

Pinnacle Webinar Series

The Importance of Staying Connected While Practicing Physical Distancing



Pinnacle Webinar Series

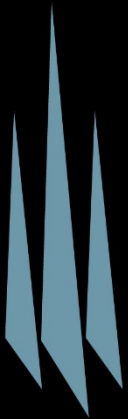
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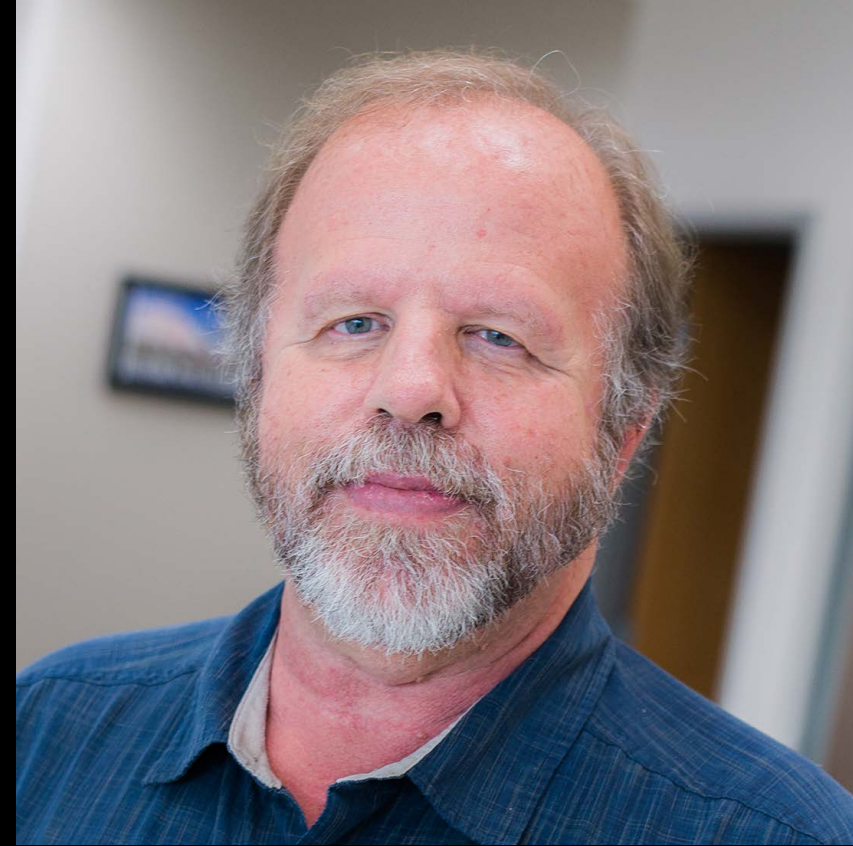


