Emergency Responders and Suicide Prevention

www.sc4i.org

A 501(c)3 Nonprofit Organization

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El Paso County's First Responder Community

Current Situation with First Responders

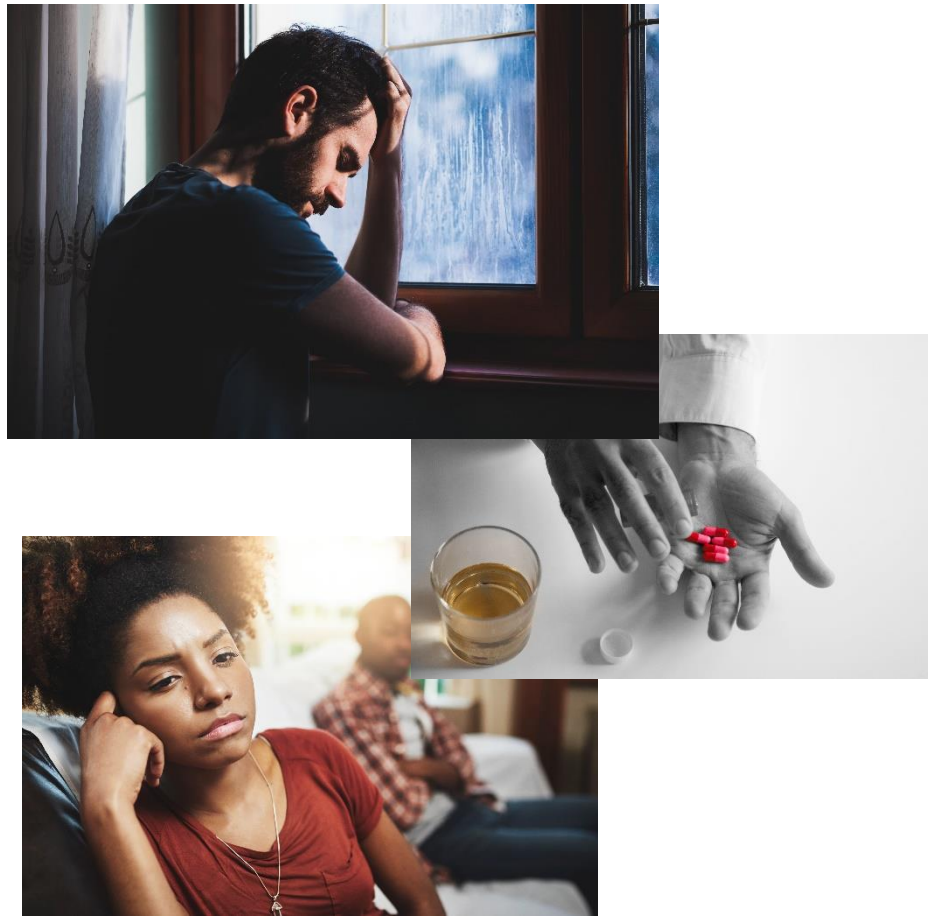
1 in 4 suffer from Posttraumatic Stress (PTS)/Compassion Fatigue

1 in 4 suffer from Depression

25% - 35% struggle with Substance Use Issues

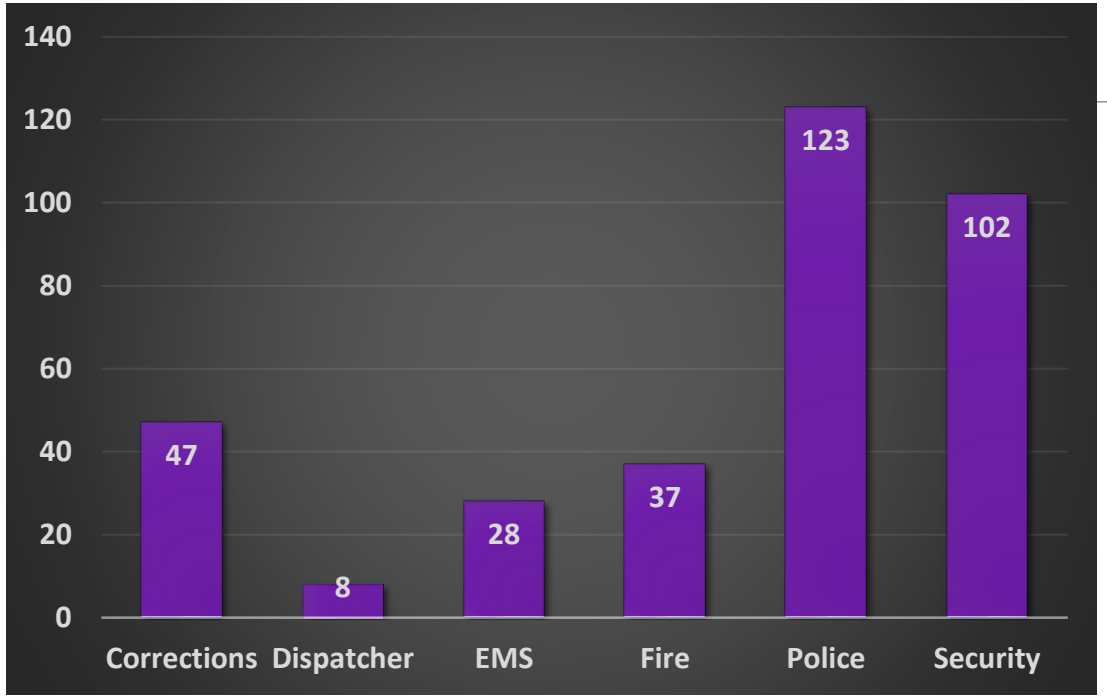
From 2004 to 2020, in Colorado alone, **345 first responders completed suicide**. *~ 3 per month*

