

SAN LUIS VALLEY RETAC

Presented by Julie Ramstetter



About San Luis Valley RETAC

We Serve

- 6 Counties
- 3 Hospitals
- 10 EMS Agencies

We Support

- 19 Law Enforcement Agencies
- 23 Fire Departments
- 1 Dispatch Unit
- 14 School Districts
- 3 Higher Education



Hospital Trauma Level



SLV RETAC

REGIONAL TRAUMA SUBCOMMITTEE

1. CASE REVIEWS
2. INTERFACILITY TRANSFERS
3. GROUND AND AIR TRANSFERS
4. TNC AND TMD SUPPORT

KEY RESOURCES SUBCOMMITTEE

The SLV RETAC utilizes its Key Resource Committee as a strategic link to enhance the regional emergency medical system through collaboration with essential community organizations and agency leaders. The committee is a Stakeholder Representation formed by various leaders such as fire departments, hospitals, law enforcement, dispatch, school nurses, public health, emergency management and more. By fostering partnerships, the committee helps disseminate the SLV RETAC mission and increasing the available resources for the entire region and its EMS providers through coordinated grant processes and standardized protocols; giving us the motto of "One Mission, One Team,"

MEMBERS:

COMMISSIONER - LYNNE THOMPSON
EMERGENCY MANAGER - CHRIS RODRIGUEZ
LAW ENFORCEMENT - CAPT SAM MAESTAS
PUBLIC HEALTH - MONA LOVATO
EDUCATION - BRITTANY SOURS
CORONER - JOE DZURIS

SLV HEALTHCARE COALITION- CHRIS RODRIGUEZ
FIRE DEPARTMENT - MATT NOLTING
CSP DISPATCH – SANDRA YOUNG
SCHOOL NURSE - KAITLYN LARSEN
HOSPITAL OUTREACH - KELLY BLEAKNEY
SLV HOMELAND SECURITY - JEAN BORREGO

REGIONAL EMS SUBCOMMITTEE

1. RMD
2. GROUND AMBULANCE UPDATE
3. CHAPTER RULE UPDATE

INTERFACILITY TRANSFER

Program was established in 2013 by the SLV RMD and RETAC with a goal to implement a new plan to better coordinate ground transport out of the Valley. The plan was designed to streamline the ground transfer request process and to more appropriately meet the needs of our patients.



1

CREATED A PROCESS

- WHAT PROCES?

2

SUPPORTED BY HOSPITALS

- HOW?

3

FUNDING USE OF EMTS GRANT

- HOW DO THEY USE THAT FUNDING?

