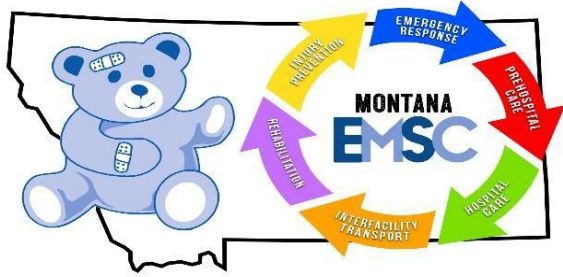


EMSC/CHILD READY CONNECTION NEWSLETTER



2021

MONTANA EMS & Trauma Systems
 EMS for Children/Child Ready MT
 1400 Broadway, Rm C303
 PO Box 202951
 Helena, MT 59620-2951

Greetings!

The Emergency Medical Services for Children (EMSC) Program aims to ensure that emergency medical care for the ill and injured child or adolescent is well integrated into an emergency medical service system.

We work to ensure that the system is backed by optimal resources and that the entire spectrum of emergency services (prevention,

emergency response, prehospital care, hospital care, inter-facility transport, and rehabilitation) is provided to children and adolescents, no matter where they live, play, attend school or travel.

THE RIGHT CARE AT THE RIGHT PLACE AT THE RIGHT TIME WITH THE RIGHT RESOURCES!



Child Ready Montana- State Partnership For the Regionalized of Care (SPROC)

The intent of the program is to develop an accountable culturally competent emergent care system for pediatric patients across Montana.

WHAT'S NEW?

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Exciting news and events are going on this month

Multiple training opportunities are in this newsletter. If you have any training opportunities you want to share, please let me know.

The MT EMSC Program is offering pediatric virtual trainings as well as scheduling in-person trainings.



Are you pediatric ready?

Now is the time!

EMS WEEK 2021 THEME: *THIS IS EMS: CARING FOR OUR COMMUNITIES*

The American College of Emergency Physicians (ACEP), in partnership with the National Association of Emergency Medical Technicians (NAEMT), is proud to announce the EMS Week 2021 theme: *THIS IS EMS: CARING FOR OUR COMMUNITIES*.

The annual campaign recognizes the heroes who provide emergency medical services in communities across the country and takes place May 16th -21st this year. Under the “EMS Strong” banner, the campaign supports and strengthens the EMS community by honoring accomplishments and increasing awareness of the critical role of EMS in communities across the country. Inspiring stories about EMS practitioners can be found on www.EMSSTRONG.org along with the annual EMS Week Planning Guide, a resource for the EMS community and stakeholders to help celebrate EMS Week and promote the value of emergency medical services. ‘

EMS Week dedicates five days to specific themes, and first responders are encouraged to plan activities and events around these themes in their communities.

- Monday, May 17: EMS Education Day
- Tuesday, May 18: EMS Safety Day
- **Wednesday, May 19: EMS for Children Day !!!!!**
- Thursday, May 20: Save-A-Life Day (CPR & National Stop the Bleed Day)
- Friday, May 21: EMS Recognition Day

THE MONTANA EMS AWARDS CEREMONY WILL TAKE PLACE ON WEDNESDAY, MAY 19TH FROM 10:00 AM UNTIL 12:00 AT THE CAPITOL ROTUNDA IN HELENA MT.

COME AND JOIN IN THE CELEBRATION FOR YOUR FELLOW MONTANA EMS AWARDEES INCLUDING PEDIATRIC! The awards are for the following

categories:

- EMS Volunteer Provider of the Year -
- EMS Career Provider of the Year -
- EMS Service of the Year -
- EMS Supporter of the Year -
- EMS for Children Pediatric EMS Award -
- 911 Dispatcher of the Year -



EMS STRONG
This Is EMS: Caring for Our Communities

IS YOUR EMERGENCY DEPARTMENT (ED) OR EMERGENCY MEDICAL SERVICES (EMS) AGENCY READY TO CARE FOR ILL AND INJURED CHILDREN?

The National Pediatric Readiness Project (NPRP) focuses on ensuring pediatric readiness across the emergency care continuum – including ED-based readiness and prehospital readiness. The NPRP is ramping up efforts to engage practitioners and ensure they have the essential guidelines and resources needed to provide evidence-based, high-quality care to children.

