

Lehigh County EMS Association

2025 Mental Health / Overdose Preventative Care Training



Our communities are facing a crisis. Patients experiencing mental health emergencies, opioid use disorder and acute overdoses need EMS and others in the healthcare system. However, these interactions can come with significant risks, both for the patient and the caregiver.

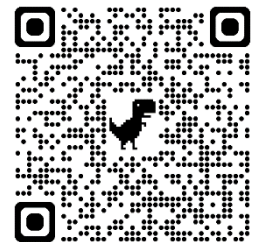
The Lehigh County EMS Association has teamed up with various local organizations to create and present this “bundle of training” to improve the care these patients receive while improving safety for both patients and providers.

Thanks to the generosity of the following sponsors, there is no cost to attend these high-quality training sessions...

- Eastern PA EMS Council
- Lehigh County Opioid Task Force
- Lehigh Emergency Services Training Association (LESTA)
- Lehigh Valley Health Network
- MLF Memorial Training Fund of Macungie Ambulance Corps
- Northeast PA Healthcare Coalition

To Register, please complete this form...

<https://forms.gle/ZYstnr1Lp2u7F2zr5>



Questions?

Contact: Chris Greb cgreb@macamb.org (610) 966-2601 ext. 107

Lehigh County EMS Association

2025 Mental Health / Overdose Preventative Care Training
Program Outline



Tuesday, April 22nd

Laurys Station Fire Company, 5314 Egypt Road, Laurys Station, PA 18059

- | | |
|------------------------|--|
| 11:00 AM until 3:00 PM | Mental Health Recognition, Decision-Making Under Stress, and Situational Awareness |
| 3:00 PM until 7:00 PM | Defensive Measures for EMS Professionals |

Wednesday, April 23rd

Laurys Station Fire Company, 5314 Egypt Road, Laurys Station, PA 18059

- | | |
|------------------------|--|
| 11:00 AM until 1:00 PM | Critical Decision Making, Crew Resource Management, and Legal Considerations |
| 1:00 PM until 3:00 PM | Harm Reduction and Trauma informed care |
| 3:00 PM until 7:00 PM | Practical and Safe Patient Restraint Techniques |

Thursday, April 24th

Eastern PA EMS Council, 4801 Kernsville Road, Orefield, PA 18069

- | | |
|-----------------------|---|
| 09:00 until 1:00 PM | Drug and Intoxicant Awareness, Recognition, and De-Escalation & Mental Wellness for EMS Personnel |
| 1:00 PM until 3:00 PM | EMS and Law Enforcement Case Studies; Critical Lessons Learned |

Tuesday, April 22nd

Mental Health Recognition, Decision-Making Under Stress, and Situational Awareness

11:00 AM until 3:00 PM

Presented by: Dr. Benjamin Iobst

As a retired Allentown Police Sergeant who specialized in crisis negotiation, mental health intervention, and drug recognition, Dr. Benjamin Iobst brings over two decades of experience in law enforcement, military, and public administration, combined with extensive academic achievements and certifications in psychology, crisis management, and criminal justice.



This program

- Teaches participants to recognize signs of mental health issues and distress in individuals.
- Provides tools for effective decision-making in high-stress situations.
- Enhances situational awareness to mitigate risks.



To Register, please complete this form...

<https://forms.gle/ZYstnr1Lp2u7F2zr5>

Questions?

Contact: Chris Greb cgreb@macamb.org (610) 966-2601 ext. 107

This course has been submitted to the Pennsylvania Department of Health for continuing education credit for all EMS providers and is pending approval.

Tuesday, April 22nd

Defensive Measures for EMS Professionals

This course is limited to 10 students to ensure a safe learning environment

3:00 PM until 7:00 PM

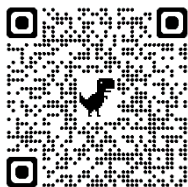
Presented by: Defensive Measures Solutions

Defensive Measures Solutions is led by Mr. Todd Rovito. He served as a municipal police officer for the first 12 years of his career and now serves as a federal law enforcement agent for the past 18. He is a TSA Office of Law Enforcement Training Academy Federal Defensive Tactics Instructor and has 30 years of Martial Arts Training. He is a recognized Seibukan of Japan 7th Degree Black Belt.



This program

- Is a hands-on instructional class. Participants must be in reasonably good physical condition to practice the skills taught
- Participants will get a real life understanding of what violence is and how it affects the human body.
- The lecture portion discusses violence by definition and covers the mind and body's reaction during a violent encounter.
- Also covered are factors contributing to a violent attack and tactics and techniques to increase your odds during an attack.



To Register, please complete this form...

<https://forms.gle/ZYstnr1Lp2u7F2zr5>

This course has been approved by the Pennsylvania Department of Health for continuing education credit for all EMS providers.

Wednesday, April 23rd

Scan the QR
code to register



Critical Decision Making, Crew Resource Management and Legal Considerations

11:00 AM until 1:00 PM

Presented by Chris Greb NRP and Dr. Iobst

Chris is a local EMS provider and instructor. He holds various certifications including Pro-board Fire Officer IV, Fire Instructor II, Fire and Life Safety Educator II, Vehicle Rescue Technician, and PA EMS Instructor. He also helps lead the Lehigh County EMS Association, MCI preparedness and EMS Incident Management team.



