

# Breakthrough Strategies for First Responders

How This 1 Concept Can Help Achieve  
Self-Resilience in Only 7 Days!

**Volume 1**

by: Kyle Goodknight, RRT, EMT-P



# Breakthrough Strategies for First Responders

How This 1 Concept Can Help Achieve Self-Resilience in Only 7 Days!

Volume 1

as taught in

Carry the Weight, Find the  
Balance Packing the Mental Load  
for First Responders



**Police - Fire - EMS - Dispatch**

ALL RIGHTS RESERVED. No part of this report may be modified or altered in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

AFFILIATE DISCLAIMER. The short, direct, non-legal version is this: Some of the links in this report may be affiliate links which means that I earn money if you choose to buy from that vendor at some point in the near future. I do not choose which products and services to promote based upon which pay me the most, I choose based upon my decision of which I would recommend to a dear friend. You will never pay more for an item by clicking through my affiliate link, and, in fact, may pay less since I negotiate special offers for my readers that are not available elsewhere.<sup>3</sup>

DISCLAIMER AND/OR LEGAL NOTICES: The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state. Any reference to any person or business whether living or dead is purely coincidental.

# Table of Contents

Introduction .....6

EMS Time-out  
Enhancing Patient Care Outcomes.....10

The PTO Concept  
Fortifying First Responders' Mental Resilience.....13

DTW  
Take the 7-Day Challenge.....17

The E11ivate Podcast .....23



*More police officers die from suicide than in the line of duty deaths*





---

*"the Problem I solve equips first responders with resources to foster resilience, ensuring they manage work-life balance and emotional stress without compromising their mental well-being or family"*

---

## ABOUT

# KYLE GOODKNIGHT RRT, EMT-P

**K**yle is a highly experienced medical professional with over 26 years of expertise in various multidisciplinary aspects of the healthcare field.

He has notable accomplishments as a respiratory therapist, paramedic, and medical equipment developer. As an ACLS/BLS and NAEMSE-certified instructor, Kyle has dedicated himself to educating his peers, demonstrating his commitment to fostering personal and professional growth.

Kyle's career journey is defined by his relentless pursuit of education and progression. He successfully increased the utilization of the EZIO interosseous device in hospitals and EMS settings. Most recently, he has been an integral part of a team focusing on the future of EMS training with augmented and virtual reality. His expertise in implementing medical solutions highlights his exceptional proficiency in advancing the training of innovative thought and technologies.

Education holds a special place in Kyle's heart, evident through his role as a Clinical Educator in Ohio. He constantly seeks to enhance the knowledge and capabilities of healthcare professionals through conducting cadaver labs for interns and resident programs, as well as providing in-depth education for EMS, fire, and hospital staff.

Kyle's certifications and educational achievements exemplify his passion for personal and professional development with a profound dedication to all those in healthcare. His unwavering commitment is to leave a lasting legacy through his devotion to furthering the knowledge and mental resilience of the first responder.

# Introduction

**Are you a first responder looking to strengthen** your mental resilience? Welcome to "Breakthrough Strategies for First Responders: How This 1 Concept Can Help Achieve Self-Resilience in Only 7 Days" If you're on the front lines, facing the daily pressures and stresses inherent in first responder work, this guide is your first step towards transformative change. This eBook doesn't just introduce you to a set of tools; it unveils a journey towards mental resilience and well-being, tailored specifically for those in high-stress roles.

*"Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life."*

*- Marilu Henner*

Choosing this eBook unlocks access to a crucial, yet initially undisclosed, component of your toolkit: the PTO concept. While the full details of PTO are saved for a later reveal, understand that it stands as a cornerstone of our approach, a secret weapon that you'll come to rely on. This concept, central to the strategies we discuss, is designed to be mastered quickly, with tangible results in as little as 7 days. In the following pages, PTO is your entry point into a broader exploration of resilience and self-care. This initial glimpse is part of a more comprehensive strategy found in our full course, "Unpacking the Mental Load: Fortifying the First Responder." However, even within this eBook, you're granted a unique opportunity: to start applying a transformative approach to mental well-being without delay.

The journey we're about to embark on is not just about confronting the challenges of your role but thriving in spite of them. By dedicating just one week to understanding and applying the preliminary concepts we introduce, including the foundational steps of PTO, you'll begin to see a significant shift in how you manage stress, approach your duties, come home to your loved ones, and prioritize your mental health.