“Pediatric Readiness: Every Child, Every Day” will take place on May 19 – which is also Emergency Medical Services for Children (EMSC) Day – at 2 pm ET. It will highlight pediatric readiness across the care continuum, particularly the NPRP, a multiphase quality improvement initiative to ensure emergency care systems (prehospital and hospital) have the essential guidelines and resources needed to provide effective emergency care to children.

The webinar will feature opening remarks from Michael Warren, MD, MPH, FAAP, Associate Administrator, Maternal and Child Health, Health Resources and Services Administration, and a panel discussion moderated by Marianne Gausche-Hill, MD, FACEP, FAAP, who serves as Co-Director of the National Pediatric Readiness Project. The panel will include leadership across collaborating organizations: the American College of Emergency Physicians (ACEP), the American Academy of Pediatrics, the Emergency Nurses Association, the National Association of State EMS Officials, and the American College of Surgeons Committee on Trauma.

To register, [visit ACEP’s website](#). (Note that registration with ACEP is required, but free and open to all.) This webinar is happening in conjunction with two upcoming NPRP activities.

The NPRP’s national assessment of EDs launches May 1, 2021 and will remain open through July 31, 2021. To access the assessment, visit [pedsready.org](#). (ED nurse managers will receive several postal notifications with a link to the web-based assessment.

PREHOSPITAL PEDIATRIC READINESS WEBINAR ON MAY 20

A parallel webinar highlighting prehospital pediatric readiness efforts, “Pediatric Readiness: Taking Care of Our Children,” will be held on Thursday, May 20, at 2 pm ET. The webinar will include updates about National Prehospital Pediatric Readiness Project (PPRP) efforts to date, including a recently released EMS agency checklist and companion toolkit based on the 2020 joint policy statement, “[Pediatric Readiness in Emergency Medical Services Systems](#).”

Following in the footsteps of the NPRP, the PPRP Steering Committee is working on creating a national assessment of EMS agencies, which will go live in 2024. “We’ll be looking for user feedback on the toolkit content next,” says Rachael Alter, Co-Lead to the PPRP and EIIC’s Prehospital domain. “From there, we hope that EMS agencies across the country use both the checklist and toolkit to help them prepare for the upcoming assessment questions.” The PPRP event will be hosted by ACEP in collaboration with EMSC and will feature multiple project subject matter experts. [To register, visit ACEP’s website](#). (Note that registration with ACEP is required, but free and open to all.)

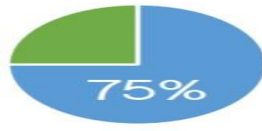
National Pediatric Readiness Project



Maternal Mental Health is a priority



2 in 10 women have a mental health problem during pregnancy and in the first year following the birth



Over 75% of women do not get diagnosed and do not receive adequate treatment and support.



Not having adequate treatment has important consequences for the mother, the baby, the family, and society in general

In honor of May as **MATERNAL MENTAL HEALTH MONTH**, Helena's Maternal Mental Health Task Force, in partnership with Healthy Mothers, Healthy Babies, would like to highlight ways that communities can support moms during the postpartum period.

While holding a new baby is exciting, it's the birthing person that truly needs to be held, loved and supported in this golden but vulnerable time. Their body and mind will have run the ultimate marathon and they will need support. If the mother is well supported during this time, she can care well for the new baby. If you're visiting in the first weeks, remember you are there to support the parents. Remind them they don't need to host you and that you are there to help.

Always ask parents before coming to visit. In the blur of the first few weeks, flexibility is best! Remember: New babies have no sense of night or day, so parents may be sleeping with their little ones at noon after being up all night. If they say they are welcoming visitors, when you get to their house, wash your hands well and keep your face away from the baby. Babies are vulnerable to common illnesses. Offer to bring by healthy snacks or a ready-to-heat nutritious meal. New moms, especially those breastfeeding, will be hungry often as it takes much energy to care for newborns. If they feed the baby while you are there, help her put her feet up and offer to get her water or a snack (then, maybe do the dishes). **Look around the home for things that need to be done; laundry, dishes, taking out the trash, etc. If there are older children in the house offer to watch a movie with them or take them on a walk. Always ask the parents if it's OK to hold the baby, as some new parents feel most comfortable holding their babies and being supported in other ways.** If they say yes, encourage them to take a shower or quick nap while you're there. **Ask new parents what they need, they will likely tell you.** Finally, don't overstay. Parents during this time are heavily exhausted, and even well-meaning company can make parents feel the need to entertain. An hour or so is plenty in those first few weeks unless the parents ask otherwise!

