

You are invited to attend an on-line presentation:



Stress and Resilience in the First Responder

Presented by:

Tom Luka, M.S., EMT-P

June 25, 2020 at 1800

Emergency services is a unique and rewarding profession, but it can burn you out if you let it. As first responders, we can be exposed to more intense stressful situations in one week than the general public will experience in a lifetime. Up to now, the emphasis has been on critical incident stress interventions after the fact. They are valuable, and should be used when necessary. We also need to develop psychological resiliency before the fact, to lessen the impact of critical incident stress, and bounce back after those difficult calls, and life in general.

**Please register at [Mercyflight.org](https://www.mercyflight.org)
CME courses**

Course link will be included in the confirmation email



Tom Luka, M.S., EMT-P, is the president of the WNY Stress Reduction Program, Inc, which provides CISD services and pre-incident education programs for four counties in WNY; he also serves as a peer counselor. He has been involved in prehospital EMS since 1965 and remains active in EMS as a paramedic with the Boston Volunteer Ambulance Corps. Tom was the Director of Paramedic Education at Erie Community College, and is currently Professor Emeritus.

mercyFLIGHT
WHEN MINUTES MATTER