PINNACLE™
INSPIRING EMS LEADERSHIP

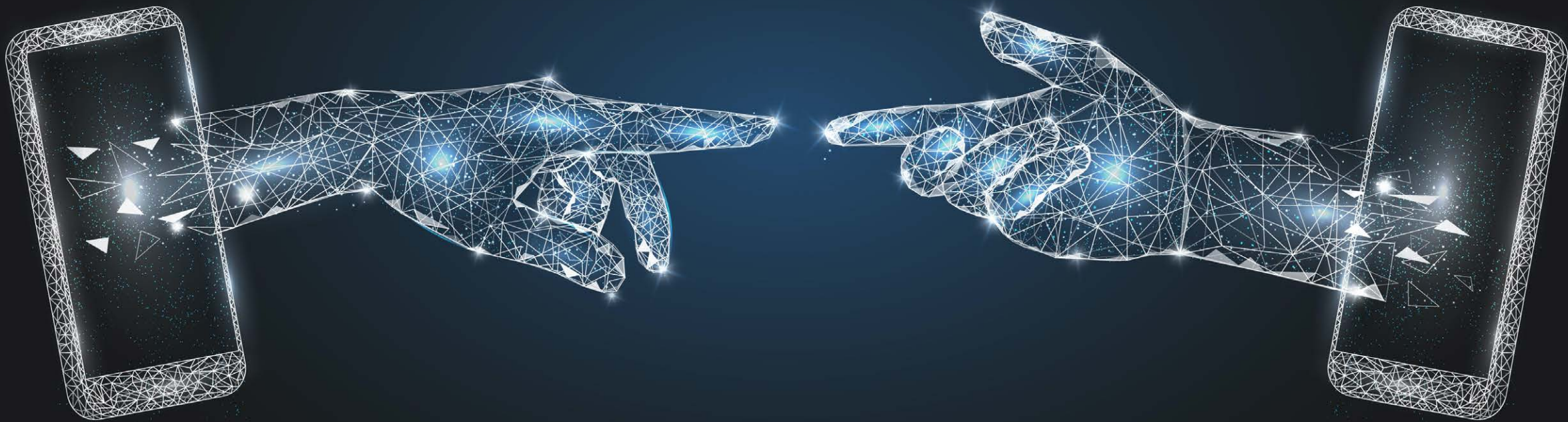




Todd Stout
Founder & President
FirstWatch



Mike Taigman
Improvement Guide
FirstWatch



STAY CONNECTED





Alexithymia

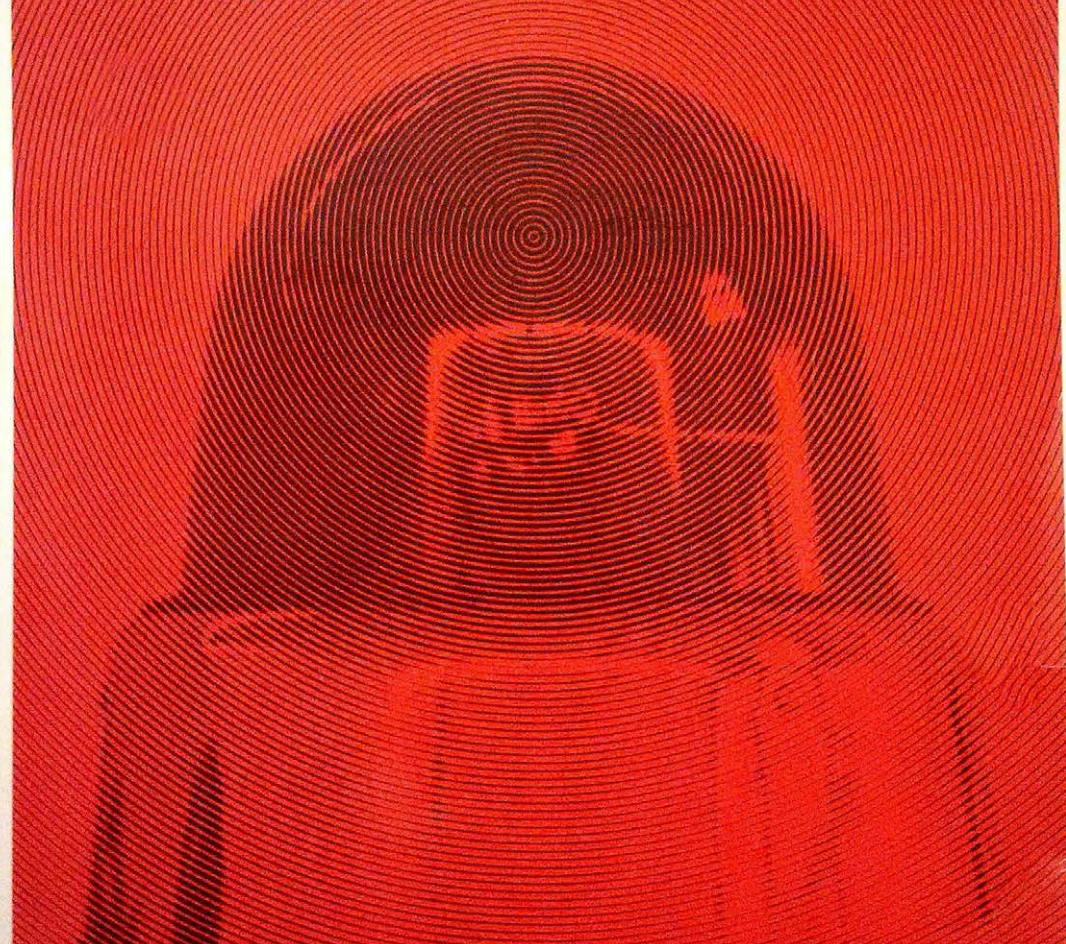




EMERGENCY CARE IN THE STREETS

Nancy L. Caroline, M.D.

Forewords by Peter Safar, M.D., and
Eugene L. Nagel, M.D.









