

MEDIC ONE/EMERGENCY MEDICAL SERVICES STRATEGIC PLAN & LEVY REAUTHORIZATION

Regional Services Subcommittee meeting 4/17/2018

Summary

Topics included reviewing the Regional Services and Strategic Initiatives Status Quo budget, a mid-levy presentation of the multi-faceted Vulnerable Populations Strategic Initiative, and a briefing on efforts underway to better understand and meet the mental wellness needs of our EMS workforce.

Attendees

Chair: Tom Agnew, City of Bothell
Andy Adolfson, Bellevue Fire
Cynthia Bradshaw, KCEMS
Jeff Bellinghausen, South King Fire & Rescue
Helen Chatalas, KCEMS
Jeff Clark, Eastside Fire & Rescue
Kevin Coughlin, Woodinville Fire
Jason Hammond, KCEMS
Steve Heitman, Mercer Island Fire
Tracie Jacinto, KCEMS
Keith Keller, KCM1
Michelle Lightfoot, KCEMS

Joe McGrath, Redmond Fire
Matthew Morris, Puget Sound Fire Authority
Rick Myking, Renton Regional Fire Authority
Kevin Olson, Valley Regional Fire Authority
Brian Parry, Sound Cities Association
Michele Plorde, KCEMS
Tom Rea, KCEMS
John Rickert, South King Fire & Rescue
Penny Sweet, City of Kirkland
Mark Thompson, South King Fire & Rescue
Jay Wittwer, Tukwila Fire

Issues discussed

Status Quo

Overview:

Regional Services and Strategic Initiatives account for approximately 15% of total 2014-2019 levy expenditures. One of the Subcommittee's tasks is to determine the core programs and initiatives needed to support the system over the next levy span, and funding levels for such programs.

Discussion:

As the region develops the Financial Plan for the next levy span, it is important to understand the cost of continuing the current 2014-2019 programs for the 2020-2025 levy span. A rough "status quo" forecast developed by EMS Division staff indicated that continuing the current programs and initiatives through 2020-2025 at the current rate of inflation of CPI + 1% would equal a 25.5% increase. It was noted that this increase can be attributed primarily to IT costs.

Vulnerable Populations

Overview:

The Vulnerable Populations Strategic Initiative (VPSI) was developed with the assumption that there were populations throughout the region that could be served better. The Initiative seeks opportunities to improve interactions between EMS and vulnerable populations, such as those with limited English and the elderly.

Discussion:

The mid-levy report (2014-2017) presentation reviewed the Initiatives activities over the past, and what its next steps might be. The VPSI focus has been on pursuing:

- ▶ **Education and Outreach** on 9-1-1 and bystander CPR for vulnerable populations (LEP and seniors); and
- ▶ **Fire department-based** pilot projects to evaluate different care delivery strategies for vulnerable populations; and
- ▶ **Other:** Diversity in the Workforce (STAR program); Training on communication with LEP callers; Mental Wellness (needs assessment).

Mental Health Assessment Presentation/Survey

Overview:

EMS personnel experience great emotional stress, and are at high risk for emotional unrest and exhaustion, burnout and PTSD. In its effort to address mental wellness, the King County Fire Chiefs Association conducted a survey assessing the current health and wellness options available to EMS workers; the workforces' knowledge of, and interest in, such programs; and current barriers to obtaining wellness assistance.

Discussion:

Ideas listed for further exploration include:

- Leadership training
- Wellness approach (reduce stress)
- Peer support
- Increase Awareness. Fire training consortium has a great resource and will share their information
- Assess Gaps (county wide basis) Ongoing CBT on this? Starting in the academy onto retirement. How do we stay involved?
- FD grants available

The group indicated its support for this program, and its current direction.

Next Meeting

May 15, 2018, from 1:30 – 3:30 pm at the 2100 Building, located at 2100 24th Ave S, in Seattle. **This is a new time and location.**

Items for discussion include reviewing proposed Initiatives addressing emergent needs and providing increased system effectiveness, and finalizing draft recommendations for the 5/17/18 Finance Subcommittee meeting, and the 5/30/18 Task Force meeting.