Keep in mind that the #1 complication of birth is postpartum depression. One in six Montana mothers will experience it. Knowing the signs and symptoms of mood disorders in the postpartum period increases the likelihood of treatment. Some things to look for include sadness, guilt, inability to make decisions, poor self-care, low self-esteem, mood swings, appetite changes, excessive crying, and more. While only a health care provider can offer treatment, if you, or the new mom in your life, is experiencing any of these symptoms, encourage them that it's not their fault they feel that way, and that help is available through their obstetrician or primary care physician.

Finally, the COVID-19 pandemic may have made the experience of having a little one more nerve racking. Families may have varying levels of comfort having multiple visitors during this vulnerable period of recovery. Ask parents what precautions they may be taking and if they are up for visitors. If they are not, you can still support them by dropping off easy-to-heat meals, or sending a gift card to doordash, grubhub, or their favorite restaurant.

Families in the postpartum, or fourth trimester, thrive with healthy community support. Additionally, moms are less likely to suffer from perinatal depression and babies have better health outcomes. Together, we can ensure that parents have a positive postpartum experience.

Emily Clewis is program and communications coordinator for Healthy Mothers, Healthy Babies Montana.



MOTHER LOVE:

A movement developed to give voice to the stories and experiences of mothers. Whether listening to an episode of the podcast, attending a live (or virtual) event, or simply being with a mama friend on a tough day, Mother Love hopes to connect mothers in as many meaningful ways as possible. Mother Love is a safe space where we meet mothers exactly where they are and offer love and support.

[Check out our podcast!](#)

WHY DO WE CELEBRATE MOTHER'S DAY?

Ah, another great question! To meet the "mother" of Mother's Day, you are going to have to travel all the way back in time to 1864—the year when Anna Jarvis was born. Anna Jarvis (1864-1948), the American woman who campaigned for the holiday of Mother's Day.

Anna was a determined activist, and to this day, she is credited with "inventing" Mother's Day in an attempt to honor her own mother, Ann Jarvis. Ann—that's Anna's mother—**had spent much of her life raising awareness about the infant mortality rate.** According to *National Geographic*, in the 1850s, she began hosting clubs for fellow mothers to teach them to better care for their children and curb those numbers.

When Ann passed away in 1905, Anna decided that a national "Mother's Day" would be a beautiful way to honor these noble efforts. *The History Channel* notes that she hosted the first-ever Mother's Day function on May 10, 1908 in her hometown of Grafton, West Virginia, and that it was followed by a similar event in Philadelphia attended by "thousands of people."

As the story goes, President Woodrow Wilson's cabinet eventually got wind of Anna's work, and it was under his guidance that Mother's Day officially became a national holiday in 1914. At that time, it was also decided that the celebration would take place on the second Sunday in May each year.


Of course, Mother's Day as we know it today has very little to do with Anna's initial efforts or her mother's meaningful charity work. Bouquets of flowers and greeting cards were never part of the plan; in fact, Anna called the manufacturers of such products "schemers" and "profiteers," says *BuzzFeed*, and allegedly told a *Reader's Digest* reporter in 1960 that she "was sorry she ever started Mother's Day."

Technically, though, it is still unclear if the idea of Mother's Day really belonged to the Jarvis women. Julia Ward Howe, the writer behind "The Battle Hymn of the Republic," had promoted a "Mothers' Peace Day" all the way back in 1872 as part of her antiwar efforts.

But flowers, greeting cards, and competing historical narratives aside, there is something undeniably beautiful about the idea of setting aside an entire day to pay your respects to the woman who made you, well, you. The heart of the holiday remains special—no matter how much commercialization swirls around it. And that's a fact.