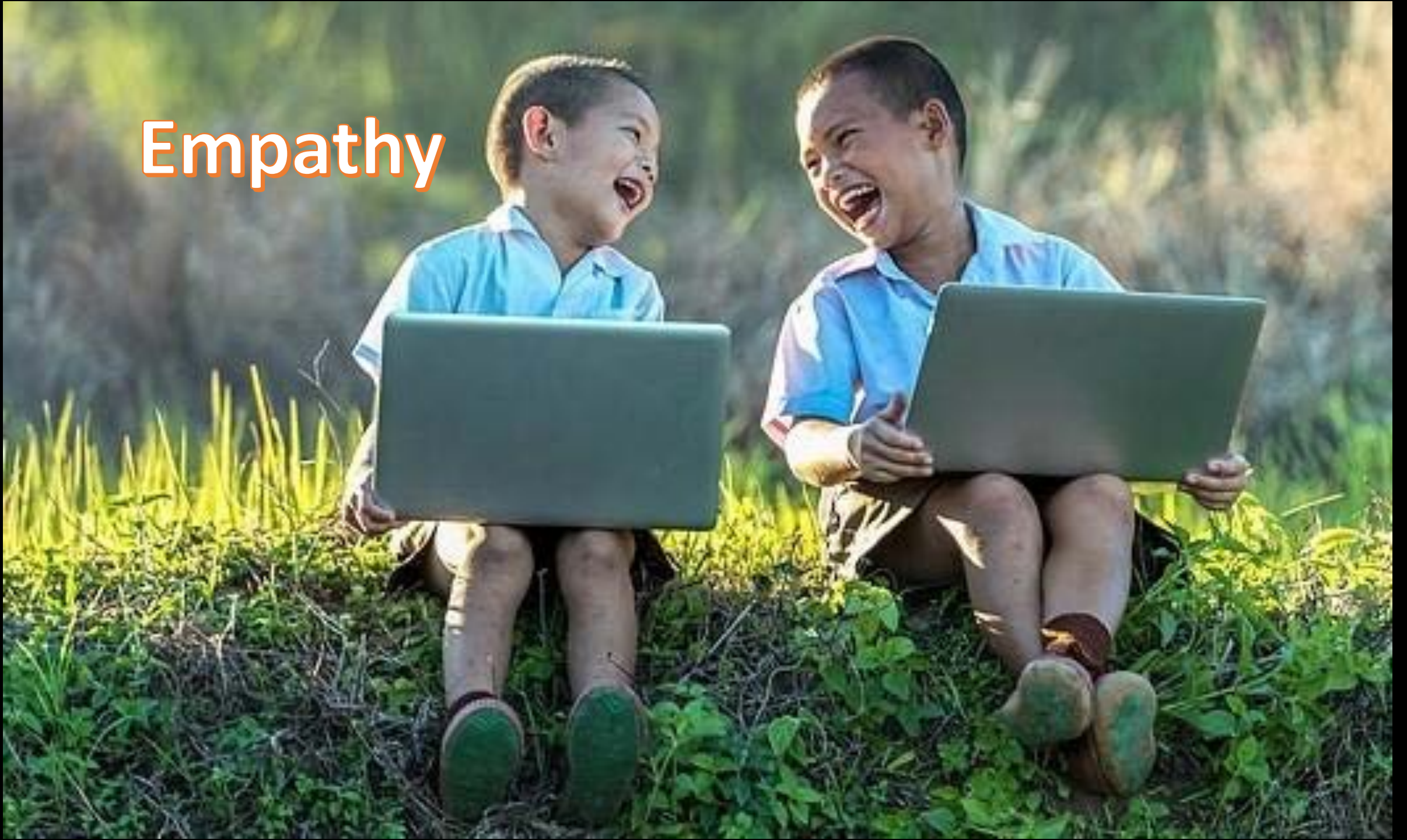








Empathy



Empathy

Motor Mimicry



Empathy

Motor Mimicry
Entrainment



How surgeons connect two hearts

The donor's aorta is attached to the recipient's aorta to transport blood from both hearts out to the body.

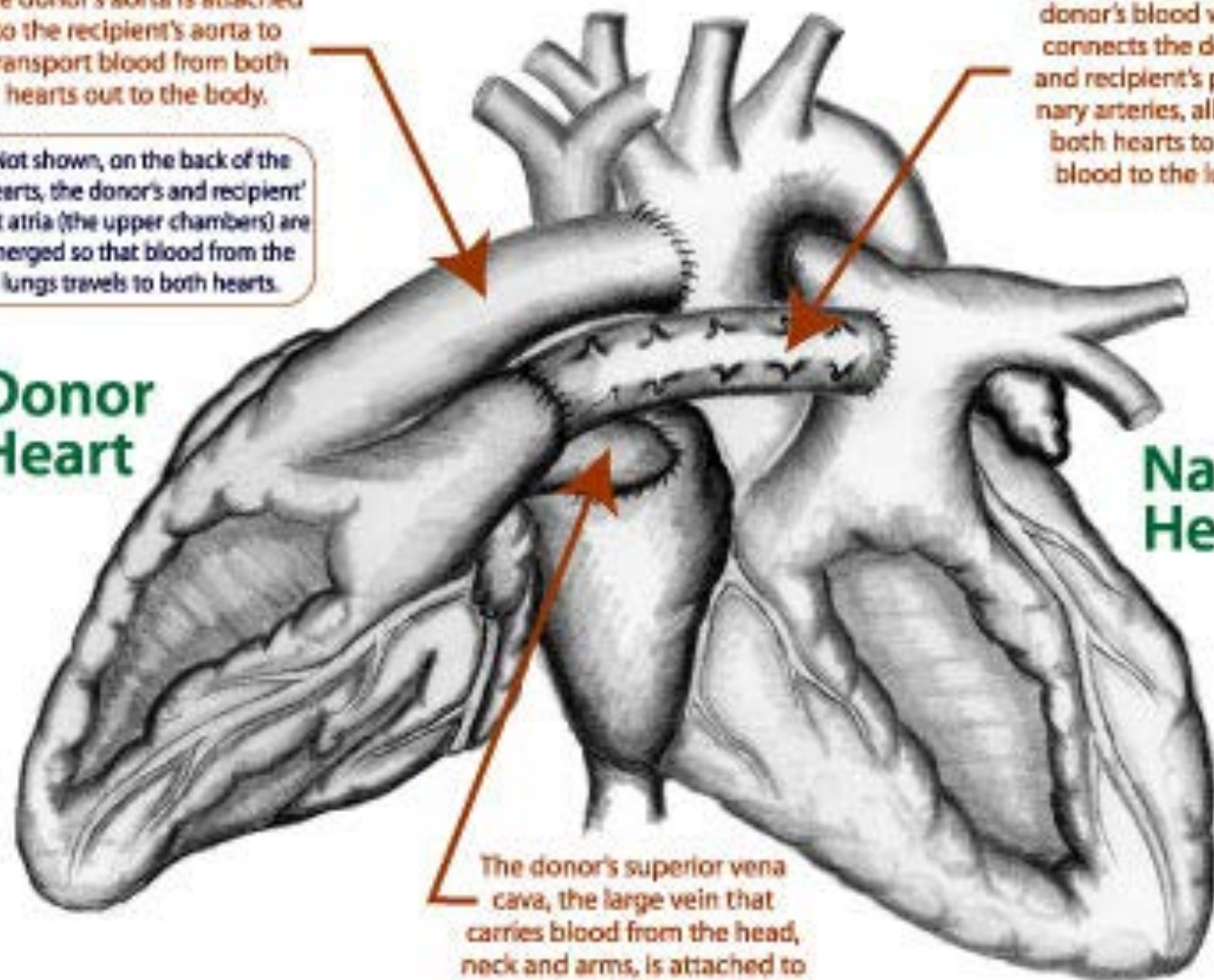
Not shown, on the back of the hearts, the donor's and recipient's left atria (the upper chambers) are merged so that blood from the lungs travels to both hearts.