# Incorporating PTO into your daily routine

empowers you to regain control over your mental well-being, create a safe space for yourself, and develop effective strategies to manage stress and trauma. As we proceed, remember that this is only the beginning. "Breakthrough Strategies for First Responders" is designed to be your guide, supporting you through a week of discovery and beyond, as you unlock the full potential of your secret weapon. We're here to walk you through every step, providing you with the tools and insights needed to transform your approach to mental resilience.

Seize this unique opportunity to integrate the PTO concept into your daily life, understanding its power to transform your approach to stress and decision-making within just 7 days.

As we progress through each day, you'll unlock new layers of self-awareness and strategies to fortify your mental resilience, positioning yourself as a beacon of positive change and strength in the demanding world of first response.

A more resilient, empowered, and mentally prepared you awaits at the conclusion of these 7 days. **Let's get started!**



*The true mental load on a first responder can take years, if not decades, to manifest into a dark place. Fortify yourself with the tools to prepare yourself.*



# Chapter 1

## EMS Time-out

### Enhancing Patient Care Outcomes

In the fast-paced world of emergency medicine, every second counts. When a patient arrives at the emergency department, it is crucial for the healthcare team to understand the patient's condition and to provide timely and effective care clearly. To address this need, a valuable practice known as EMS time-out has emerged as a key process for improving patient care and outcomes.

EMS time-outs are formalized pauses when emergency medical services (EMS) providers bring patients to the hospital. During these moments, a remarkable transformation takes place within the patient room. The environment becomes free from distractions and commotion as nurses, physicians, and other attendees silence themselves. In this hushed atmosphere, the EMS provider is granted uninterrupted time to deliver a concise yet detailed report about the patient's illness or injury.

The significance of this short time cannot be overstated. In collaboration with local hospitals, EMS crews have developed an effective acronym, MIST, to facilitate the rapid relay of critical information within those precious first moments.

**MIST stands for:**

**M: Mechanism of injury or medical complaint,**

**I: Injuries or inspections,**

**S: Vital signs,**

**T: Treatment and transfer of care**

By employing this mnemonic, EMS providers can efficiently communicate the key aspects of the patient's condition, ensuring that vital information reaches the hospital staff promptly.

The process of an EMS time-out begins when anyone in the room announces loudly, "EMS time-out," marking the crew's arrival with the patient. The nurse then documents the report, and the lead paramedic provides the necessary information while the patient is swiftly moved to the hospital's gurney. This collaborative effort between EMS providers and healthcare professionals plays a vital role in improving patient experiences and outcomes. EMS time-outs streamline the delivery of consistent care for each patient, ensuring no critical details are overlooked.

By establishing an open line of communication, hospitals can leverage the detailed assessments provided by EMS teams in the field and tailor their treatment plans accordingly. Moreover, EMS time-outs foster stronger relationships between receiving facilities and EMS partners. Through enhanced communication, hospitals and EMS providers can share vital insights, exchange knowledge, and better understand each other's roles and capabilities. This collaborative approach nurtures trust and synergy, allowing for seamless transitions and a higher level of care when patients are transferred from the field to the hospital.

EMS time-outs represent a pivotal step toward enhancing patient care and outcomes. By creating a designated period for clear and concise communication, healthcare professionals harness the power of information to deliver timely, effective, and tailored care. The collaborative nature of EMS time-outs strengthens relationships, benefiting patients and the entire healthcare system. With each pause, we bring healthcare providers closer to achieving their shared goal: providing optimal care when it matters most.





## Chapter 2

### The PTO Concept

As taught in Module 6 of "Carry the Weight, Find the Balance: Packing the Mental Load for First Responders."

Similar to the EMS time-out described in Chapter 1, the PTO concept serves as a hard stop, allowing first responders to take a moment to regain composure, reflect on their actions, and create a safe space for themselves. This chapter explores the essence of PTO and its potential to fortify the mental resilience of first responders.

Being a first responder is demanding and can take a toll on mental well-being. Constant exposure to high-stress situations and traumatic events can accumulate and impact the psychological state. Often, they do not get adequate initial training or lack this type of training in their departments ongoing CEUs. Recognizing the need for self-care and mental respite, the concept of PTO (Personal Time Out)

has emerged as a valuable tool to support the mental well-being of first responders. Taken directly from the groundbreaking course for first responders, "Unpacking the Mental Load: Fortifying the First Responder," PTO embodies a simple yet powerful three-step process: Pause, Think, and Observe. These steps provide a structured approach for first responders to navigate their thoughts and emotions, leading to a better understanding of their mental state and promoting overall well-being.

