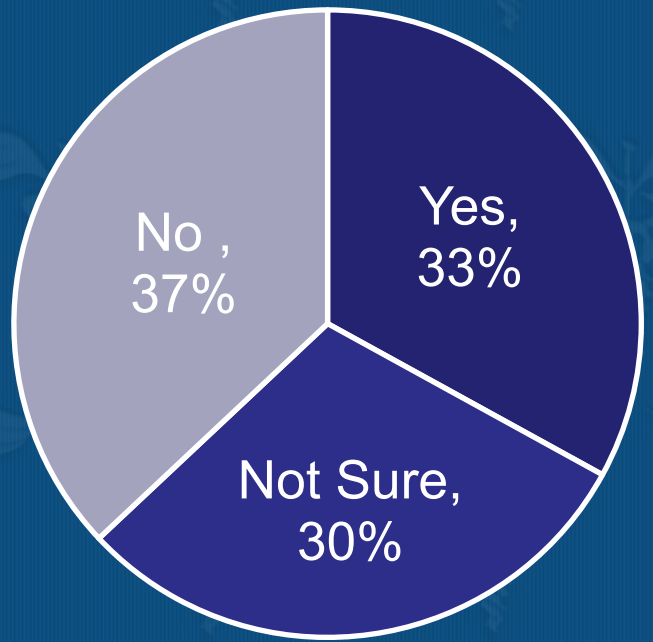
• University of Phoenix. [Majority of First Responders Face Mental Health Challenges in the Workplace](#). April 18, 2017. Gallop survey of 2,00 U.S. adults firefighter, police officers, EMT/paramedics and nurses. By Harris Poll in February 2017.



Do you think you have had or have PTSD?

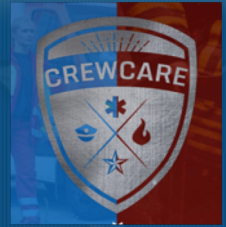


Do you feel there would be a negative impact if you ask for help with mental health issues?





Career



What are the most mentally difficult calls?

Pediatric
(deaths, trauma, abuse)

Suicides/self-harm

Member of public safety injured/Death

What do you enjoy LEAST about your job?

Supervisors or Management

Coworkers

Frequent flyers / unappreciative patients

What do you enjoy MOST about your job?

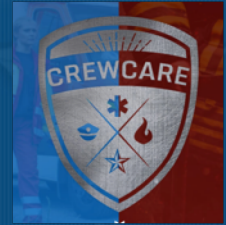
Helping people

Variety of the work

Interaction with people and patients



Coping with Stress



32% Eat

29% Exercise

24% Drink
alcoholic
beverages

15% Smoke
tobacco

(+10% Higher than American Population¹)



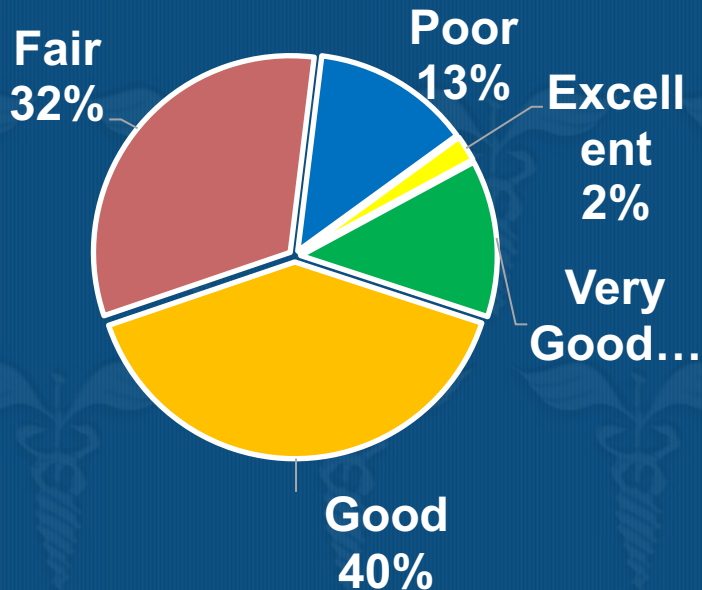
Sleep



Reported a sleep disorder (diagnosed)
Insomnia, Night Terrors, Sleep Walking, Sleep Apnea, Other