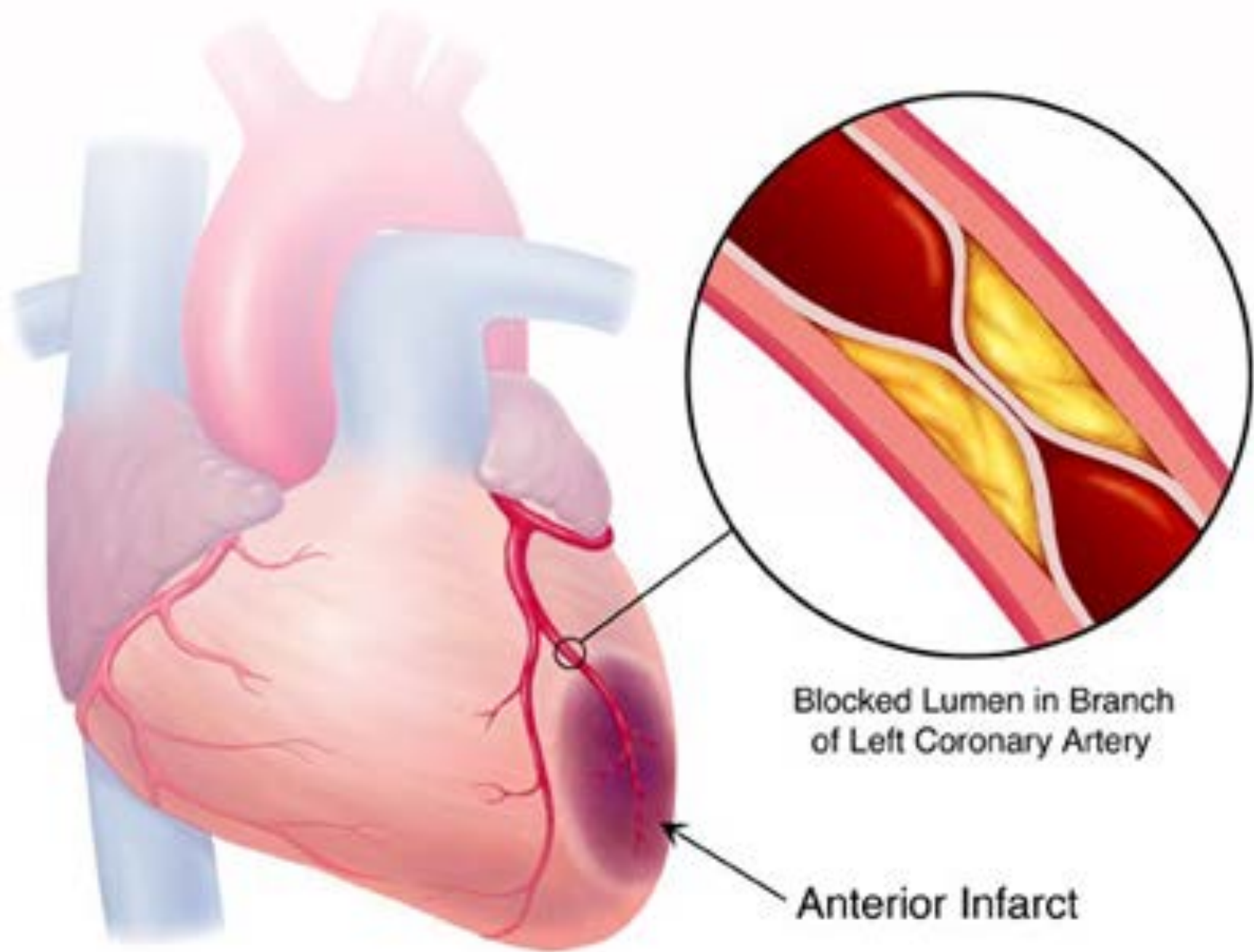
A graft from one of the donor's blood vessels connects the donor's and recipient's pulmonary arteries, allowing both hearts to send blood to the lungs.

Donor Heart


Native Heart

The donor's superior vena cava, the large vein that carries blood from the head, neck and arms, is attached to the recipient's right atrium so that blood from the body now flows to both hearts.

