



taking care of those who take care of us

First Care  
Therapy


# Target Population



- This program is for the Washington County Emergency Medical Services (EMS) in Maryland
- The target population is aimed to any first responder in need of therapy or ways to cope with stress and anxiety
- All workers are encouraged to participate

## GOALS

- Within a 3 month time period, the WHP program will strive to promote good mental health within the Washington County EMS. The program will include multiple meetings, stress-relieving activities, and therapy sessions to help employees cope with the stress and anxiety their job brings.
- When the program is implemented, out of all employees, around 25%-30% will participate in the events. The program will gain participation by using multiple marketing tools to get the word out, as well as giving out incentives to those who participate.
- By the time the program has reached it's first year, the program will decrease cases of PTSD, suicide, and depression as well as any symptoms of stress and anxiety in employees. To get this data, a survey will be handed out at the beginning and end of the yearly program.



- **Mission Statement:** Our mission is to promote mental health amongst our Washington County EMS employees, in hope to help the participants find ways to cope with stress and anxiety, as well as reducing suicidal thoughts and the effects of PTSD.

- **Vision Statement:** Our vision is to have all our employees leave our program with a healthy mental state and a better understanding on the best ways they can handle stress/trauma in the workplace. This will ensure that our employees are healthy and can perform at their best.

# Benefits

- **To the company:**
  - A staff full of mentally healthy staff
  - Less leave due to mental health problems like depression or PTSD
  - Less loss of employees due to suicide
  - Boost in productivity for employees, meaning a better reputation for company
  
- **To employees:**
  - Incentives for participating in program
  - Getting help for mental health
  - Learning how to cope with stress, depression, anxiety, and trauma
  - Getting to talk with therapist and other employees going through the same thing

# Objectives

1

**Promote better  
mental health**

2

**Decrease  
feelings of  
sadness, stress,  
and anxiety  
along with other  
symptoms**

3

**Boost  
productivity on  
the job**

Estimated 500 will participate

# Budget

<b>Item:</b>	<b>Cost:</b>	<b>Total:</b>
Therapist	Average salary in MD: \$76,000	\$76,000
Wellness meetings	Cost of venue, food, and drinks: \$75/meeting	\$3,600
Marketing tools	\$3 per pamphlet (100), and \$2 per poster (50), \$50 online ad	\$450
Stress-relieving activities (venue, participation fee)	Venue: \$100 + participation fee: \$20/person	\$10,100
Wellness program (lessons, staff, and incentives)	\$9,000/year	\$9,000
T-shirts w/ logo and slogan	\$15/person	\$7,500
		<b>Approx. Yearly cost: \$106,650</b>

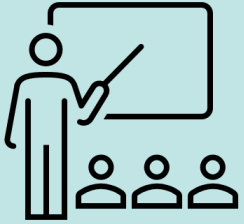
# Questionnaire

- 1- not at all likely
- 2- not very likely
- 3- somewhat likely
- 4- very likely