29%

Sleep Quality



Getting 7+ hours of sleep

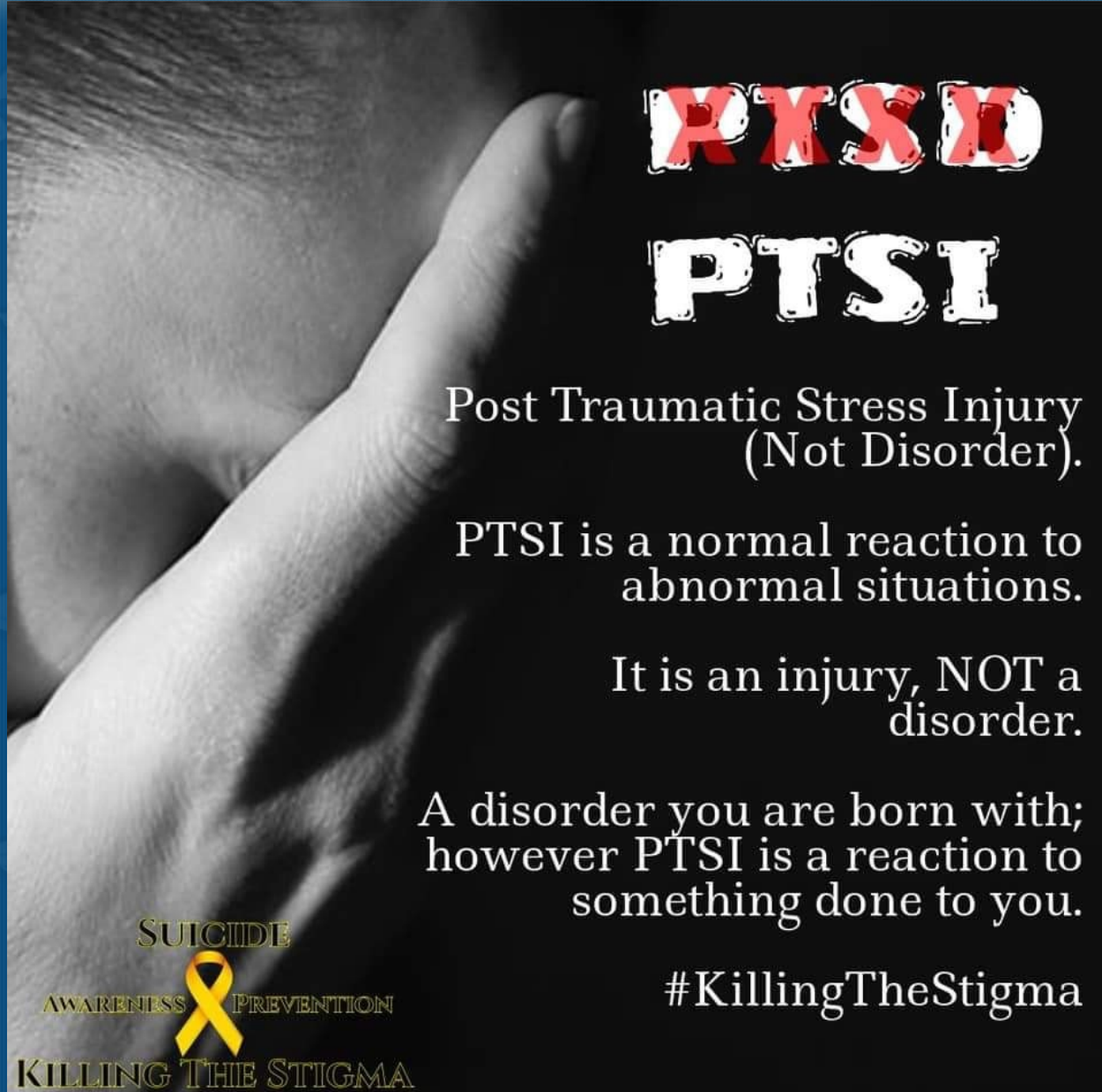
20%

Difficulty sleeping most of the time

26%

Wake up feeling exhausted 4-7 days per week

29%



PTSD PTSI

Post Traumatic Stress Injury
(Not Disorder).

PTSI is a normal reaction to
abnormal situations.

It is an injury, NOT a
disorder.

A disorder you are born with;
however PTSI is a reaction to
something done to you.

#KillingTheStigma

SUICIDE



KILLING THE STIGMA



Current Efforts

Peer Support Programs

Integrated Wellness Programs

Partnerships with Academia

Post Traumatic Growth Education

NEMSMA -Standards Program

Culture Shift





Change





www.emsgrit.org

Growing Resilience in EMS Toolkit



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EMS GRIT

Growing Resilience in EMS Toolkit

EMS GRIT, which stands for Growing Resilience in EMS Toolkit, is a project led by the National EMS Management Association (NEMSMA), which offers EMS leaders vetted resources to help support provider mental health and well-being.



Questions?



NATIONAL
EMS
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ASSOCIATION

Thank you for caring!
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