This program will discuss

- Current theories regarding human decision making in critical and non-critical situations
- Factors that lead to poor decisions and strategies to mitigate these factors
- How Crew Resource Management can be used in EMS to improve patient safety, satisfaction and treatment
- Barriers to effective communication and strategies to mitigate these barriers

Furthermore, we will review

- The definition of a patient as prescribed in PA EMS protocols
- Documentation for non-patient encounters
- Capacity and Competence as it relates to medical decision making
- The Mental Health Procedures Act as it relates to EMS

This course has been approved by the Pennsylvania Department of Health for continuing education credit for all EMS providers.

Wednesday, April 23rd

Scan the QR
code to register



Harm Reduction and Trauma Informed Care

1:00 PM until 3:00 PM

Presented by William Carver

Bill is currently a Public Health Paramedicine Specialist in the Engagement and Outreach division of the Allentown Health Bureau. Bill had practiced as a paramedic in the Eastern Pa Region since 1999, the last 15 years in the City of Allentown. He is a Community Paramedic – Certified through ISBC and a PA EMS instructor. He currently works on public health programs that bridge medical and social services with emergency services. He also visits clients to work on plans for increased independence and less reliance on the 911 system. Bill spends time working with the Lehigh County Opiate Task Force and Opiate Fatality Review Committee, Child Fatality Review, Regional Human Trafficking multidisciplinary team, and Allentown Inclusion Health.



This program will

- Define harm reduction and discuss the history of these practices
- Share data related to harm reduction in Allentown, specific to opiate patients.
- Show how scripting and rehearsal can aid in harm reduction.
- Discuss case studies from the current harm reduction model in Allentown.
- Define trauma informed care.
- List the lenses and means of using a trauma informed approach.
- Explain compassion fatigue, how to recognize it and avoid it.
- Role-play trauma informed scenarios.

This course has been submitted to the Pennsylvania Department of Health for continuing education credit for all EMS providers and is pending approval.

Wednesday, April 23rd

Practical and Safe Patient Restraint Techniques

This course is limited to 10 students to ensure a safe learning environment

3:00 PM until 7:00 PM

Presented by Defensive Measures Solutions

Defensive Measures Solutions is led by Mr. Todd Rovito. He served as a municipal police officer for the first 12 years of his career and now serves as a federal law enforcement agent for the past 18. He is a TSA Office of Law Enforcement Training Academy Federal Defensive Tactics Instructor and has 30 years of Martial Arts Training. He is a recognized Seibukan of Japan 7th Degree Black Belt.



This program

- Is a hands-on instructional class. Participants must be in reasonably good physical condition to practice the skills taught
- Will review PA EMS BLS State Protocol 801 and define the situations when patient restraint is allowable
- Will allow the student to, acting as part of a team, practice safe and effective “take-down” techniques for patients requiring restraint
- Will also allow the student, while acting as part of a team, to practice safely and effectively restrain a patient in a supine position, using soft restraints, on an ambulance cot.



To Register, please complete this form...

<https://forms.gle/ZYstnr1Lp2u7F2zr5>

This course has been submitted to the Pennsylvania Department of Health for continuing education credit for all EMS providers and is pending approval.

Thursday, April 24th

Scan the QR
code to register



Drug and Intoxicant Awareness, Recognition, and De-Escalation Mental Wellness for EMS Personnel

09:00 AM until 1:00 PM

Presented by: Dr. Benjamin Iobst

As a retired Allentown Police Sergeant who specialized in crisis negotiation, mental health intervention, and drug recognition, Dr. Benjamin Iobst brings over two decades of experience in law enforcement, military, and public administration, combined with extensive academic achievements and certifications in psychology, crisis management, and criminal justice.



This program will

- Equip participants to identify common street drugs, intoxicants, and their physical effects.
- Introduce de-escalation techniques for interacting with intoxicated individuals.
- Emphasize the importance of preventative referrals to social services for long-term solutions.

Also

- Provide strategies for developing resilience and maintaining mental health in high-stress environments.
- Help participants recognize and address the signs of stress among peers.
- Highlight the importance of peer support and professional resources.

This course has been submitted to the Pennsylvania Department of Health for continuing education credit for all EMS providers and is pending approval.

Thursday, April 24th

Scan the QR
code to register



EMS and Law Enforcement Case Studies: Critical Lessons Learned

1:00 PM until 3:00 PM

Presented by Doug Wolfberg, Atty

Doug Wolfberg is a founding partner of Page, Wolfberg & Wirth, and one of the best known EMS attorneys and consultants in the United States. Widely regarded as the nation's leading EMS law firm, PWW represents private, public and non-profit EMS organizations, as well as billing companies, software manufacturers and others that serve the nation's ambulance industry. Doug answered his first ambulance call in 1978 and has been involved in EMS ever since. Doug became an EMT at age 16, and worked as an EMS provider in numerous volunteer and paid systems over the decades. Doug also served as an EMS educator and instructor for many years.



This session will

- Review four cases involving EMS and Law Enforcement interaction where there was a negative patient outcome.
- Discuss best practices for situations where police and EMS must work together to care for patients in crisis.

This session will also be available via Zoom!

This course has been submitted to the Pennsylvania Department of Health for continuing education credit for all EMS providers and is pending approval.