

EMS-Ed

Proactive Mental Health Training

Psychological Insight Enhances Readiness, Public Trust, and Team Cohesion

Training offers a formal showcase of information, ideas, and research, on first responder mental health, delivered in a deliberate sequence. This allows members to progressively build upon prior knowledge and reinforce their learning along the way.



**INSIGHT DRIVEN
SERVICE STRONG**

Level 1 Courses

100 - Operational Stress in EMS:

Navigating the Demands of the Paramedic Role

101 - Stress and the Paramedic Brain - Wired for Urgency:

How Stress Impacts the Paramedic Mind

102 - Trauma in the Trenches – Beyond the Flashback:

Understanding PTSD and Finding the way Forward

103 - Signals from the Frontline:

Spotting Operational Stress in EMS Crews

104 - Mind Over Mayhem:

Harnessing Thought, Emotion, and Action in Paramedic Practice

105 - Resilience Ready:

Building Strength for High-Stress Moments in Paramedic Services

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Level 2 Courses

Courses are essential for cultivating a deeper comprehension of topics previously learned in the Level 1 Curriculum.

200 - BetterTalk: Tools for Connection

201 - Silent Wounds: Understanding, Preventing, and Healing Moral Injury

202 - After the Call: Grief and Loss in the EMS World: Making Space for What We Carry

203 - I Just Don't Care Anymore! Managing the Hidden Toll of EMS Work

204 - Rebuild and Rise: Empowering Posttraumatic Growth After Operational Stress

205 - Staying Steady in the Storm: Sustaining Wellness Across the Paramedic Career

Service fees for mental health presentations and workshops range from \$750 to \$900 per hour. Rates vary based on the number of presenters involved and the scope of handout materials provided.

The recommended class size is up to 30 participants; however, alternative arrangements can be discussed for groups outside this range. Additional costs for travel, including mileage and accommodation, would apply.

Level 3 Course for Leaders - Trauma-Informed Leadership Program (TIL)

This program is delivered in-person and is designed for organizational leaders and senior staff in leadership roles. It includes 8 hours of contact time, with scheduling tailored to meet the unique needs of your organization.

**Program is developed by Wayfound, and developed by Dr. Megan McElheran*

Cost: \$500 each, with a minimum spend of \$5000



Dr. Lara Sigurdson, a clinical psychologist, is dedicated to creating programs that enhance resilience and detect early mental health issues in first responders. She has appeared on The Fifth Estate and frequently gives presentations on topics related to paramedic mental health.



Dr. Elizabeth Hack is a registered psychotherapist and occupational therapist who provides clinical support to individuals dealing with complex trauma and other challenges. She possesses a deep understanding of the physiological and neurological aspects of trauma and moral injury.

All presenters are registered psychologists and psychotherapists with decades of experience working with paramedics and other first responders.

VitalEdge Training

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