



Past the Pandemic: Individual Wellbeing, Connection and Support FOR EMERGENCY MEDICAL RESPONDERS

This ECHO series offers emergency medical responders an opportunity to unite and reflect on stressors and experiences related to the current health care system. The series will focus on a common language used by rescue professionals to recognize and mitigate occupational stress exposure, as well as evidence-based best practices for ongoing recovery and flourishing.

AUDIENCE

Emergency medical responders in Colorado including EMTs, paramedics, flight medic/nurse/RT/pilot, emergency responders (nurse, MD/DO, NP, PA), EMRs or first responders, medical directors

COMMITMENT

Six weekly ECHO sessions held virtually
Thursdays 9:00 - 10:00 AM MT
April 18 - May 23

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