



The Lethal Stress of EMS – CME

Learning from Combat Vets to Understand PTSD



Date: Saturday, March 16, 2019

Time: 1300-1500

Location: Stratford EMS, 2712 Main Street, Stratford, CT 06615

Lecturer: Gregory Shovak, Paramedic, EMS-I, Founder – EMS and PTSD

CME: 2.0 (SHCGB) – N/LCCR

COURSE TYPE

Continuing Medical Education –
LCCR

AUDIENCE

All levels of EMS, First Responder,
Dispatcher

COST

FREE

LOCATION

Stratford EMS Headquarters
2712 Main Street
Stratford, CT 06615 USA

CONTACT INFORMATION

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Or

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Description: A panel of Veterans, some of whom are also EMS professionals, will share their personal accounts of dealing with PTSD and will provide attendees with strategies to assist Veterans like them who are in crisis. Secondly, they will discuss and demonstrate some lessons learned about Post Traumatic Stress on their roads back to civilian life. This interactive discussion is leadership by example and inspiration. We hope that by sharing our stories, we can reduce the Stigma of PTSD and lead others to seek help and not feel alone.

Define PTSD's Signs and Symptoms as seen through the eyes of Veterans living daily in its grips.

- Discuss the potential for PTSD amongst EMS providers.
- Increase awareness to the epidemic levels of suicide within both the Veteran and EMS communities. Introduce attendees to Military Culture.
- Present and discuss tips for safely approaching a Vet in crisis. Discuss "Burnout" within the EMS community as a sign of PTSD.
- Increase provider empathy and understanding of mental health patients.

Audience: All levels of EMS and First responder, Dispatchers

Registration is required

Saturday, March 16, 2019 @ SEMS Headquarters

6:00 pm – 8:00 pm

[SEMS EMPLOYEE](#)

[NON-EMPLOYEE](#)

Please provide your First and Last name and a telephone number where you may be reached in case of cancellation time or venue change

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Stratford,
Connecticut**