

# Texas Firefighter Wellness Newsletter

## First Responders Celebrate EMS Week 2021 Across Texas



[https://www.news-journal.com/news/local/longview-regional-medical-center-recognizes-emergency-medical-services-with-appreciation-lunches/article\\_72d218bob8d1-11eb-9591-3379e6804962.html](https://www.news-journal.com/news/local/longview-regional-medical-center-recognizes-emergency-medical-services-with-appreciation-lunches/article_72d218bob8d1-11eb-9591-3379e6804962.html); <https://firenews.com/cyfair-tx-fire-department-celebrates-ems-week-2021/>

Communities across Texas celebrated the 46th annual national EMS Week from May 17th through May 20th. This decades-long tradition was established in 1974 by President Gerald Ford to recognize the hard work and contributions of emergency medical services to the protection of public welfare and emergency treatment. In spite of the challenges created by the Covid-19 pandemic, EMS week was able to be celebrated safely across the nation. EMS week 2021 was themed "THIS IS EMS: Caring for our Communities", a theme that signified the support and unity EMS professionals create within their communities. Additionally, each day throughout EMS week was given a more specific theme to bring awareness to significant topics in the profession. Monday of EMS Week was focused on education regarding the services provided by EMS workers. The fire department in Victoria, TX engaged their community in learning more about the emergency medical services they provide by hosting a virtual trivia event. Those who answered an EMS-related question correctly had the opportunity

to win a \$25 gift card to a local business. This event grabbed the attention of Victoria residents to promote information about their local EMS and related issues. The following day was Safety Tuesday. Many fire departments and communities utilized this day to promote safe practices in order to prevent fires, injuries, and other emergencies. The Emergency Medical Services for Children Innovation and Improvement Center, an organization based in Austin, TX celebrated Emergency Services for Children Day on the 18th by hosting a free webinar as a part of the National Pediatric Readiness Project, an improvement initiative for children's resources in emergency departments. On May 20th, deemed Save a Life Day, many individuals were encouraged to undergo training and review protocols for CPR and basic first aid. The last day was EMS recognition day, a time to reflect on the hard work and commitment of emergency medical services. For many, this meant showing their appreciation through gatherings or acts of service dedicated to EMS professionals. In Amarillo, the Northwest Texas Healthcare System

hosted a cookout in honor of EMS week. Miles away, Harris County Emergency Corps held a crawfish boil and a blood drive to bring the community together to celebrate EMS workers, as well as to highlight the issues important to the EMS system. While EMS week is only a few days long, it reflects the tremendous contributions EMS workers have made to their communities in keeping them safe. As stated by Steven Nelson MHA, LP, In-Charge Paramedic at the Harris County Emergency Corps, "EMS is often the link between poor health and a healthy outcome. It can also quite literally be the difference between death and life of a person." This week is a reminder of the critical EMS personnel and their invaluable roles in our communities.

<https://www.ems1.com/ems-week/articles/ems-for-children-program-offers-pediatric-resources-for-ems-week-2021-9apeLd710ARayrN/>  
<https://www.cityofkaty.com/Home/Components/News/News/239/>  
<https://www.crossroadstoday.com/this-week-is-ems-week-city-of-victoria-fire-department-celebrates/>  
<https://www.myhighplains.com/news/local-news/northwest-hospital-celebrates-national-ems-week/>  
<https://www.acep.org/administrative/ems-resources/emsweek/cpr-challenge2/#:~:text=The%20American%20College%20of%20Emergency,renstituted%20by%20ACEP%20in%201982>  
<https://www.acep.org/administrative/ems-resources/emsweek/>

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## What's New at the WRI?

The WRI welcomes a new research assistant and a new therapist!

### Katie Thomas

Katie joined the WRI in March 2021 as a Clinical Research Assistant. She graduated from Rice University with a Bachelor of Arts in Cognitive Science in May 2019. During her time as an undergraduate, Katie worked as a research assistant through the Houston VA studying elder abuse, particularly self-neglect. She has also previously studied the effects of substance use on postpartum depression through Texas Children's Hospital.

Katie plans to pursue a Doctorate in Clinical Psychology. Her research interests primarily include post-incarceration effects. In her free time, she enjoys seeking out new coffee shops in her city, cooking, reading, doing puzzles, and cuddling with her rescue dog Moira.

### Mona Clifton

Mona joined the WRI team in June of 2021. She received her B.A. in Psychology with a double minor in Anthropology and Health and Human Services from Wake Forest University in 2017 and her M.A. in Psychology from Wake Forest University in 2019. She is currently a third-year doctoral student in the Clinical Psychology program at Baylor University. Prior to joining WRI, Mona has provided counseling for adults with depression and anxiety in different settings such as community mental health and university counseling. She enjoys hiking, watching The Great British Baking Show, and playing with her dog in her spare time.

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### SUMMER WORD SEARCH

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ICE CREAM	SUNSHINE	LEMONADE	SANDALS
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Moving? Changing your phone number? If so, please let us know so we can update our information.

Contact Katie Thomas at: (254) 716-6208  
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Don't forget that you can contact us 24 hours a day, 7 days a week, 365 days a year!