**(The below steps ideally will happen After the incident/crisis)**

### **1. Pause:**

In the fast-paced and intense world of first responders, it is crucial to recognize the need for a pause. Taking a moment after the chaos allows individuals to disconnect momentarily, creating a space for self-reflection and regaining emotional balance. By consciously hitting the pause button, first responders can acknowledge their mental situation and its impact on their overall well-being.

### **2. Think:**

The next step in the PTO process is thoughtful consideration and introspection. First responders can utilize this time to examine their thoughts, emotions, and responses to their challenges. By actively thinking about their experiences and the tools acquired

in the full course, they can gain insights into their mental state, identify potential triggers, and evaluate their coping mechanisms. This self-awareness forms the foundation for addressing and managing their mental well-being effectively.

### **3. Observe:**

The final step of PTO involves paying attention to the surroundings and one's inner state. First responders are encouraged to observe their immediate environment, seeking cues and triggers that may influence their mental well-being. Additionally, they are urged to turn inward and reflect on their emotional and physical responses. By keenly observing their thoughts, feelings, and bodily sensations, they can better understand their needs and make informed decisions to prioritize self-care.

PTO represents a novel concept emphasizing the importance of personal time-outs for reflection and self-care. It is one of the essential tools taught in the comprehensive course "Unpacking the Mental Load: Fortifying the First Responder." This course aims to equip first responders with the knowledge and strategies to manage their mental burdens, fostering mental resilience and well-being.

By embracing the PTO concept, first responders can proactively address their mental health needs. Taking the time to pause, think, and observe enables them to cultivate self-awareness, identify areas of concern, and seek support.

PTO can be implemented individually, as first responders recognize their need for a personal time-out or by caring colleagues who notice signs of distress in a fellow team member. Just as the EMS time-out in patient care strengthens relationships, implementing PTO within the first responder community fosters a culture of support, empathy, and well-being.



*Over 60% of first responders **do not** have access to proper mental health support. We can change that!*

*"When we are no longer able to change a situation,  
we are challenged to change ourselves."*

*- Viktor E. Frankl*



## Chapter 3

### DTW, Do The Work!

Take the 7-Day Challenge:  
Unveil Your Secret Weapon for Resilience

My dad had a saying, DTW, im sure you know what that is, but it still resonates with me today. Do The Work! To get started, you just have to DTW, and this chapter will start you on a path to do just that. The work to find a more resilient you starts today.

Over the next week, dedicate yourself to uncovering and mastering the secret weapon that will empower you to navigate the mental load with newfound strength. Each day, you'll engage in activities designed to introduce you to the foundational concepts of resilience, leading up to the full revelation and mastery of the PTO strategy. Here's your roadmap:

### **Day 1: Reflection**

- Reflect on your recent experiences with stress. Write in a journal about times you felt overwhelmed and note your reactions.

### **Day 2: Education**

- Dive into the science and stories of resilience. Read articles or watch documentaries on the mental strength of first responders.

### **Day 3: Identification**

- Identify what triggers your stress. List the scenarios that challenge your mental well-being and how they impact you.

### **Day 4: Visualization**

- Begin the practice of visualization. Imagine handling a stress-inducing situation with ease and composure.

### **Day 5: Pause (Introduction to P)**

- Implement the 'Pause' aspect of PTO. Take intentional breaks throughout your day to stop and disengage from stress.

### **Day 6: Think (Introduction to T)**

- Reflect on the 'Think' part of PTO. During your pauses, consider the effects of stress on your mind and body, and think about positive coping strategies.

### **Day 7: Observe (Introduction to O)**

- Focus on 'Observe.' Pay close attention to your surroundings and your reactions to them. Notice how your environment influences your stress levels and mental state.

### **BONUS Day 8: Integration**

- Combine all elements of PTO. Practice pausing, thinking, and observing in a real-world scenario, reflecting on your experience.

### **BONUS Day 9: Future Planning**

- Plan how you'll continue to use PTO and other resilience strategies moving forward. Set goals for your mental well-being journey.

As you complete these activities, you'll lay the groundwork for a deeper understanding and implementation of the PTO strategy, enhancing your ability to thrive under pressure. This seven-day challenge, with the additional bonus days, is just the beginning of your journey toward discovering your secret weapon for mental resilience.

