



APCO International's

9-1-1 Wellness Summit

February 6, 2024 | Atlanta, GA



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Becky Neugent

President

APCO International



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**Wi-Fi Network:
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Severity of the Problem

- Public safety professionals endure substantial stress in the course of their lifesaving work. This can lead to significant impacts on physical and mental health and wellness.
- Research has shown that 9-1-1 professionals suffer elevated rates of anxiety, depression, and PTSD.
- According to one study which surveyed over 600 public safety telecommunicators:
 - One in seven reported recent thoughts of suicide.
 - 58% were experiencing some degree of depression.
 - 17% were experiencing moderate to severe depression.
 - 56% were experiencing some degree of anxiety.
 - 30% were experiencing moderate to severe anxiety.
 - 18% showed clinically significant signs of PTSD.

United States Marshals Service (USMS) Behavioral Analysis Unit (BAU), *National Wellness Survey for Public Safety Personnel, Summary Report* (Nov. 2022) <https://www.vachiefs.org/files/resources/National%20Wellness%20Survey%20-%20Overall%20Summary%20Report%20-%202022.pdf>

Blalock, J.R., Black, R.A., Bourke, M.L., & Van Hasselt, V.B. (5 July 2023) Emergency communication operators: Findings from the National Wellness Survey for Public Safety Personnel. *Journal of police and Criminal Psychology*



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Call to Action

1. Collect contact info for at least three new friends you can email or call after the event to compare strategies, commiserate with, or share wellness materials.
2. Identify and write down at least three things you can do to support yourself or your teammates.
3. Commit to change and hold yourself accountable. Set a reminder on your phone for a week from now, a month, and 90 days from now to ask yourself, "What have I been doing since February 6th to better support wellness for myself or my team?"