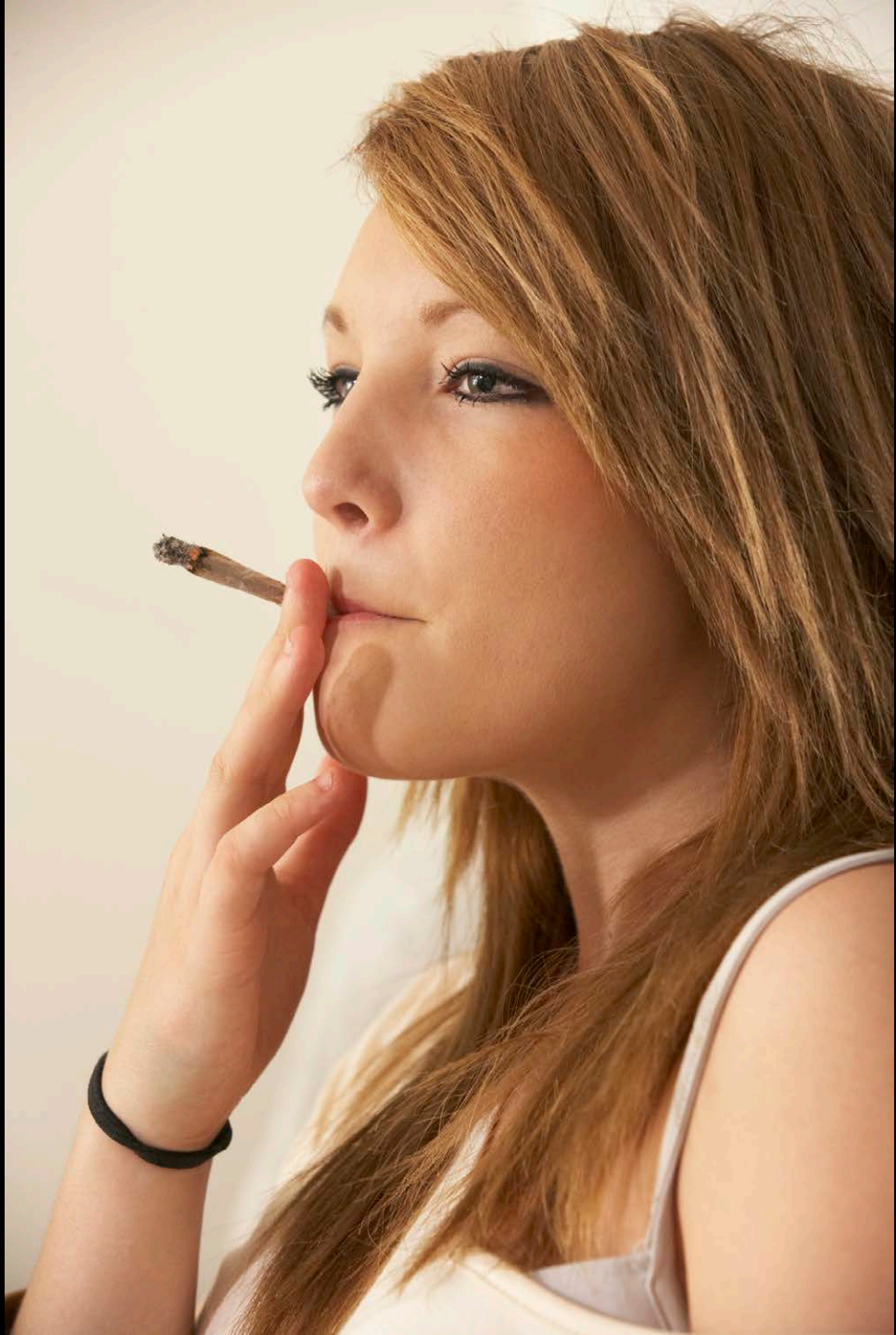






A top-down view of a person's feet standing on a light-colored digital scale. The scale is placed on a dark wood-grain floor. The digital display on the scale shows the word "OBESE" in a black, seven-segment font. The person's feet are positioned on either side of the display.

