With your help, The MedEvac Foundation International, Air and Surface Transport Nurses Association and the International Association of Flight and Critical Care Paramedics brought a message of hope this year to more than 500 people across the United States. Thank you for your support which made it possible to train hundreds of industry professionals how to be resilient in the face of the trauma emergency responders encounter. As a result of this year’s Taking Care of Our Own initiative, we learned more about the scope and far-reaching effects of trauma-induced mental health injuries among our nation’s EMS professionals, and have committed to continuing this important work through expanded education and advocacy. Your support made a transformative difference in the lives of hundreds of first responders, and will continue to pay dividends as our work continues. Thank You for your generous giving that made this all possible.

“This program really touched me and all that I have been through. It is nice to know that I am not alone.”

Taking Care of Our Own featured events in eight cities sponsored by eight air and ground medical services companies. Sessions featured presentations on resilience, mindfulness, and recovering from PTSD by Sharon Purdom, past president of Air and Surface Transport Nurses Association, and Phil Ward, Vice President of the International Association of Flight and Critical Care Paramedics.

Special Thanks and Recognition for our Event Sponsors:
During this year’s *Taking Care of Our Own* program, the MedEvac Foundation hosted the “First Responder Appreciation Day 5K and Festival” in Tucson. The event brought together air medical, critical care ground, police, and fire personnel. The event honored Margaret Langston, an air medical paramedic who lost her life on duty in early 2019. Participants raised more than $25,000 for First Responders.

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**Thank You to our leadership donors** who supported the 2019 *Taking Care of Our Own* program:

- Apollo Med Flight
- Metro Aviation
- AirEvac Lifeteam
- Air Methods
- Med Trans
- American Medical Response
- Guardian Flight
- AirMed Network
- Med Flight of Ohio
- Air Med International
- Life Flight Network
- John F. Throne & Co.
- Pro Flight Gear, LLC
- Mayo Aviation
- CAMTS
- Starr Companies
- Bank of America Merrill Lynch
- Rick Sherlock
- Capital Bank
- Paul Ross, Jr.

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**Where Do We Go from Here?**

Consider these statistics:

- 85% of first responders suffer psychological effects from exposure to trauma.
- 34% of first responders have received a formal mental health diagnosis related to their work.
- 10% display signs of PTSD.
- First responders, along with veterans, are more than 10 times more likely to attempt suicide than the average citizen.

Throughout 2020, MedEvac Foundation International will build on our work in *Taking Care of Our Own* and build a national coalition with several partners to address mental health concerns among first responders. Our goal is to develop a suite of resources and educational offerings so none suffer alone. We will stay in touch as your investment pays ongoing dividends in changed lives.