El Paso County has largest number of First Responder completed suicides -- 57% were vets



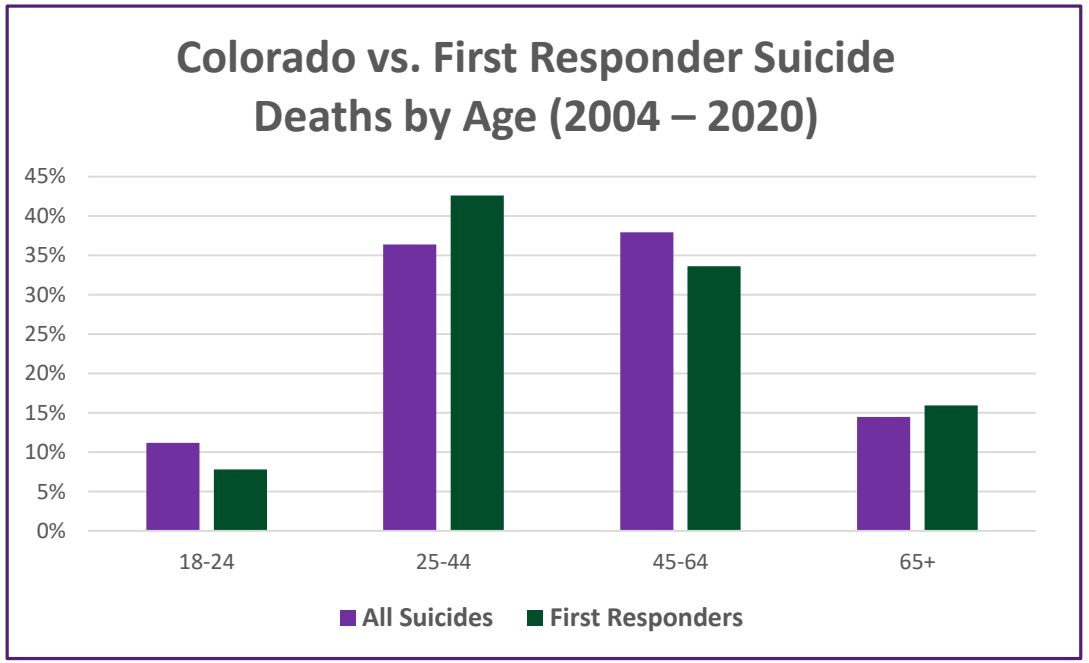
*96% of agencies **have less than $8000 per year** for mental wellness programs*

First Responder Suicide in Colorado



Colorado Suicide Deaths of First Responders by Occupation (2004 – 2020)

(2004 – 2020) 345 Suicides by First Responders



Data from the Colorado Violent Death Reporting System, Colorado Department of Public Health and Environment.

Microgrant Report – Focus on Getting Upstream of Suicide

- **Microgrant 1 Suicide Awareness for El Paso County First Responders ($7,000)**
  - ***Goal 1. Promote Self-Assessment and Suicide Awareness Bundles for Departments.***
    - Created Bathroom Stall posters with contact info cards
    - Added Burnout, Vicarious Trauma and Compassion Fatigue Self Assessments
    - Identifies a common language of behavioral indicators for families, work centers and to share with therapists and each other

Microgrant Report – Focus on Getting Upstream of Suicide

- **Microgrant 1 Suicide Awareness for El Paso County First Responders ($7,000) cont.**
  - ***Goal 2. First Responder Suicide Prevention and Resiliency Education***
    - Provide 9 training events throughout El Paso County
    - Partnered with Pikes Peak Suicide Prevention Partners to offer Advanced Suicide Intervention Skills Training (ASIST)
  - ***Goal 3. Increased Access to Mental Healthcare through Telehealth***
    - Purchase technology to support telehealth

Microgrant Report – Focus on Getting Upstream of Suicide

- **Microgrant 2 Rural Peer Support for First Responders ($1,500)**
  - ***Goal. Provide a 40-hour class to First Responders from El Paso County that will teach them how to identify signs and symptoms of mental health issues and how to support their peers using basic Peer Support tools***

Action Steps You Can Take Now!

- **Look at your existing capabilities – can you adapt and/or expand to meet growing or changing needs?**

- **Pursue partnership with other community organizations to maximize impact**