OBESE





Loneliness + Isolation = Hopelessness



Anger

Depression















Seen

Safe



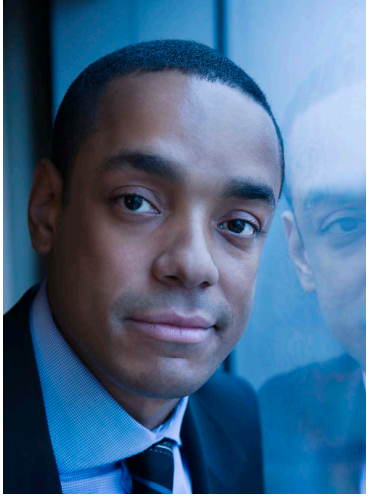


Soothed



Seen

+



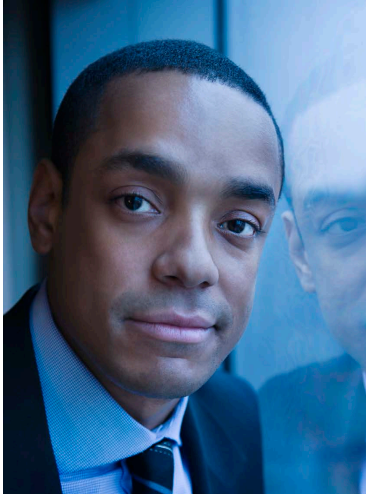
Seen

+

Safe

+





Seen

+



Safe

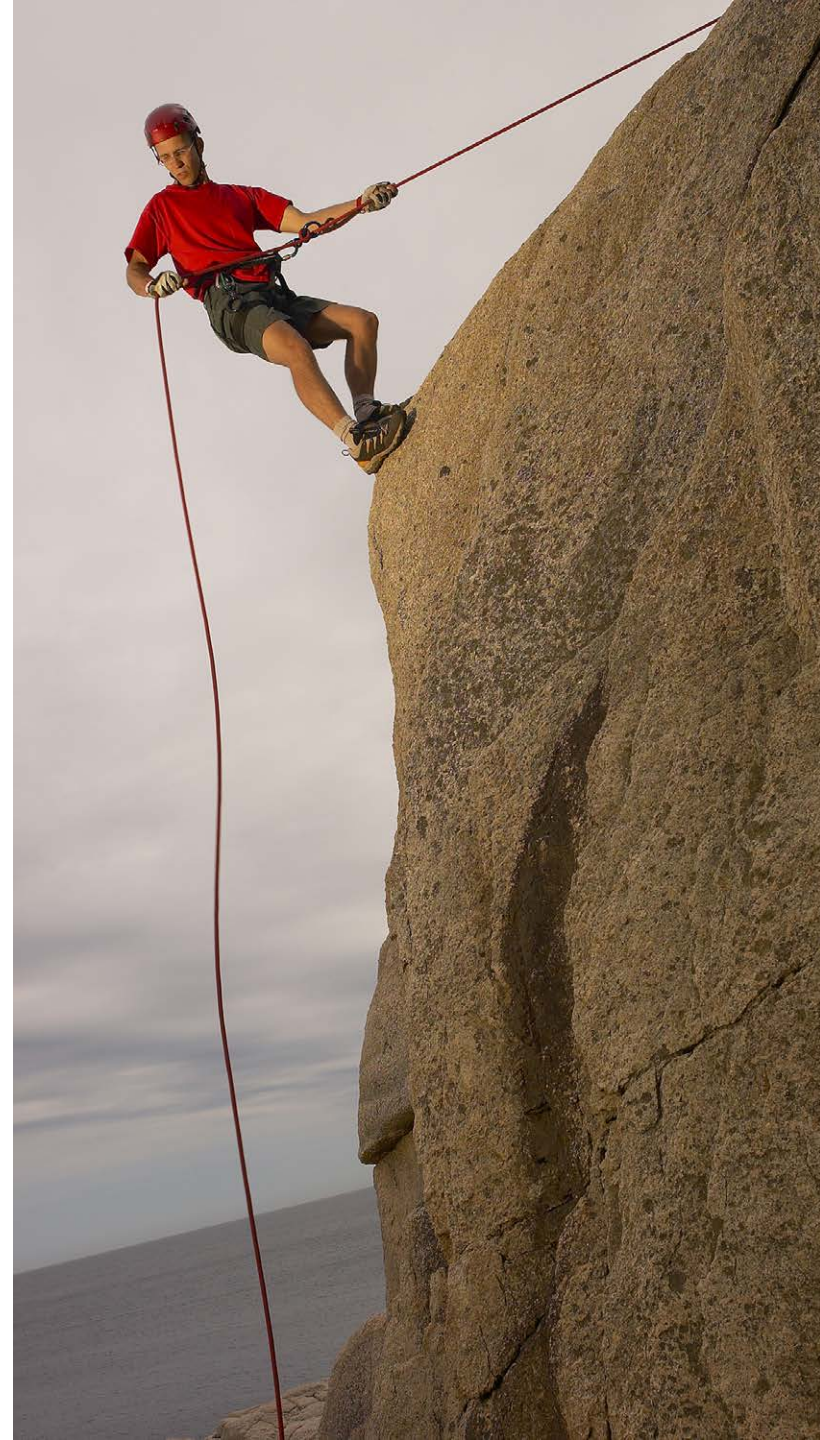
+



Soothed



Seen
+
Safe = Secure
+ Connection
Soothed





Rupture