 **Create reminders.** Place your phone, briefcase or purse in the backseat when traveling with a child.




SAFE KIDS WORLDWIDE

 **Take action.** If you see a child alone in a car, call 911



SAFE KIDS WORLDWIDE

Even in moderate climates, cars can **heat up and become deadly for kids.**



SAFE KIDS WORLDWIDE **PARK. LOOK. LOCK.**

- During these unprecedented times, supervision can be difficult. Young kids climb into unlocked cars and trunks to play, but they can't always get out. Help prevent a heatstroke tragedy by following these life-saving tips. #CheckForBaby #HeatstrokeKills <https://www.safekids.org/infographic/steps-prevent-heatstroke>
- Ask the Expert: "I know under normal circumstances; it is extremely dangerous to leave my young child alone in a car during a trip to the store. But, now with the threat of coronavirus, is it OK?" #CheckForBaby #HeatstrokeKills <https://www.safekids.org/blog/ask-expert-leaving-young-child-alone-car-during-coronavirus-pandemic>
- Heatstroke deaths can happen to anyone. As your schedule changes, create reminders by placing your phone, briefcase or purse in the backseat when traveling with your child. These types of reminders could save a life. #CheckForBaby #HeatstrokeKills <https://www.safekids.org/heatstroke>
- Take action to prevent #heatstroke. If you see a young child alone in a car, call 911. Emergency personnel are trained to respond to these situations. One call can save a child's life. #CheckForBaby #HeatstrokeKills
- More than 25 percent of child heatstroke deaths occur because a child gets into a car or trunk and can't get out. Help prevent another tragedy by locking car doors and trunks and putting key fobs out of reach. #CheckForBaby #HeatstrokeKills <https://www.safekids.org/heatstroke>
- Kids as young as 2 and 3 are known to climb into unlocked cars and in trunks to play, but they can't always get out. Keep car doors and trunks locked and keep key fobs out of reach. #CheckForBaby #HeatstrokeKills <https://www.safekids.org/heatstroke>

Managing Mental Health in EMS: The Provider

Live Webinar

Date: Tuesday, May 18, 2021 Time: 3:00 p.m. ET

Summary

Every day, EMS providers face numerous challenges that compromise their own mental health. An NAEMT study shows that many providers seek mental health care but deter due to the stigma of mental illness and fear of being perceived as weak. In this webinar, Julie Lahr, BA, PM, and Ashley Taylor, PLLC, discuss ways to overcome the stigma around mental health and develop coping strategies to manage the acute stress of the field.

REGISTER
[tracking.emsworld.com]

PREPARING FOR PEDIATRIC MENTAL HEALTH CRISES IN THE EMERGENCY DEPARTMENT

Mental health is an area of continuing challenge for children and their families. **Suicide is a leading cause of death among adolescents 12–17 years old in the United States, according to the Centers for Disease Control and Prevention (CDC).**

The adolescent suicide death rate has steadily increased in the last decade (National Center for Health Statistics 2016). With the impact of the COVID-19 pandemic, particularly on youth, some of the deficiencies and lack of capacity in the mental health system have been exacerbated.

Mental health emergency department (ED) visits were increasing before COVID19, and with the pandemic, even more children are presenting with mental health concerns to the ED. As the number of children presenting with stress, anxiety, and depression has skyrocketed throughout the country, EDs have been overwhelmed and are struggling to adjust and cope with the need for psychiatric services. Many ED providers feel that they have inadequate training and resources to manage this unprecedented demand.

A recent article in the New York Times featuring Dr. Rachel Stanley, Chief of Pediatric Emergency Medicine at Nationwide Children's Hospital and the co-lead for the Research Domain of the Emergency Medical Services for Children (EMSC) Innovation and Improvement Center, discussed how the COVID-19 pandemic has exposed these shortcomings and inadequacies in the mental health care infrastructure. When access to outpatient mental health services is inadequate, clinicians struggle to adjust to this surge in demand, and the lack of preparedness to provide mental health care in EDs is starkly apparent. As clinicians struggle to adjust to this surge in demand., the EDs see a lack of preparedness for mental health care, as clinicians struggle to adjust to this surge in demand.

