

The Highlander



September 2016

Message from the Chief: *Jan Keating*



There have been changes recently at Highland Rescue. Ron Quaife has stepped down as Chief due to personal reasons. Ron has been a Highland member for 23 years and has served in a number of capacities.

We are very grateful to Ron for his service as a paramedic as well as his time as Chief! Fortunately, he will remain with Highland and serve as Assistant Chief and Medical Supervisor. We also appreciate that former Chief, Sharon Jones, is still with the organization as she provides a wealth of knowledge and help with seeking grants for the organization.

I was appointed Chief by our Board of Directors at the July board meeting. I am excited to serve in this role and plan to continue to provide the District with the high quality patient care our population has come to expect. Highland has over 50 dedicated members, largely volunteers, who provide emergency medical services to you and your neighbors. We respond to all calls with our fire partners, Foothills Fire and Rescue and Genesee Fire and Rescue, and sometimes in a mutual-aid capacity with other nearby agencies.

We hope you will stop by at our Open House on October 1 to enjoy some great free food and meet the dedicated team members who work hard every day to keep Highland ready to respond to whatever emergency presents. There will be lots of activities for the kids. Who knows? You might even be inspired to become a team member!



Our 6th annual 9Health Fair was held April 9th and we saw an increase in participation this year with 202 attendees. Rockland Community Church once again allowed us the use of their facility to host the Fair. Our members enjoy the opportunity to meet District residents when folks are not in the middle of an emergency.

Highland Rescue Team Open House

Saturday, October 1st 11am-2pm

Please join us at Highland's annual Open house. Come meet the Team. Planned activities are a helicopter landing, State Patrol education, bouncy house for the kids, lunch, basic CPR instruction, and ambulance and station tours.



Member of the Year

Deputy Chief Jones received the Member of the Year Award at our 2016 annual party. Sharon served as District Chief for 3 years 2012-2015. Sharon is our in house grant writer and she has been extremely successful securing grants the past few years for us. Highland completed our ambulance remount this past spring with the help of a Colorado EMTS Provider Grant which covered \$51,482, or 50% of the cost. She also secured a 2016/2017 grant to purchase power load prams for our 3 ambulances. These will reduce lifting injuries to our members and provide smoother secure rides to our patients. Highland has also received 3 CREATE (Colorado Resource for Emergency and Trauma Education) grants this past year for our members to attend various training programs.





Frequently Asked Questions:

Highland Rescue Team conducted a District Election this year to fill 3 seats on the Board of Directors. During that process, we discovered many people in our District did not know who we are and exactly what we do.

Who are we? We are a 911 Emergency Medical Services (EMS) Special District which serves the Foothills, Genesee, and Idledale communities. We are located at 317 S. Lookout Mountain Road.

Are we a Fire Department? No, we are not part of a Fire Department, we are an EMS agency. We respond with both Foothills Fire and Rescue and Genesee Fire and Rescue. Because many of the fire personnel have some medical training, they may initiate medical care if they arrive on scene first. Once Highland Rescue Team arrives, medical care is transferred to us. On medical calls, the fire fighters assist us, do extrications, and control the scene while we focus on patient care.

Is our staff paid? Our paid staff is made up of 2 full time and 3 part time paramedics in addition to 2 part time office personnel. The remaining 50+ members of the Highland Rescue Team are volunteers. Our volunteers all work a minimum of (3) 12 hour shifts per month/ 432 hours per year.

How is our ambulance staffed? Optimal staffing for HRT is one paramedic and 2 EMT's on each call. Often additional team members will respond and staff the station if a second call is dispatched.

How are we funded? As a Special District we receive approximately half of our annual budget from property taxes and half from fees for our services.

Which hospitals can we transport you to? We usually transport patients to St Anthony's and Lutheran because they are the closest hospitals. If time is not critical, we will transport to any Denver Metro hospital the patient requests.

Good things to know:

- We only respond to 911 calls. We do not do facility transports.

- If you need us, call 911, not the station.
- Having a list of the medications you take and medical history really helps us.
- Our station has a training room available to the community for community meetings.
- We offer community CPR classes. Call us if you are interested.

Medical Highlight: Mental Health First Aid

Many of our members participated in a Mental Health first aid class that was presented to us through the Colorado Visiting Nurse Association. It was an 8hr course presented over 2 days. We were taught evidence-based training used across the U.S. that teaches proven ways you can help people who may be experiencing a mental health crisis or developing an on-going mental health problem.

Mental disorders are common in the U.S. with one in five adults having a mental disorder in any one year. Anxiety disorders, major depression and substance abuse are the 3 leading diagnosis and mental disorders are now the leading cause of disability followed by cardiovascular and circulatory diseases.

Many people have a long delay between developing a mental disorder and receiving appropriate treatment and support. It is during this early intervention phase that mental health first aid can play an important role. The mental health first aid action plan consists of the acronym ALGEE:

A= assess for risk of suicide or harm

L=listen nonjudgmentally;

G= give reassurance and information;

E= encourage appropriate professional help;

E=encourage self-help and other support strategies.

Empathic listening and an optimistic attitude regarding the outcome of someone in distress are key factors.