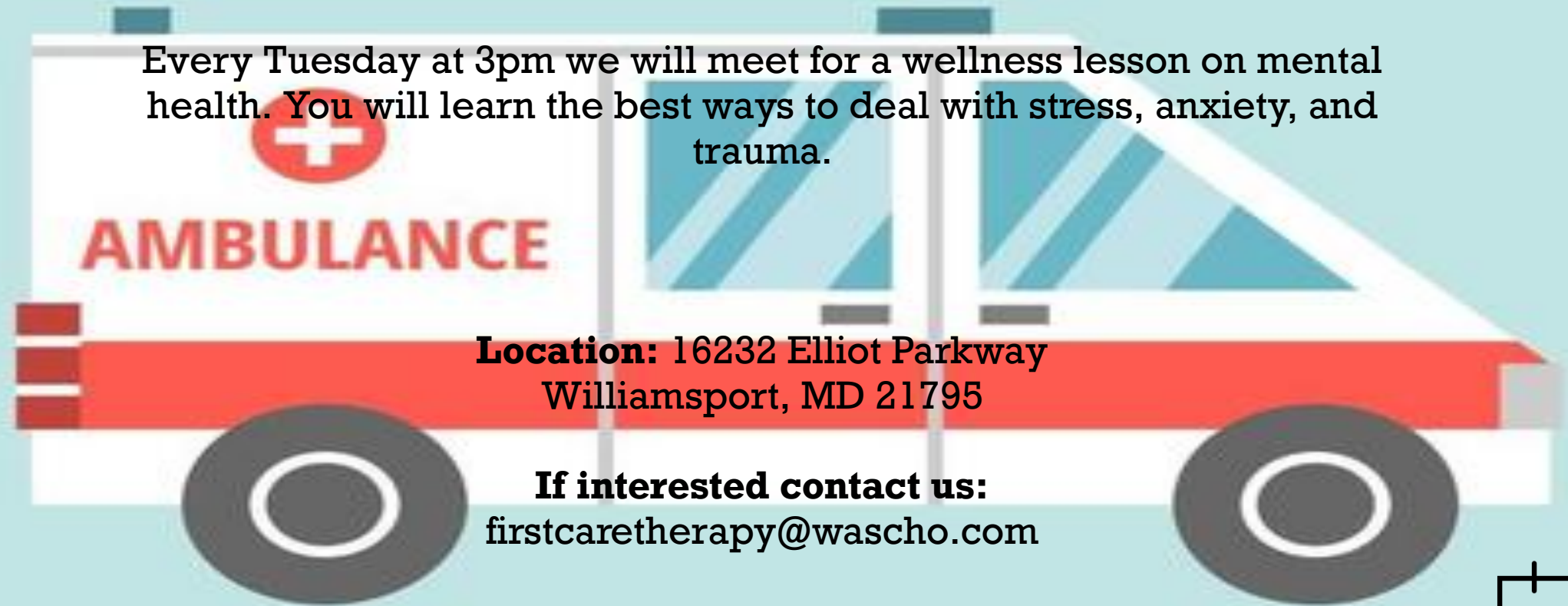
Questions:	1	2	3	4
When working, I often feel stressed or anxious.				
I have had symptoms of chest pain, trouble sleeping, headaches, shaking, high blood pressure, muscle tension, or stomach problems from events happening at my job.				
I often catch myself reliving or thinking about some of the traumatic events I've seen on the job.				
My job has taken a toll on my mental health.				
I have had suicidal thoughts while on duty or because of my job.				
I often feel sad or depressed due to my job.				
I have taken up unhealthy behaviors like smoking, drinking, gambling, etc to cope with these feelings.				
I have talked to a therapist about these feelings or symptoms before.				
I have been diagnosed with depression, PTSD, or depression.				



# COME JOIN US!

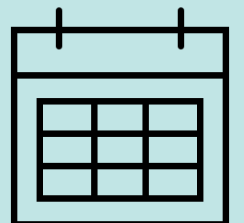


Every Tuesday at 3pm we will meet for a wellness lesson on mental health. You will learn the best ways to deal with stress, anxiety, and trauma.



**Location:** 16232 Elliot Parkway  
Williamsport, MD 21795

**If interested contact us:**  
[firstcaretherapy@wascho.com](mailto:firstcaretherapy@wascho.com)



# Activities

- All activities are aimed to take the participants' mind off things and get them to relax
- Activities include:
  - Massages
  - Meditation
  - Yoga
  - Exercise



# Incentives

- Paid time off
- Gym memberships
- Gift baskets filled with stress balls, stress reliever lotion
- Gift cards

# Evaluation

In order to evaluate the effectiveness of First Care Therapy:

- The needs assessment will be given before and after the year program to see improvement
- And participants will be chosen at random to take a separate evaluation tool to give feedback on the program. Questions will be asked such as:
  - Can improvements be made?
  - Was the program effective?
  - How can we get more employees involved?
  - Did you enjoy this process? And has it benefited you?

By using these evaluation tools, it will help to determine if the program was successful and help to make it even more effective for years following.