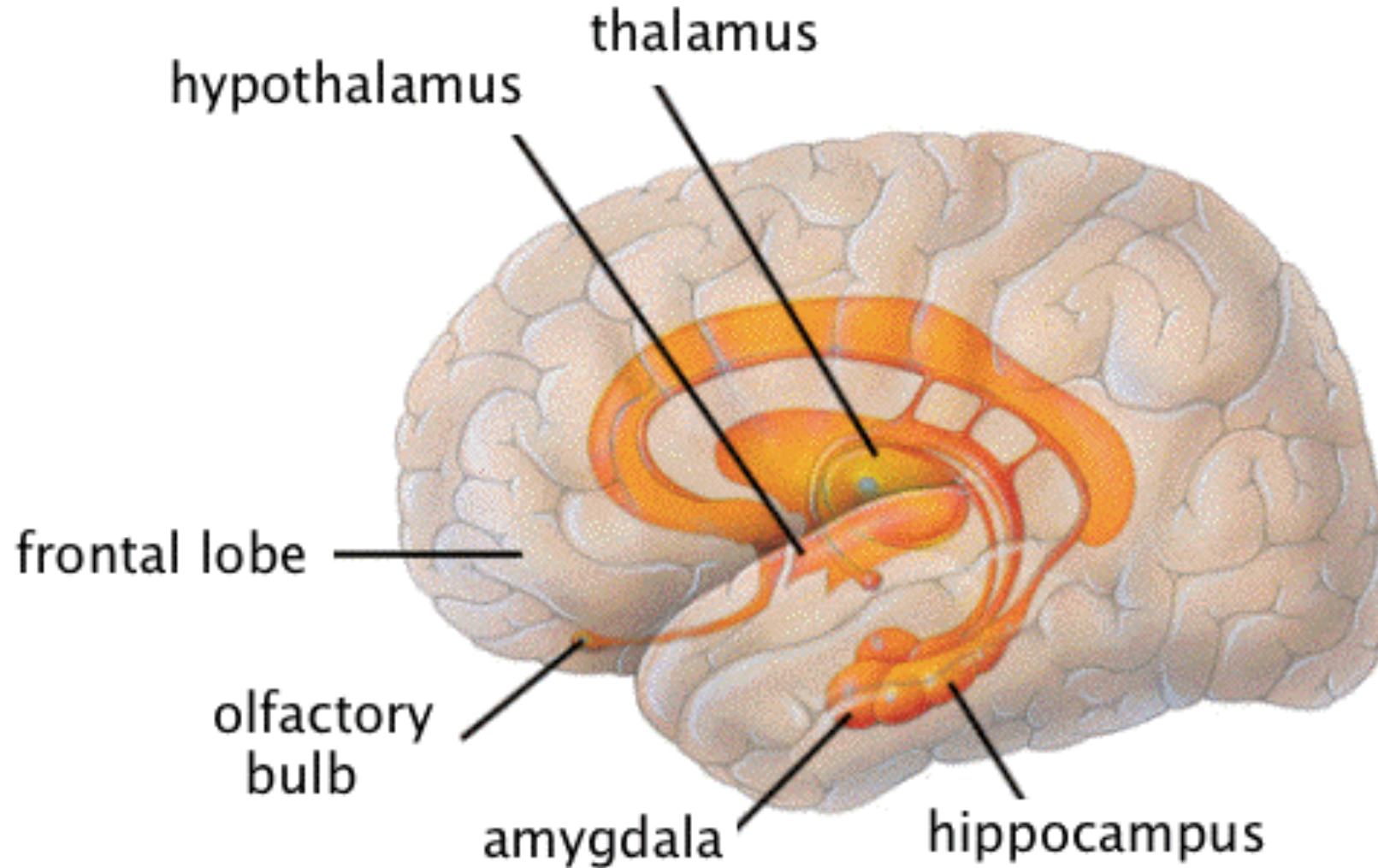


A woman with long brown hair, wearing a blue jumpsuit, is smiling and looking up at the underside of a car. She is holding a flashlight in her right hand, illuminating the area. The car is elevated on a lift. A large tire is visible on the left side of the frame. The background shows a typical garage setting with various tools and equipment.