“The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention...A loving silence often has far more power to heal and to connect than the most well-intentioned words.”-Rachel Naomi Remen

Quick Mental Health Resources

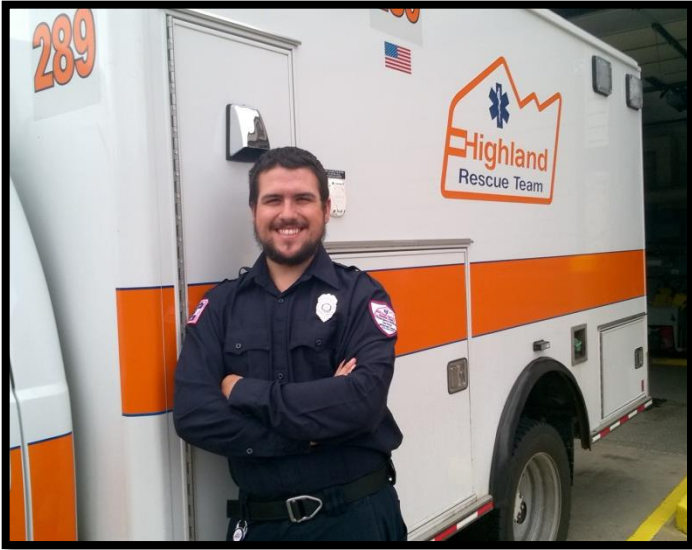
Colorado Crisis Services 1-844-493-8255 24hrs

Foothills Behavioral Health Partners 1-866-245-1959 24hrs

Jefferson Center for Mental Health 303-425-0300

www.Mentalhealthamerica.net

www.TheNationalCouncil.org



New Staff Paramedic

Rowan Kyle McLoone took over Matthew Mogg's position as Medical Operations and Training Manager at Highland Rescue Team September 1st. Rowan trained as a Paramedic at the UCLA David Geffen School of Medicine's Daniel Freeman Paramedic School. He moved to Denver in June of 2015 after completing his Bachelor of Arts in Music and signed up as a volunteer paramedic with us at that time. Rowan is currently taking premed courses and hopes to apply to medical school in 5 years.

Highland Rescue Team Foundation is looking for new Board Members

The HRTAD Foundation is an organization that manages funds that have been donated to Highland Rescue Team. Revenue generated by the Foundation is primarily used for team training, education, and equipment. The Board meets twice a year. If you are interested in joining the Foundation Board and have a financial background, please contact Chief Jan Keating at Jan.Keating.CO@gmail.com

New District Board Member John Zima



John is a retired small business owner and has been a Genesee resident for the past eleven years. He has served as a volunteer at Highland Rescue Team for six years and was a Lieutenant for the last four years. John has been a great

asset to Highland and been voted both "Member of the Year" and "Most Valuable Member".

John became a Board member to "ensure continued exemplary emergency medical response and care for the entire District." As Treasurer and Budget Officer he plans on keeping tight control of expenses to prevent any increase in the tax burden to the residents of the District.

Highland Board Members:

Rob Keating, President
John Zima, Treasurer
Wendy Henke, Secretary
Roxanne Lenny
Steve Carpenter

Please visit our Website at www.highlandrescue.org to learn more about the team. Our Board meetings are open to the public and the schedule is on the website. You can also find board minutes, budgets, audits and special events.

Message from the Board President

As the current President of Highland Rescue Team Board, I encourage you to attend our open house on October 1 from 11a.m.-2p.m. First, the food provided is great-especially the cookies (my favorite).

Highland Rescue Team serves your Special District well. The Team frequently receives letters of appreciation for the professional manner in how they treat those who need the assistance. The Team is there for us 24-7 and we can always have the confidence that they are ready, willing and able to help save lives.

Take time to meet the staff and volunteers at Highland Rescue Team. You will be able to view firsthand all the new equipment and see the new rebuilt ambulance. In addition to the Team members, a number of individuals from the Colorado State Patrol and Flight for Life will be at the Open House.

We often hear people ask "Who is Highland Recue Team"? We are YOUR Special District supported through YOUR tax dollar which provides emergency medical service for all of us on the mountain. Please visit us at the open house and learn more about your Team. We are looking forward to meeting you.

Rob Keating
Board President

**HIGHLAND RESCUE TEAM
AMBULANCE DISTRICT**

317 S. Lookout Mountain Road
Golden, CO 80401

PRSR STD
U.S. POSTAGE
PAID
GOLDEN, CO
PERMIT No. 44

**ECRWSS
POSTAL PATRON**



Thank you to our District Residents; as always, your generosity is deeply appreciated. The Highland Foundation helps support training opportunities for our members. The residents of the District continue to open their hearts and wallets to provide support to the Highland Rescue Team Foundation. From all of us a heart-felt **Thank You!**

Highland Rescue Team Foundation Donations

Contribution: \$25.00 \$50.00 \$100 \$250 \$500 \$1,000 Other: _____

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Please make check payable to the "Highland Rescue Team Foundation." All donations are tax deductible.

**Highland Rescue Team Ambulance District
317 South Lookout Mountain Road
Golden, Colorado 80401**