



NEWS RELEASE

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FOR IMMEDIATE RELEASE

NAEMT, FirstNet®, Built with AT&T, Collaborate on New Mental Health Resilience Officer Course

Clinton, Miss. — The National Association of Emergency Medical Technicians (NAEMT) and FirstNet announce their collaboration to develop a new Mental Health Resilience Officer online course to prepare EMS personnel to serve as Mental Health Resilience Officers in their agencies.

“Due to the difficult environments EMS personnel encounter every day, and the impact of both direct and vicarious trauma, our EMS workforce has long faced a disproportionate challenge in maintaining their mental health resilience,” stated NAEMT President Bruce Evans. The COVID-19 public health emergency has intensified stress levels and traumatic impact for our field practitioners, making it even more challenging to maintain and strengthen their resilience. This new course will give EMS agency leaders a tool to help their workforce build back their mental health resilience. It is one component of several that are needed to support our profession.”

The NAEMT Mental Health Resilience Officer course will prepare EMS personnel to serve as their agency’s Mental Health Resilience Officer. In this role, the Officer will engage with peers to develop an understanding of mental health issues and resilience; identify peers who are experiencing mental health stressors and crises; navigate peers in need to the right services for help; and support the development of a culture of mental health resilience and emotional wellness within the agency.

The course will include:

- The role of a Mental Health Resilience Officer
- The impacts of EMS work on mental health and emotional wellbeing
- Mental health resilience at the individual, interpersonal, and agency level
- Beginner skills in empathetically engaging individuals regarding mental health issues
- Key elements of an effective EMS mental health resilience program
- The evolving nature of mental health resilience
- The importance of a data-driven evolutionary process for an EMS Mental Health Resilience program

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“Every day, our Paramedics and EMTs run toward the very worst days in someone’s life,” said Lynnée Hopson, assistant vice president, Business Marketing, FirstNet Program at AT&T. “They are witnesses, caregivers and solace providers to those in need. This can take a toll, but with programs like the Mental Health Resilience Officer course, we can make a difference. FirstNet is proud to sponsor efforts that support the wellness of public safety.”

“By developing this course in an online format and making it very affordable, NAEMT will ensure that all agencies can easily access this important education and begin to build their resilience program,” stated Evans.”

The NAEMT Mental Health Resilience Officer course will be available through NAEMT’s publishing partner, the Public Safety Group of Jones and Bartlett Learning, by September 1.

About NAEMT

Formed in 1975 and more than 70,000 members strong, the National Association of Emergency Medical Technicians is the only national association representing the professional interests of all emergency and mobile healthcare practitioners, including emergency medical technicians, advanced emergency medical technicians, emergency medical responders, paramedics, advanced practice paramedics, critical care paramedics, flight paramedics, community paramedics, and mobile integrated healthcare practitioners. NAEMT members work in all sectors of EMS, including government agencies, fire departments, hospital-based ambulance services, private companies, industrial and special operations settings, and in the military.

About FirstNet, Built with AT&T

FirstNet® is the only nationwide, high-speed broadband communications platform dedicated to and purpose-built for America’s first responders and the extended public safety community. Shaped by the vision of Congress and the first responder community following the 9/11 terrorist attacks, FirstNet stands above commercial offerings. It is built with AT&T in public-private partnership with the First Responder Network Authority (FirstNet Authority) - an independent agency within the federal government. The FirstNet network is providing first responders with truly dedicated coverage and capacity when they need it, unique benefits like *always-on* priority and preemption, and high-quality Band 14 spectrum. These advanced capabilities help fire, EMS, law enforcement save lives and protect their communities. Learn more at FirstNet.com.

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