EMSC, a federally funded program of the Health Research and Services Administration (HRSA) has developed several programs to help develop education and resources focused on mental health emergencies for a variety of audiences. Additional Resources:

- **HRSA Critical crossroads toolkit** <https://emscimprovement.center/education-and-resources/toolkits/critical-crossroads-pediatric-mental-health-care-ed/>

- **EIIC PEAK (Pediatric Education and Advocacy Kit) Mental health toolkit (launch mid-June 2021)**

As we focus on the emotional wellbeing of children and youth during Children’s Mental Health Awareness Week (CMHAW), we see this as an opportunity to change hearts, minds, and attitudes regarding mental health. The **2021 Children’s Mental Health Awareness Week theme is “Flip the Script on Mental Health.”**

Addressing the mental health needs of children is the responsibility of all community members. Children and youth learn from their parents, caregivers, family members, teachers, doctors – the adults they are taught to respect and rely on. In these roles, we impact how children and youth think about and care for their own mental health and how they treat others who have mental health challenges. We have our work cut out for us. **Now is the time to shape a brighter, healthier future for the next generation.**

When you ask someone what they think of when we use the term mental health, it is not uncommon for people to say things like, “Depression, anxiety, suicide, therapy or medication.” Alternatively, when you ask what they think of when you say physical health, people answer, “Exercise, good nutrition and getting plenty of rest.” Herein lies the problem.

According to MentalHealth.gov, “Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.” That said, our perception of mental health and learning to care for it – like we do our physical health – begins in childhood. It's time to flip the script!

Let us educate individuals and communities about the importance of teaching children and youth:

1. That caring for their mental health is a vital part of living a healthy, fulfilling life.
2. That experiencing mental health challenges during their lifetime is not uncommon (1 in 5) and that it is not just ok, but it is important, to ask for help when they do.
3. To offer acceptance, support and respect for others who have mental health challenges in their lives and communities.

Explore the past National Children's Mental Health Awareness Week resources and tools below and look for new and updated materials for the 2021 campaign in the coming weeks.

CHILDREN'S MENTAL HEALTH AWARENESS WEEK - MAY 2ND THROUGH 8TH, 2021



<https://www.ffcmh.org/cmha-activities-for-youth>



Mood Crew: Open, Positive Conversations about Feelings with Children Ages 4 - 10

HEALTHCARE PREPAREDNESS PROGRAM HAS PPE AVAILABLE!

State DES has extra gowns and masks, if you need either one, please use the link below to order. For long-term care facilities, please keep in mind the new CDC guidelines for taking care of COVID patients. You do not need to go through your local DES person, this is a direct link to State DES. If you have any questions, please email MTDES@MT.GOV.

ADA NATIONAL NETWORK LEARNING SESSION: PREPARED4ALL: WHOLE COMMUNITY EMERGENCY PLANNING Webinars begin at MT:12.30pm, Registration: Free on-line at <http://adapresentations.org/registrationEM.php>

Disasters and emergencies, like the current COVID-19 pandemic, disproportionately affect Americans with disabilities, chronic and mental health conditions (PWD). To close this gap AUUCD developed Prepared4ALL, a public health campaign to link disability organizations and PWD to local emergency management and public health preparedness agencies. Developed with strong stakeholder input, Prepared4ALL aims to harness disability community strengths, with the goal of increasing the number of PWD and disability organizations that are actively engaged in local emergency/public health preparedness planning efforts.

The campaign includes:

(1) An 8 module online, scenario-based course that teaches an evidence-based problem solving and collaboration method. Learners apply this approach as they learn about the American emergency management system, demographic and communication issues that may be new to emergency planners, and a collaborative method to identify disability-related gaps and areas of strength in local emergency plans.

(2) "Pitch kit" communication and outreach materials and other tools for local disability organizations to use to for outreach to, and engagement with, local planners; and

(3) ongoing technical support and coaching. The presentation will share training materials, the online course, toolkits, a workbook guide, the project website and related information, so that the program can be replicated.

Trivia -- Answer the trivia and win an INFANT Blood Pressure Cuff or SWAT-T=the first 5 to email answers to Robin at rsuzor@mt.gov.

1. What is one way to prevent heat stroke?
2. When is EMS For Children's Day?
3. When is "Don't Fry Day"?
4. What is one health awareness for May?



**MONTANA
EMS & TRAUMA
SYSTEMS PROGRAM**

**EMERGENCY MEDICAL SERVICES FOR CHILDREN PROGRAM, MT DEPARTMENT OF PUBLIC HEALTH AND HUMAN SERVICES, EMERGENCY MEDICAL SERVICES & TRAUMA SYSTEMS, P.O. BOX 202951, HELENA, MT 59620 -
CONTACT INFORMATION: rsuzor@mt.gov or (406) 444-0901**

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