First Responder Resiliency TeleECHO™ Program
Trauma and Resiliency for First Responders and Frontline Healthcare Workers

For all healthcare workers and public safety officers: MD/DO, RN, PA, Respiratory Therapists, EMS, Fire & Rescue, Police, Behavioral Health, Community Health Workers, Pastoral Care, etc.

Join us every Monday!
1:00 – 2:00 PM (PT) / 2:00 – 3:00 PM (MT) / 3:00 – 4:00 PM (CT) / 4:00 – 5:00 PM (ET)

Register to receive Zoom information here or Email firstresponderecho@salud.unm.edu for more information

Earn CME or EMS Continuing Education credits at no cost!

OBJECTIVE:
The COVID-19 global pandemic is impacting First Responders and Frontline Healthcare Workers in unprecedented ways.

Join your colleagues in EMS, law enforcement, and healthcare from around the nation for this first-of-its-kind program based on real cases and situations.

Learn techniques to manage self-care and increase resiliency and capacity during this crisis. Share best practices and receive support from peers, physicians, and mental health experts.

EXAMPLE DISCUSSION TOPICS:
- Reacting to trauma
- Healthy coping skills
- Harm reduction
- Self-care
- Resiliency

HOW TO PARTICIPATE:
- Join us using Zoom
- Participate in brief interactive lectures
- Present de-identified patient cases
- Engage in interactive discussions
- Earn no-cost to you CME/EMS CEU credits!

REGISTER AND CONNECT:
- Register to receive the Zoom connection information here.

Program email: firstresponderecho@salud.unm.edu
Website: https://echo.unm.edu/teleecho-programs/firstresponder
Register for our sessions: Click here to register!
Register for our program: Click here!