4

PLAN

- Page System

EDUCATION



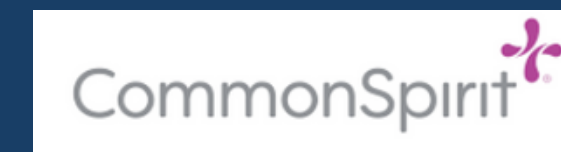
- TNCC/ENPC

- PHTLS/AMLS

- ATLS



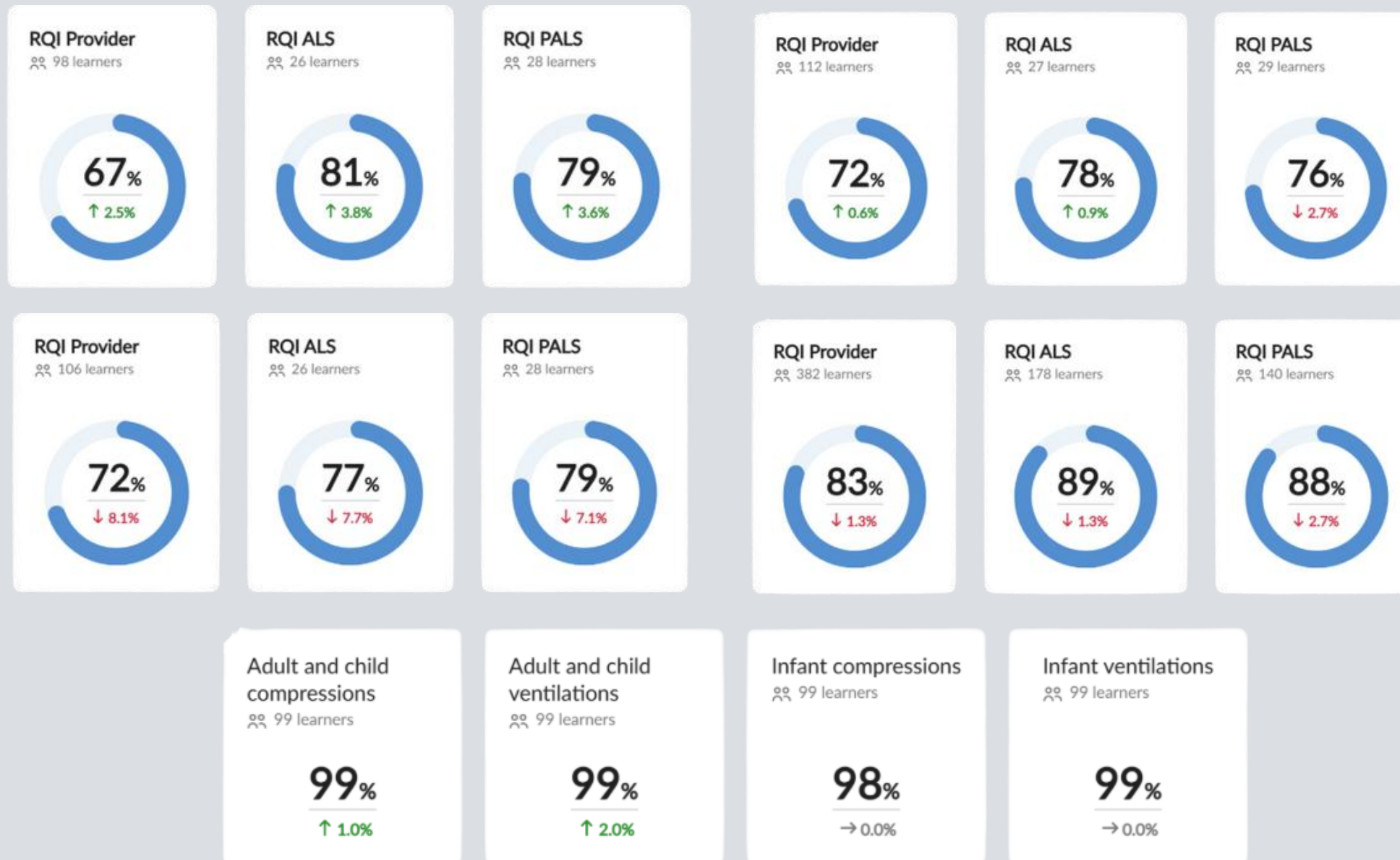
Supporting Agencies



Resuscitation Quality Improvement Program - RQI

- RQI offers BLS, PALS, ACLS
- All 10 ambulance agencies are utilizing RQI

2024 Progress Report



CDPHE ONE TIME FUNDS

SLV RETAC Regional Supporting Projects

Through the one-time funds and EMTS Grant the SLV RETAC was able to establish three regional system improvement projects, focus on key elements originated from the CDPHE 15 components for the RETACs and by the suggestions listed under the 2024 regional system analysis.



