

Anne Paun
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After receiving her bachelor's degree from the University of Wisconsin–LaCrosse, Anne moved to Colorado. While in college, Anne worked in Colorado for a summer and couldn't wait to get back to the mountains.



Anne is a certified flight paramedic currently working with a rotor wing program in northern Colorado. She is certified as a critical care paramedic in Colorado where she began her career. Living and teaching in Estes Park, she began working as an EMT on the local ambulance service. Finding her niche in EMS, Anne began working fulltime and soon became a paramedic. In her 31 years, she has worked in both rural and urban EMS systems and has been involved in EMS education throughout northern Colorado. Anne also spent several years as a volunteer firefighter/paramedic for Jackson County Colorado.

Anne has always believed that good nutrition accompanied by regular exercise is essential in maintaining a healthy lifestyle. But after many years in EMS and with first-hand experience, Anne's focus has turned to first responder mental health. The nature of the work of first responders, including repeated exposure to painful and provocative experiences and erratic sleep schedules, can pose significant risk to their mental health. First Responders deserve more support and the stigma of mental health within these professions must be dealt with. First responder resiliency is dependent on mental wellness training.

On her time off, Anne enjoys spending time with her wife, family, friends and her two Border Collie/Aussies: "Baussies". Cycling, dirt biking, camping and spending time in the backcountry are usually on the schedule on her days off.