

EMS MENTAL HEALTH, WELLNESS, & SAFETY POLICY

WORKING DRAFT

Introduction

The Emergency Medical Services Political Action Committee (EMSPAC)-501(c)4 mobilizes NYC EMS to engage in political action around legislative issues that affect their workforce.

The subject of this policy brief is the mental health, safety, and general wellness of the 15,500. This proposal necessitates the formation of an **EMS General Coordinating Committee (GCC)** body to manage and distribute the funding for Mental Health, Safety, and Wellness measures to all sectors based on the number of assaults on EMS professionals, the steady wave of EMS suicides, and other related needs.

Policy Arguments

We are seeking City and State Funding for a wide range of measures to support EMS Wellness, Health, and Safety. We seek the following programs and policies to be framed as municipal law and budget allocations.



Conclusion

The **EMERGENCY MEDICAL SERVICES POLITICAL ACTION COMMITTEE**

EMSPAC-501(c)4 seeks proper funding for support groups, hotlines, and psychological support for Critical Incident Stress management. We request adequate PPE, bulletproof vests, and standardization of all equipment in the 911 sector across all agencies. We demand: EVOC, martial arts, and de-escalation built into all EMT training programs. We pursue to end all private EMS companies using lights and sirens to expedite non-emergency calls. We seek an end to all private sector agencies in the 911 system.

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1. A **well-staffed crisis line** and drop-in center in each borough.
2. A **unified system of crisis debriefing** and **monthly support groups** for EMS members in all boroughs.
3. Sponsorship of **monthly EMS Debrief and Support drop-in groups** in all boroughs.
4. All agency/sector **EMS Peer mentorship program** jointly managed by REMSCO, FDNY, and HHC.
5. The mandate of **EVOC/CEVO Training** in all EMS Programs /Academies as standard for graduating EMTs.
6. Provide subsidized ongoing **martial arts training** to all active duty EMS.
7. Provide adequate and acceptable ongoing **de-escalation training**.
8. Provide individually issued **PPE, helmets, boots, and respiratory masks**.
9. Provide **Bulletproof vests** to all 911 units on request.
10. **Standardize 911 EMS Uniforms** across all sectors.
11. End the usage of **lights and sirens** by private EMS for non-emergency transports.
12. **End the reliance** on private-sector EMS in the 911 system.
13. Mandate all agencies to provide built-in **critical incident stress PTO days** to be
14. activated after serious calls.
15. Uniform **annual physical tracking** for all EMS professionals.
16. **Subsidized therapy** as needed paid for by the employing agency.
17. **Subsidized gym membership**.
18. **Mandatory out-of-service lunch** breaks for all units.