

EMS

Mental Health and Retention

THE PROBLEM



BACKGROUND

- Occupational stress can lead to mental and physical health disorders (Hashmi, 2015; Mountfort & Wilson, 2022)
- EMS providers experience high rates of stress leading to burnout, anxiety, depression, PTSD, substance use and suicide (Alghamdi, 2022)
- Rates of these disorders are higher in EMS personnel than the national average (Petrie et al., 2018; Vigil et al., 2019)

CLOSER TO HOME

- Preliminary analyses of offense data shows DUIs, and domestic violence
- Loss of several firefighters due to suicide within the last year

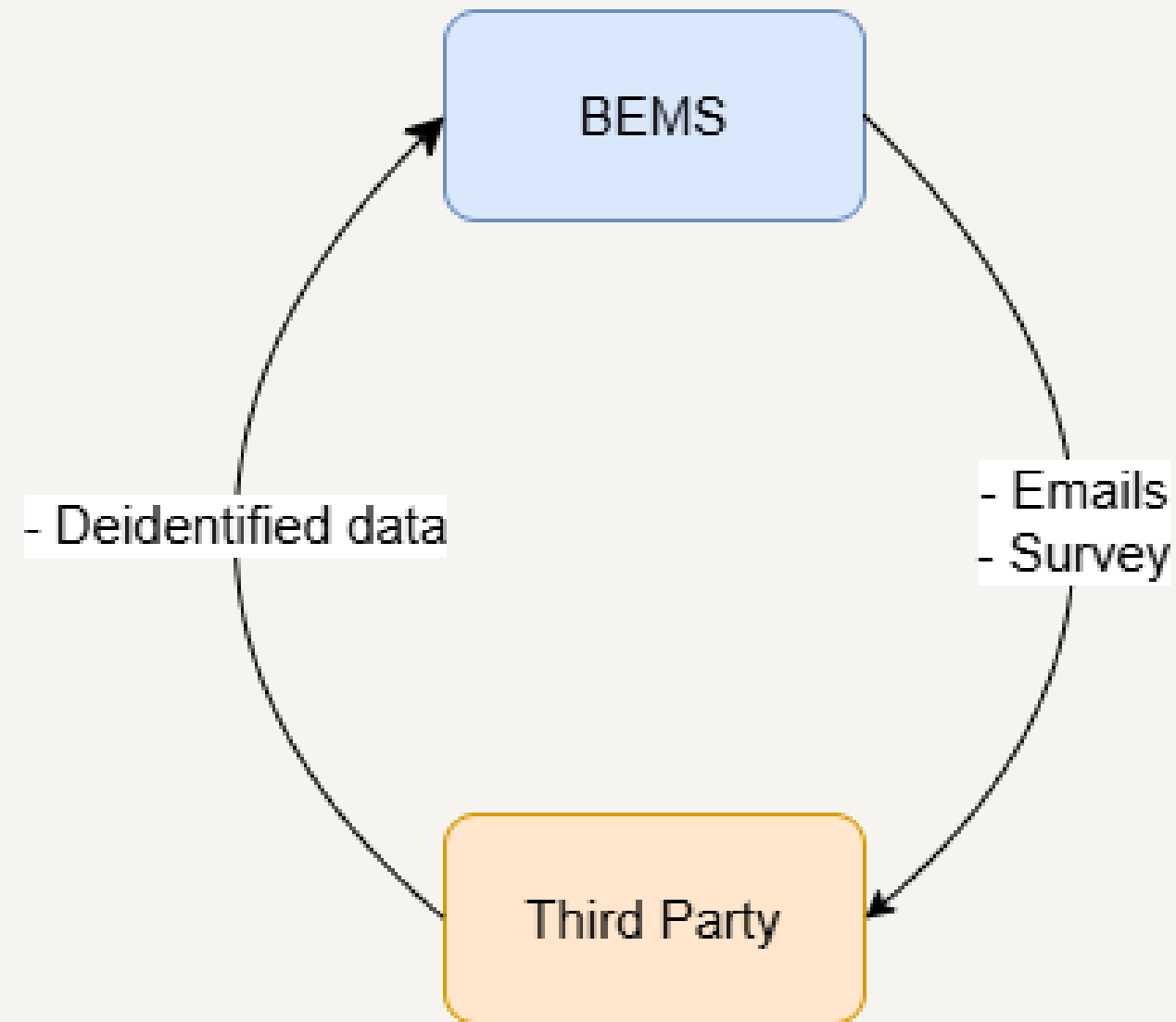
THE PURPOSE



PROVIDE BETTER SUPPORT

- Better understand rates of mental health disorders in Utah EMS providers
 - How do we compare to other states and the nation?
- Who has the highest risk?
- Do EMS personnel know about mental health resources?
 - Is the state providing enough education about resources?
 - Does training prepare personnel for the stressors they experience?
- Are EMS personnel using mental health resources?
 - Do the resources help?
- Why are EMS personnel leaving?
- How can we better support our providers?
- Track this information over time to determine changes/improvements

THE PROPOSAL



GATHER MENTAL HEALTH AND RETENTION DATA

- Use a third party to gather mental health and retention data from EMS providers
 - DPS or DHHS
 - Surveys will be distributed to provider emails by third party
- Survey will be optional and anonymous
- Answers cannot be linked to provider and will have no impact on licensing
- Questions are chosen to ensure anonymity
- Provide resources at the end of the survey
- Survey outline provided
 - Feedback on questions asked
 - Concerns