

911 buddy check project: changing the stigma of mental health

Satellite Conference and Live Webcast

Monday, October 22, 2018, 11:00 a.m.-12:00 p.m. (Central Time)
12:00-1:00 p.m. (Eastern) • 10:00-11:00 a.m. (Mountain) • 9:00-10:00 a.m. (Pacific)

A recent study found that more firefighters and police officers died by suicide in 2017 than all line of duty deaths combined. The USA today reported 103 firefighters and 140 police officers died by suicide in 2017 alone. This is just with a presumed 40% reporting. The 911 Buddy Check Project aims to change the stigma of mental health, while bringing awareness to suicide and the issues plaguing the emergency services field. Are you ok? Simple words that often go unspoken. We are reaching pandemic level of suicide, mental health and substance abuse amongst emergency services workers. The time is now to stand up and make a change. The 911 Buddy Check Project is removing the mask and getting real, raw and relevant about mental health and dismantling the deadly stigma associated with not asking for help.

faculty:

Daniel M. Mills NR-P, FP-C
Flight Paramedic Air Evac Life Team

program objectives:

1. Provide an overview of the 911 Buddy Check Project.
2. Discuss the stigma of mental health in emergency services and how we change it.
3. Discuss and describe stress, anxiety, depression, and suicide awareness.
4. Discuss Self Aide and Buddy Aide with mental health.
5. Discuss substance abuse and signs and symptoms of abuse.
6. Discuss healthy life style habits to help with mental health.
7. Discuss resources available for emergency services workers dealing with mental health issues.



conference details:

Target Audience: EMTs, paramedics, police officers, firefighters, dispatchers, and nurses

Continuing Education: EMS 1 hour

**Non-ADPH employees are charged a fee to receive CE Certificates. Additional information can be found at www.alabamapublichealth.gov/alphtn*

Registration: www.alabamapublichealth.gov/alphtn

Technical Information: To receive complete technical information you must register at www.alabamapublichealth.gov/alphtn
Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player.

Test your computer with the “test connection link” at www.alabamapublichealth.gov/alphtn

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphtn@adph.state.al.us