

# Lesson Outline

## Suicide Prevention for EMS providers

Minutes	Content Outline	Notes and pointers
5	Introduction Disclaimer (this is not all encompassing training when in doubt defer to supervisors and mental health professionals always)	Explain your back ground and the importance of the pretend
5	Review terms <ol style="list-style-type: none"> <li>1. Stressor</li> <li>2. Depression</li> <li>3. Compassion Fatigue</li> <li>4. PTSD</li> </ol>	
15	EMS Risk factors <ol style="list-style-type: none"> <li>1. Common stressors</li> <li>2. Un healthy habits</li> <li>3. Common pitfalls</li> <li>4. Healthy ways to Combat these</li> </ol>	
15	Depression <ol style="list-style-type: none"> <li>1. Signs and symptoms</li> <li>2. Warning signs of self-harm</li> <li>3. When to act</li> <li>4. How to act (direct conversation vs. call for help)</li> <li>5. How to approach the subject the importance of showing interest in your friend's wellbeing.</li> </ol>	Emphasis the tendency of not getting involved and the importance of overcoming that tendency.
15	Compassion Fatigue <ol style="list-style-type: none"> <li>1. What is it</li> <li>2. How does it affect providers</li> <li>3. How to recognize it in yourself and others</li> <li>4. How to treat it</li> </ol>	Stress the importance of using leave time and not working too much OT
5	Questions and Mid-point Break	Emphasis it is the mid-point set expectations
30	PTSD <ol style="list-style-type: none"> <li>1. Acute stress reaction Vs. Acute stress Disorder Vs. PTSD</li> <li>2. Significance of the disorder</li> <li>3. Treatments</li> <li>4. Techniques and tools to build resiliency to developing PTSD</li> </ol>	
5	F.A.S.T. <ol style="list-style-type: none"> <li>1. History</li> <li>2. Explanation of how they can help</li> <li>3. When to contact them</li> <li>4. How to contact them</li> </ol>	
5	Servant Leadership <ol style="list-style-type: none"> <li>1. Our job revolves around helping others in need this should extend to one another</li> </ol>	

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<b>20</b>	<p>Practical Exercise</p> <ol style="list-style-type: none"><li>2. Present a scripted scenario (this may be a book excerpt movie clip or a script played out by the students.</li><li>3. Lead a discussion of what was presented: were there warning signs of self-harm, PTSD, or compassion fatigue?</li><li>4. Ask the student how they would approach or help those presented.</li></ol>	This should be the presentation of a scenario followed by a round table discussion engaging all students
<b>10</b>	<p>Healthy Habits</p> <ol style="list-style-type: none"><li>1. Give a final review of proven practices to avoid developing these conditions</li></ol>	
<b>10</b>	<p>Final questions: open discussion on concerns going into the field. (Remember we are not trying to scare off new EMTs. We are trying to ensure they are prepared for the emotional difficult aspect the job is capable of producing)</p>	