SLV RETAC EDUCATION

1. Regional Education focus on CQI reporting to improve in pt care.
2. Agency Education focus on the needs of the individual agency and their medical director
3. Skill Review – to better support the medical director and the requirements under state regulations
4. SLV RETAC symposium – coordinate regional education.
5. SLV RETAC IV class – 2 classes per year.
 1. 11 EMT have been IV certified under SLV RETAC
 2. Supporting agency PPC and the student EMS agency and medical director

SLV RMD

1. Regional Protocols
2. CE Certificates
3. State Recertification
4. CQI
5. Oversee the SLV RETAC Education

SLV RETAC MCI

1. Update Regional MCI Plan
2. Address issues – communication (radio), etc.
3. Educate on state and federal rules & regulations
4. Educate on MCI – MCI skills, Pulsara, mutual aid network
5. Coordinate drills – tabletop, full exercise
6. Regional EMS Strike team – plan

CDPHE ONE TIME FUNDS

COMMUNITY EDUCATION & INJURY PREVENTION

SLV RETAC Community Heroes

“Working together to make a difference.”

Through the Colorado Stop the Bleed program all 14 school districts received free stop the kits under HB23-1213 after completing the training through SLV RETAC. The goal was to promote safer schools across the region while building long lasting working relationships with school health care providers and faculty.

EMS PROVIDERS

- FIRST RESPONDERS
- SCHOOLS
- COMMUNITY

01

SCHOOL NURSES

- STUDENTS
- FACULTY MEMBERS
- COMMUNITY MEMEBERS

04

FIRE DEPARMENT

- DEPRAMENT STAFF
- COMMUNITY

02

PUBLIC HEALTH

- COUNTY DEPARMENTS
- COMMUNITY

05

LAW ENFORCEMENT OFFICERS

- DEPARMENT
- STUDENTS – LAW ENFORCEMENT ACADEMICY
- UNIVERSITY STUDENTS
- COMMUNITY

03

COMMUNITY SERVICE PROVIDERS

EMERGENCY MANAGERS, HEALTH CARE PROVIDERS, COUNTY CORNER

- DEPARMNET STAFF
- COMMUNITY

06



SLV RETAC Instructor Education Program

- 22 CERTIFIED INSTRUCTORS
 - Stop the Bleed
 - CPR & First Aid
 - BLS/ACLS/PALS
- Equipment Shared
 - 16 Adult, Peds Mannequins and AED Spanish/English
 - Stop the Bleed traveling carts

Community Training Completed in 2025

- STOP THE BLEED – 487 school staff, students, community members, first responders
- CPR/FIRST AID - 47 school staff, students, community members
- BLS – 45 law enforcement, firefighters, school nurses

