



First Responder Mental Health Proposal

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Reason for Proposal

In the last year alone, members of the North Sanpete Ambulance Service have been exposed to traumatic events including:

2 pediatric deaths

4 suicides

Even without these very traumatic events, the daily work of first responders has been shown to take a mental toll on first responders. The average time to burn out for EMTs/Paramedics is 7 years.

North Sanpete Ambulance Service is a quality agency with many amazing providers who serve this community with pride and purpose. The goal of this proposal is to further build a community of first responders within our agency who are resilient and healthy in the area of mental health. We believe that a quality peer support group could improve the community we strive for at North Sanpete Ambulance Service.

We also believe this group could be a major asset to the agencies who work within our county. Currently, there are **4 agencies** who are willing to provide **5 members** to become a peer support group member.

Program Proposal

Current status

Currently, North Sanpete Ambulance Service uses CISM (Critical Incident Stress Management) but is working to offer more robust and thorough mental health services for its members and their families. Our goal is to ensure our members have, at their disposal, peer support group services to better ensure a first responder community of health and resilience in the face of traumatic events.



Services to be provided

Mental health support services Include

1. Assessments and availability of mental health services for personnel directly involved in a critical incident within 12 hours of the incident;
 - a. North Sanpete Ambulance Service will provide CISM services after critical incidents. However, North Sanpete Ambulance Service will decrease the timeframe to 12 hours including debriefing with a peer support team.
 - b. Due to the varying time frame of traumatic symptom onset peer support team members will be available to all members of North Sanpete Ambulance Service.
2. Regular and continuing access to mental health programs including:
 - a. Peer support groups
 - b. Peer support individual meetings
3. A Peer Support Team will be made available to all North Sanpete Ambulance Service members.
 - a. A Peer Support Team consisting of members of NSAS and other area agencies be available at all times to assist with Group and Individual mental health support needs.
 - b. Peer support members will be trained and certified in First Responder Peer Support and CISM and will be available to provide those resources to our agency and other local agencies.
 - c. North Sanpete Ambulance Service peer support services teams will maintain confidentiality and privacy laws, rules, and regulations required by the State of Utah and the Federal Government.
4. North Sanpete Ambulance Service would conduct trainings that incorporate mental health resilience, suicide awareness, and stress and trauma management.
 - a. North Sanpete Ambulance Service would provide and mandate training focused on mental health and awareness of mental health issues to bring a focus on the importance of seeking out help and encourage members to use the free resources provided to them.

The above services would be made available to the following individuals:

1. First responders who are currently employed by the agency.
2. First responders who have retired or separated from the agency
3. First responders from other agencies within our local area.

Cost Analysis:

1. Peer Support Team Member
 - a. Initial Training (covered by grant)
 - i. 1-day peer support certification and 1 CISM course offered by First Responders First Utah
 1. \$400 per team member

North Sanpete Ambulance Service



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- b. Continuing Education
 - i. Each member of the peer support group would be required to participate in continuing education. An annual budget would be set at \$1600.00 per year for the cost of continuing education in mental health and peer support only.
- c. External Peer Support Group Members
 - i. Agencies within Sanpete County who wish to assist with this program may provide members of their agency to take the peer support group and CISM training (covered by the grant.) Those members/agencies would be asked to pay for the continuing education of those certified and make those members available to participate in peer support groups.

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