

#### A monthly update for members of the Emergency Medical Services Association of Colorado.

#### December 2023-Our 50th year!

EMSAC group (agency) members, please forward this to your staff. If you have news for the EMSAC monthly update, send it to <u>communications@emsac.org</u>.

Facebook LinkedIn EMS Job Board Join EMSAC

This is your association, and we want to hear from you. You can find your region representative and the officers <u>here</u>. If you do not know who to call or have a general question, contact the staff at <u>303-317-6511</u> or email <u>emsac@emsac.org</u>.

# THIS MONTH'S USEFUL MUSING

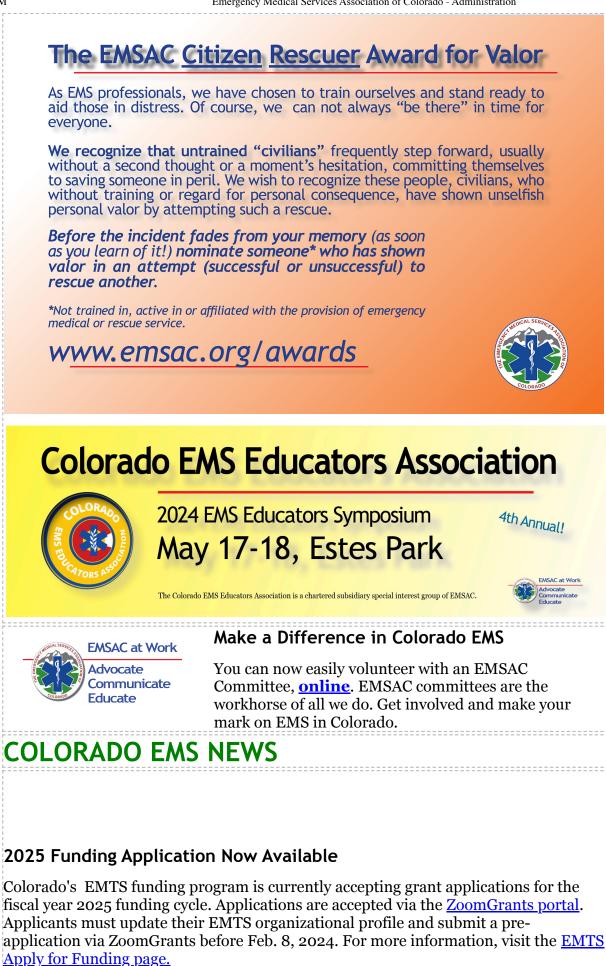
Public policy is best developed thoughtfully over time, not announced in a sound bite one day and proclaimed by bumper sticker the next. — Howard Paul

# EMSAC NEWS

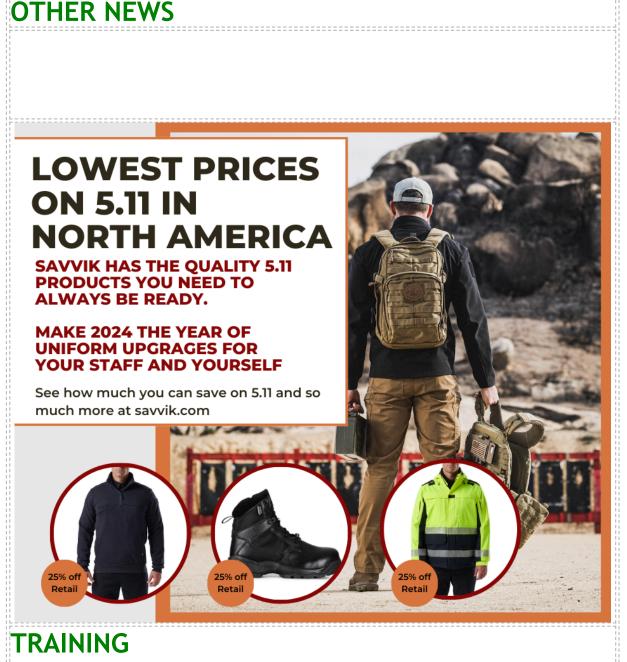




Plan to join your EMS colleagues February 20, 2024 to inform and educate our senators and representatives about Emergency Medical Serices—and what we need from them to effectively care for our patients.



