

24, 1:49 PM	Emergency Medical Services Association of Colorado - Administration
	EMSAC's previously published position on vaccination priority is <u>here</u> .
FAMILY MEDICINE	<b>Cloth Masks Provide Inferior Protection vs Medical Masks,</b> <b>Suggests Evidence Review</b> Cloth masks should not be considered equivalent to medical masks for the prevention of COVID-19 in clinical settings, according to an evidence <u>review</u> published Jan. 11 in Annals of Family Medicine.
OTHER NEWS	
EMS Field Training and Evaluation Program	<b>Field Training and Evaluation Program</b> The Crested Butte Fire Protection District, Roaring Fork Fire Rescue and Aspen Ambulance will are co-hosting an open EMS-FTEP — the Field Training and Evaluation Program — was developed by the National EMS Management Association and is based on the law enforcement FTEP program. Details and registration are available <u>here</u> .
For Children Colorado	<b>EMS for Children Survey</b> The 2021 EMS for Children Survey is now live. Representatives at all Colorado EMS agencies have been emailed an invitation to complete the survey. If you are completing the survey on behalf of your agency and have questions or, if you did not receive an invitation to complete the survey but are an EMS agency leader who can complete the survey on behalf of your agency, please contact <u>Stacey Quesada</u> .
Mile-High RETAC	The <u>5th EMS Financial Symposium</u> for March 30, 2021, will be virtual as is the <u>12th National EMS Safety Summit</u> for March 31-April 2, 2021. More information to follow.

# 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 <u>here</u>. 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.

## **Building Warriors**

**Building Warriors** is a specialty group of private practice professional counselors and peer consultants supporting emergency responders and their families. Even the strongest among us can feel lost, unsure, ambivalent, or unhappy at times. We specialize in working with Emergency Responders and their families. We can help manage whatever life may bring, we will attack issues and focus on finding a healthy balance within your mind, body and heart. For more information or to schedule a class for your agency, call (720) 504-6207.

## 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 that are experienced in the first response industry.

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

**Safe Call Now** is an emergency services-based emergency CONFIDENTIAL, comprehensive, 24hour 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</u> <u>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.

## USEFUL RESOURCES









## Banner and button advertising available here to reach key EMS purchasers and agency directors. Contact <u>communications at emsac dot org</u>



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