Ready to transform your approach to mental well-being? Start this challenge today, and unlock the full potential of your secret weapon. Your journey towards mastery and empowerment starts now.

In conclusion, PTO is a powerful tool to fortify the mental well-being of first responders. By incorporating structured personal time-outs into their routines, first responders can effectively manage the pressures of their roles, promote self-care, and mitigate the potential long-term impact of the job on their mental health. PTO is a testament to the importance of recognizing and valuing the mental well-being of those who dedicate their lives to serving others, ensuring they have the necessary resources to thrive professionally and personally.

If you found the information in this eBook valuable and want to learn more helpful tips and applications of the concepts within the course, we invite you to enroll in our comprehensive online course: *Carry the Weight, Find the Balance: Packing the Mental Load for First Responders.*”

This course provides in-depth knowledge, practical strategies, and personalized guidance to help first responders effectively manage their mental well-being and build long-term resilience in demanding roles.



By enrolling in our “Carry the Weight, Find the Balance: Packing the Mental Load for First Responders” course, you will:

- **Dive** deeper into the principles and techniques discussed in this eBook, gaining a thorough understanding of the triggers, tools, and support for first responders.
- **Learn** advanced strategies like PTO to guide you through your career.
- **Explore** in-depth modules on self-reflection, self-care, and mental health management tailored specifically for first responders.
- **Engage** in interactive exercises and practical activities to enhance self-awareness, emotional intelligence, and resilience.
- **Receive** personalized support and guidance from experienced instructors who understand the unique challenges first responders face.

Investing in your mental well-being is not only beneficial for you but also for the individuals you serve and the overall effectiveness of your emergency response efforts. By enrolling in our “Carry the Weight, Find the Balance: Packing the Mental Load for First Responders” course, you will gain the knowledge and tools to prioritize your mental health, thrive in your role, and provide the best care to those in need.

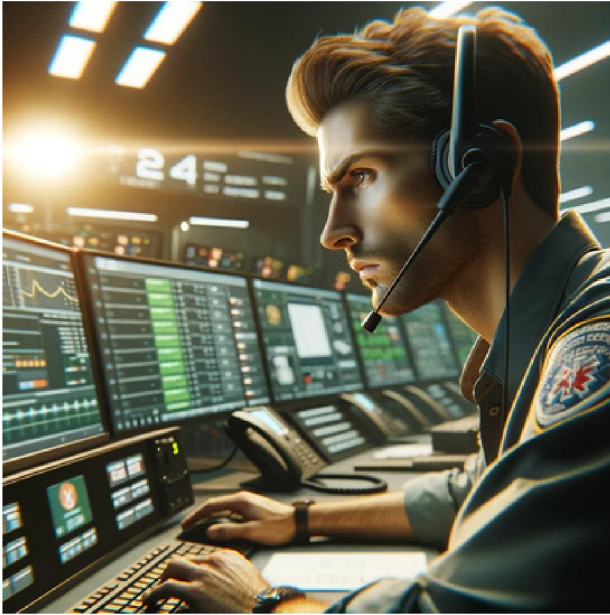
To learn more about the course and secure your spot for the next installment, visit our website at, **[www.KyleGoodknight.com](http://www.KyleGoodknight.com)**

**Take the first step towards a healthier and more resilient you today!**

Thank you for reading our eBook, "Breakthrough Strategies for First Responders: How this 1 Concept Can Help Achieve Self-Resilience in Only 7 Days!" We hope it has provided you with valuable insights and practical guidance, and we look forward to supporting you further in your journey toward mastering mental well-being as a first responder.

If you need more time to prepare for the entire course or want to receive more information weekly, we invite you to join our "E11evate The Frontline" private Facebook Group. Here, you can connect directly with other first responders in a supportive and embracing community. Kyle will bring you weekly insights from the course and special guests. I also invite you to subscribe to the E11evate Podcast on YouTube and all major podcast platforms. Together, we will navigate the challenges, unpack the mental load, and fortify our collective resilience.

Please don't hesitate to reach out to me if you have any more questions or need help. **[www.KyleGoodknight.com](http://www.KyleGoodknight.com)**



*"Stress is nothing more than a socially acceptable form of mental illness."*

*-Richard Carlson*

I invite you to join me on **The E11evate Podcast**, where our conversations on resilience and empowerment continue. It's completely FREE on YouTube and your favorite podcast platforms.



# Breakthrough Strategies for First Responders



Thank you!

*Kyle Goodnight*