

# 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](mailto:firstresponderecho@salud.unm.edu)  
for more information

## Earn CME or EMS Continuing Education credits at no cost!



### 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](#).

### 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



Program email: [firstresponderecho@salud.unm.edu](mailto: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!](#)

