

May 5th 2021

To EMS educators:

Thank you for taking the time to address work force health and resilience. You are the entry point into EMS. The skills and habits providers develop in your class will follow them throughout their careers. We owe it to our student to address workforce mental health now to ensure they are prepared for what is ahead.

The Lesson Plan, Outline and PowerPoint attached to this letter are guides to what should be an interactive conversation with your students. You are where you are today from your experiences in the past. Use your experience and your prior education to present this material. If you do not feel prepared to for this discussion, review the behavioral emergency, and work force health sections of your local text books and the DSM-5 Criteria for PTSD. We also highly recommend reading

- "EMS Stress" By Ray Shelton and Jack Kelly
- "First Responder Resilience" By Tania Gleen
- "The Body Keeps The Score" by Bessel van der Kolk
- "Tribe" by Sebastian Junger
- "On Combat" by David Grossman

These are just some examples where you can expand your personal knowledge on how to discuss and develop Workforce resiliency to the stress of our chosen career field.

If you do not feel prepared to present this material, we encourage you to contact The FAST team to request volunteer available to come present for your students. <https://scfast.org/>

Research has shown that being familiar with these conditions and how they develop improves resiliency and provides protective factors for those in the prehospital care field. By presenting these concepts now in the classroom our students are better prepared to face the challenges in the field.

Very sincerely,

South Carolina FAST team.