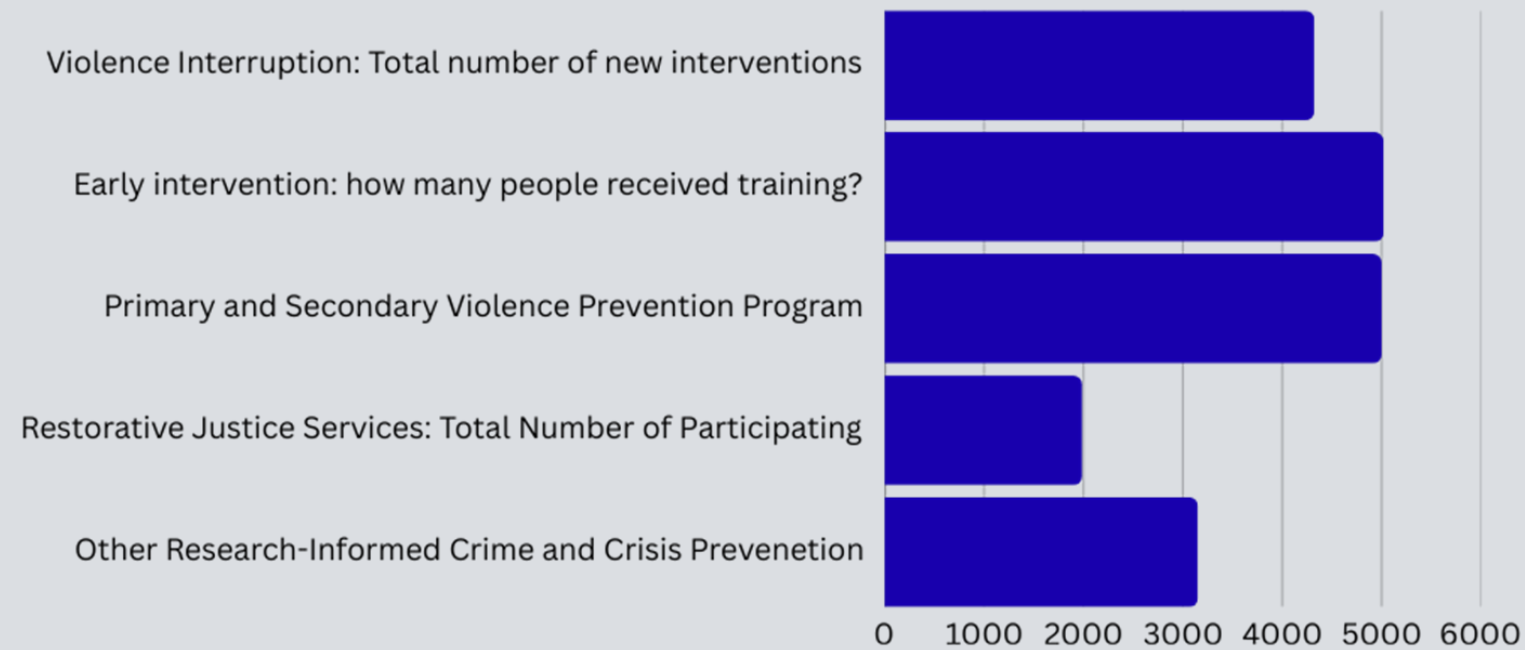
CDPHE ONE TIME FUNDS

INJURY & CRIME PREVENTION

SAN LUIS VALLEY P.R.O.M.

(PREVENTION, RAISING AWARENESS, OATH, MAINTAIN THE COMMUNITY SAFE)

Intervention Strategy



Total number of individuals who received services during the reporting year **5,477**

The project unites first responders, school faculty, parents and community stakeholders together to promote injury prevention and safety awareness to the youth community through presentations, trainings, mock drills, workshops and activities. These intervention are conducted by local first responders (Law Enforcement, Doctors, Nurses, EMTs, Paramedics, Firefighters).

Project has two Outreach coordinators that assist our first responders with planning and preparing for events.



CDOT Crash Data

2020: 18 fatalities of all ages, 1 fatality age 13-24 with driver being at fault. 3 drivers impaired.

2021: 17 fatalities of all ages, 51 serious injuries, 2 fatalities age 13-24 with driver being at fault, 7 fatalities due to distracted driver, 6 occupant fatalities unrestrained, 7 speeding related fatalities, 3 drivers impaired.

2022: 17 fatalities of all ages, 10 serious injuries, 5 fatalities age 13-24 with driver being at fault, 4 fatalities due to distracted driver, 4 occupant fatalities unrestrained, 3 speeding related fatalities, 9 drivers impaired.

2023: 17 fatalities of all ages, 2 fatalities age 13-24 with driver being at fault. 1 fatality due to distracted driver, 0 fatalities with diver under the age of 24 was at fault, 4 drivers impaired.

2024: 7 fatalities at all ages, 0 fatalities age 13-24. 0 fatalities with diver under the age of 24 was at fault, 1 driver impaired.

Grant Funded

First Responders Services

SHIELD 10-78

Help provide emergency essential needs (water, food, shelter, first aid) to first responders 24/7 during long traumatic 911 calls.

"We Fight Together, We Heal Together."



First Responders Christmas Meals

Lunch and Dinner is delivered to first responders working and/or alone on Christmas day. Many stop at the RETAC home to eat and enjoy the warm meal. Commissioners will help deliver to those that are unable to leave from their department .

Mental Health Wellness and Trauma Training

The project encourages our local first responders to attend suicide prevention, wellness and trauma conferences in order to obtain crucial training, resources, network and heal. These conference could offer expert-led sessions on building resilience, managing PTSD, fostering peer support, suicide prevention, and creating trauma-informed departments.

