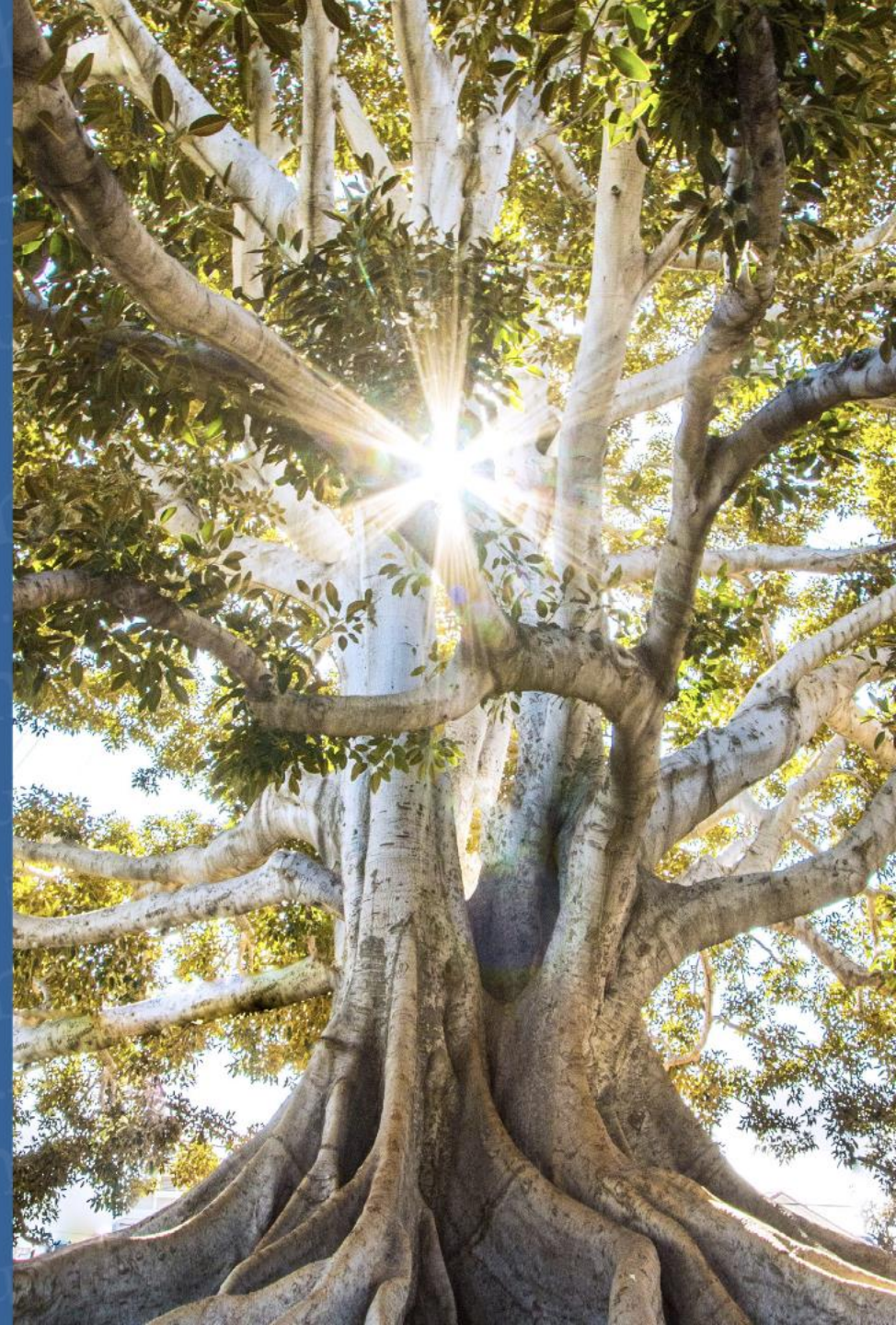


Supporting first responder mental wellness

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Healthy Minds: What we do

We work to end untreated mental illness and addiction in Oklahoma through policy and practice transformation.

- Policy guidance and analysis
- Coordinate partnerships and community coalitions
- Disseminate data, research, and best practices



Supporting First Responder Mental Wellness
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Key findings: Elevated risk

First responders and front-line emergency personnel have elevated risk for mental or emotional distress due to repeated exposure to distressing events:

- Primary trauma (threatens them directly)
- Secondary trauma (witnessing traumatic events)
- Moral distress or injury (acting in or witnessing events that betray personal moral beliefs and values occurring in high-stakes situations)

60%

of first responders report a need for care, but less than half reported they sought treatment

Key findings: Pandemic stressors

- High rates of illness and death in emergency workforce
- Workforce shortages and loss of personnel
- Loss of protective social connections
- Impact of long-term increased mental distress among those they serve in the community

62%

of duty-related law enforcement deaths in 2020 were attributed to COVID-19

Key findings: Disproportionate harm

First responders experience higher:

- Suicide ideation and death
- Depression
- Post-traumatic stress disorder
- Binge alcohol use

Early pandemic research points to:

- Elevated acute traumatic stress
- Elevated depression
- Elevated anxiety
- Increased risky alcohol use

Increasing protection for those who protect us

- Fully deploy new statewide infrastructure supporting first responder wellness
- Normalize help-seeking at the top tier of leadership in first responder agencies
- Train first responders in self-care and coping strategies
- Grow and raise awareness of existing peer-to-peer support programs
- Embrace specific strategies for supporting rural first responder agencies
- Grow collaborative models of emergency response involving police, fire, EMS, and mental health mobile crisis responders

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