Emergency Medical Services Association of Colorado - Administration



#### National EMS Safety Summit sponsored by the Mile-High RETAC Foundation

The Mile-High RETAC's 11<sup>th</sup> Financial Symposium will be held on April 2, 2024, at the Embassy Suites Downtown Denver followed by the 16<sup>th</sup> Annual National EMS Safety Summit on April 3-5, 2024, at the same location.

As always, the nationally recognized speakers will present up to date information for all attendees. For more information as the agendas get finalized, visit <u>www.milehighretac.org</u>









If you are involved in a roadway incident where you, a fellow responder, or any emergency equipment was struck or nearly struck by an oncoming vehicle, you can now easily report the incident to the national database, <u>**ReportStruckBy.com**</u>.

#### Public Safety Officers' Benefit - PSOB



Every emergency service agency should be familiar with the Public Safety Officers' Benefit from the U.S. Department of Justice. The PSOB offers survivor benefits and educational benefits to families of emergency service professionals killed in the line of duty. The PSOB also offers disability benefits to those disabled in their E.S. work. Read more <u>here</u>.

# MENTAL HEALTH RESOURCES FOR EMERGENCY RESPONDERS

#### Path4EMS: Colorado's EMS Peer Assistance Program

Any currently certified Colorado EMS provider now has a new avenue of access and support for issues related to stress management, mental health and wellness. These services are confidential, free of charge, and available statewide. Information about the program can be found **here. For immediate assistance, please call 1-800-873-7138**. Make the Call to Make Things Better.

Firefighters and EMS personnel face many unique challenges that can have a significant impact on their behavioral health. To ensure these individuals and their families have access to the help they need, the NVFC teamed up with American Addiction Centers (AAC) to create a free, confidential helpline available 24 hours a day, 7 days a week.

**Fire/EMS Helpline: 1-888-731-FIRE (3473)The Code Green Campaign** <u>**Code Green**</u> is a first responder-oriented mental health advocacy and education organization. It is not a crisis helpline; its mission is to bring awareness to the high rates of mental health problems in first responders and reduce them, eliminate the stigma that prevents people from admitting problems are present and asking for help and educate first responders on self and peer care and to advocate systemic change in how mental health problems are addressed by first responder agencies.

### Foundation 1023

**Foundation 1023** is committed to supporting the emotional and mental wellness of first responders and their support network who are experiencing illness, loss or stressful life events by providing confidential funding for emotional and mental wellness services, as well as access to peer-supported outdoor activities and events designed for personal wellness and connection. Foundation 1023 offers referral services and financial support to pre-approved Professional Counselors who are experienced in the first response industry.

## Safe Call Now - (206) 459-3020

**Safe Call Now** is an emergency services-based emergency CONFIDENTIAL, comprehensive, 24-hour crisis referral service for all emergency services personnel and

their family members nationwide. Speak confidentially with officers, public safety professionals and/or mental health care providers who are familiar with your line of work. MAKE A SAFE CALL NOW: (206) 459-3020. Download a brochure for your colleagues and staff.

#### Colorado Crisis and Support Line 1-844-493-TALK (8255)

Get connected 24/7/365 with experienced professionals, counselors and peer specialists. <u>Colorado Crisis Services</u> has **12 walk-in crisis service centers**: Fort Collins, Greeley, Grand Junction, Pueblo, and Colorado Springs; and in metro Denver: Westminster, Lakewood, Littleton, Aurora (2), Boulder and Denver. <u>Download</u> an information card. For your agency offices and quarters download a rack card.



Emergency Medical Services Association of Colorado - Administration

#### www.emsac.org emsac@emsac.org

#### (303) 317-6511 or (800) 889-5690, Fax (303) 200-7099

© 2023, Emergency Medical Services Association of Colorado