Blue 2 Blue Peer Support

The team consist of 14 certified Peer Support members, one Chaplin and a critical incident management team ready to respond when needed. The team is a combinations of EMTs, Dispatchers, law enforcement officers, one commissioners and firefighters from multiple agencies across the region.

We understand peer support services are essential in developing a recovery-oriented system and go beyond the reduction or elimination of symptoms to encompass self-actualization, community, and overall wellness.

Grant Funded, Donations



FIRE SERVICE
Mental Wellness &
Suicide Prevention
Symposium



MENTAL HEALTH & PEER SUPPORT SERVICES

The Outcome:

1. The specific changes in the first responders' behavior, knowledge, skills, status, and level of functioning.
2. It is clear that a majority of first responders are open to receiving mental health and peer support services when they have a provider that understands first responder culture and services are not cost prohibitive.
3. First Responders learned and practiced coping skills and strategies they did not know or utilize prior to this program. This means they were advancing their own personal and professional wellbeing and their lives improved.
4. When first Responders lives are improved, the entire community improves.

San Luis Valley Peace Officer Mental Health Performance Data						
Performance:	2020	2021	2022	2023	2024	2025
Post LE, First Responders, Immediate Family						
Total Number of Agencies Engaged	3	4	11	16	23	32
Total Number of First Responders Engaged	2	12	201	555	238	622
Total Individual Therapy	0	4	63	398	145	5
Total Consultations	0	1	46	224	1	1
Total Crisis Interventions	0	1	2	12	18	14
Total Peer Support	0	0	0	0	62	388
Assessment						
Number of First Responders Assessed	2	6	94	185	120	160
Baseline Perceived Stress Average	1	1	18	28	12	14
Baseline: Job Satisfaction Average	0	1	12	21	6	18
Baseline: Adaptive Coping	1	2	8	18	8	14

During the time of this program, there were no known or reported first responder suicides. However, an undisclosed amount of first responders who engaged in the POMH program expressed passive suicidal ideation. These first responders would have likely killed themselves had this program not been in place.

Anecdotally, first responders who engaged in the POMH program provided the following;

- "I'm thankful we have someone to help with support services"
- "It's great to see the need being recognized"
- "I appreciate you helping our department"
- "Our jobs are more dangerous than ever before"
- "This saved my life"
- "It's nice to have someone we can relate to"
- "I hope it continues"
- "I don't usually talk to mental health, but this is easier"
- "I appreciate the ways we can seek support now"
- "I'm struggling and this came at a good time for me"
- "We didn't have adequate support when traumas happened so I'm glad to see this happening."
- "Being a cop has a major impact on home life. I hope my family can access services in the future."
- "I'm thankful for this."
- "It's time for us to take first responders mental health seriously... put thoughts into action."
- "I'm thankful Alamosa County has been working on this so we can have more support"
- "I'm not sure if this career is for me."
- "I could use more ways to deal with all the stress, so I'm thankful to see this."
- "I hope the agency listens to what we're saying"
- "I haven't felt supported, but this helps."
- "I'm hopeful, we're moving in the right direction here."

Other Mini Projects

Community Collaboration Injury Prevention

- FALL PREVENTION – SLV Health and Conejos County Hospital
- Seatbelt Safety Checkpoint – CSP Dispatch
- File For Life – SLV RETAC & Health Care Coalition
- Narcan Awareness and Training – SLV AHEC
- Behavioral Health Secure Transport – Alamosa County



FIRST RESPONDER OUTREACH

Recruitment and Retention

- SLV RETAC 9/11 Memorial Stair Climb
- Fire explore program – Alamosa Fire Department
- Internship Program – Adams State University



Grant Funded & Donations

THANK YOU!

JULIE RAMSTETTER BSN, RN, TCRN, CHAIR FOR
SLV RETAC, SLV HEALTH TRAUMA PROGRAM
MANAGER

REYNA MARTINEZ, EMT-B, EXECUTIVE DIRECTOR FOR
SLV RETAC