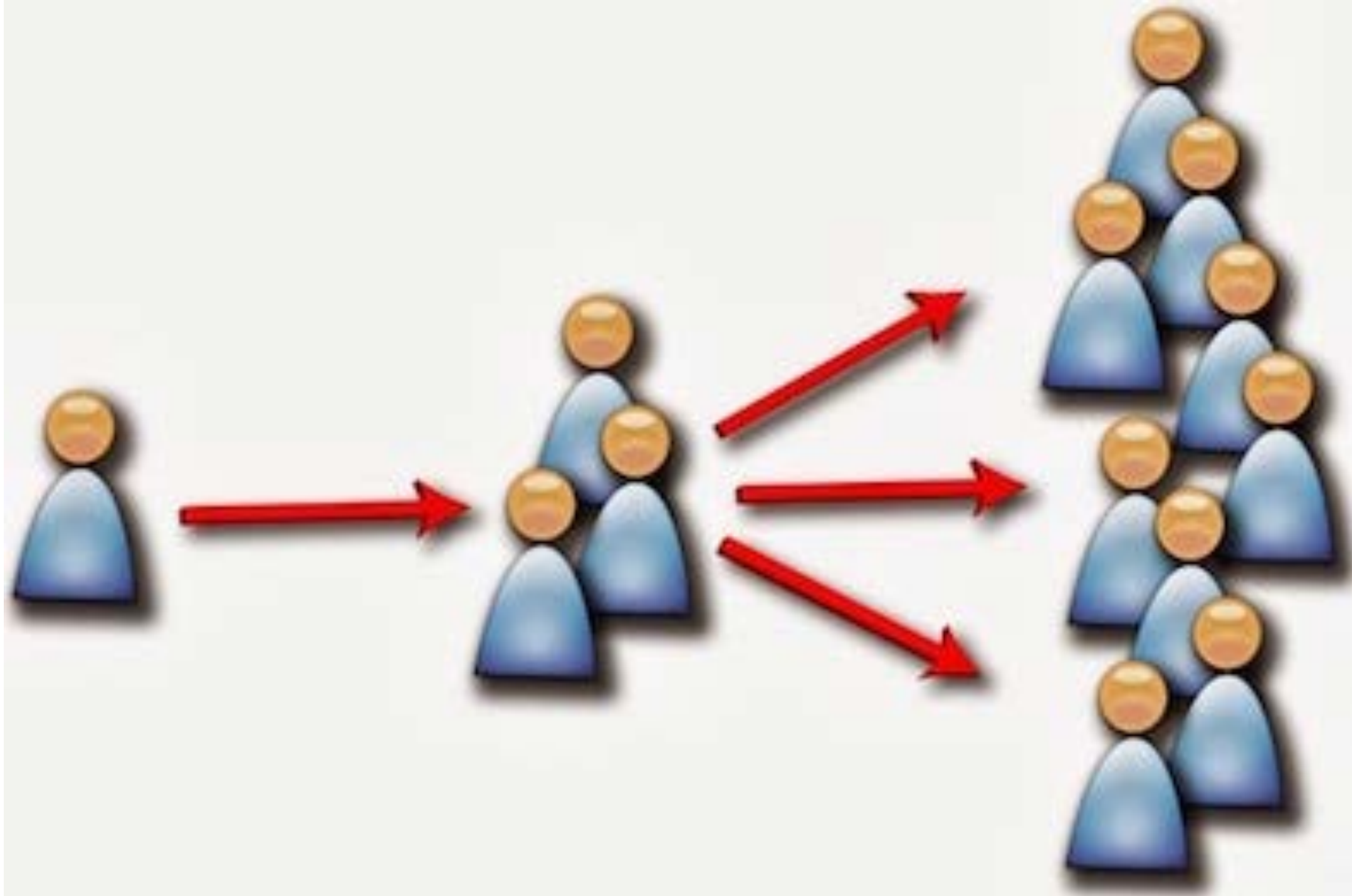
Rupture

Repair

Open Loop Nature of Limbic System

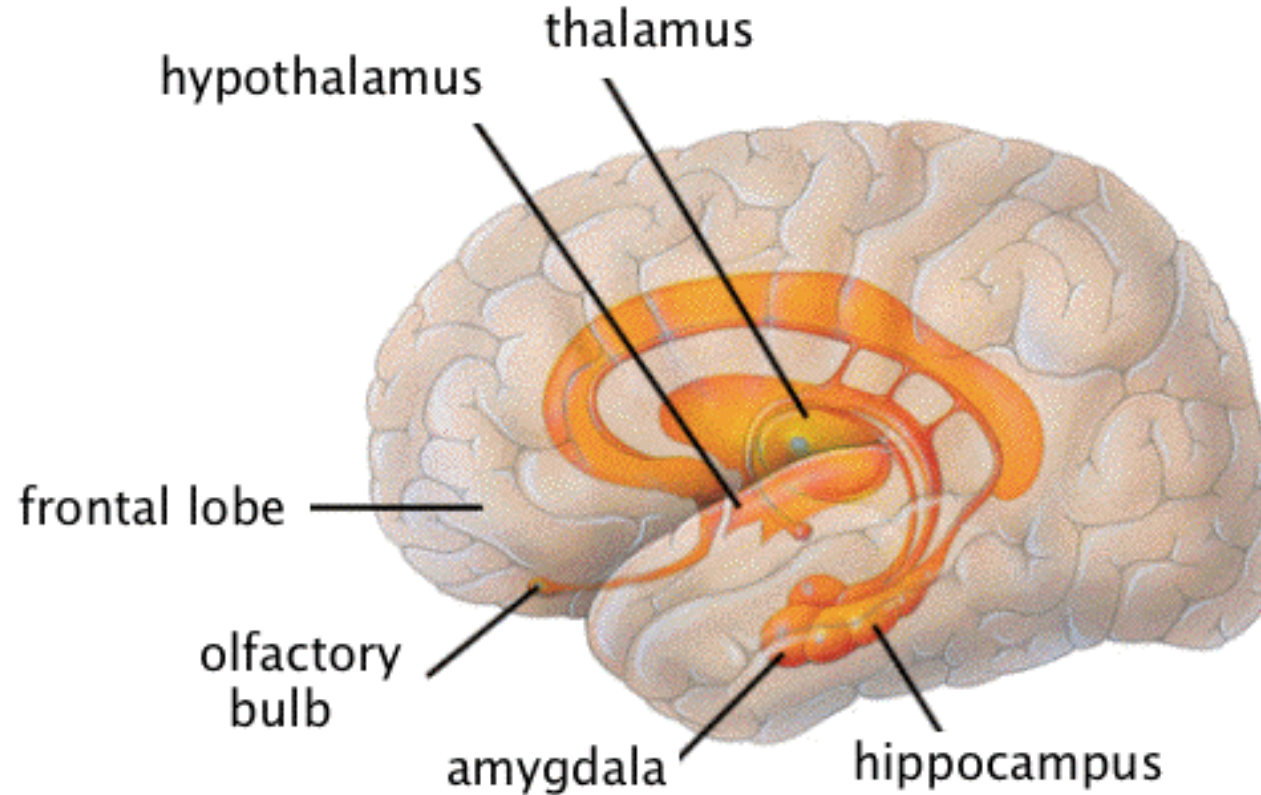








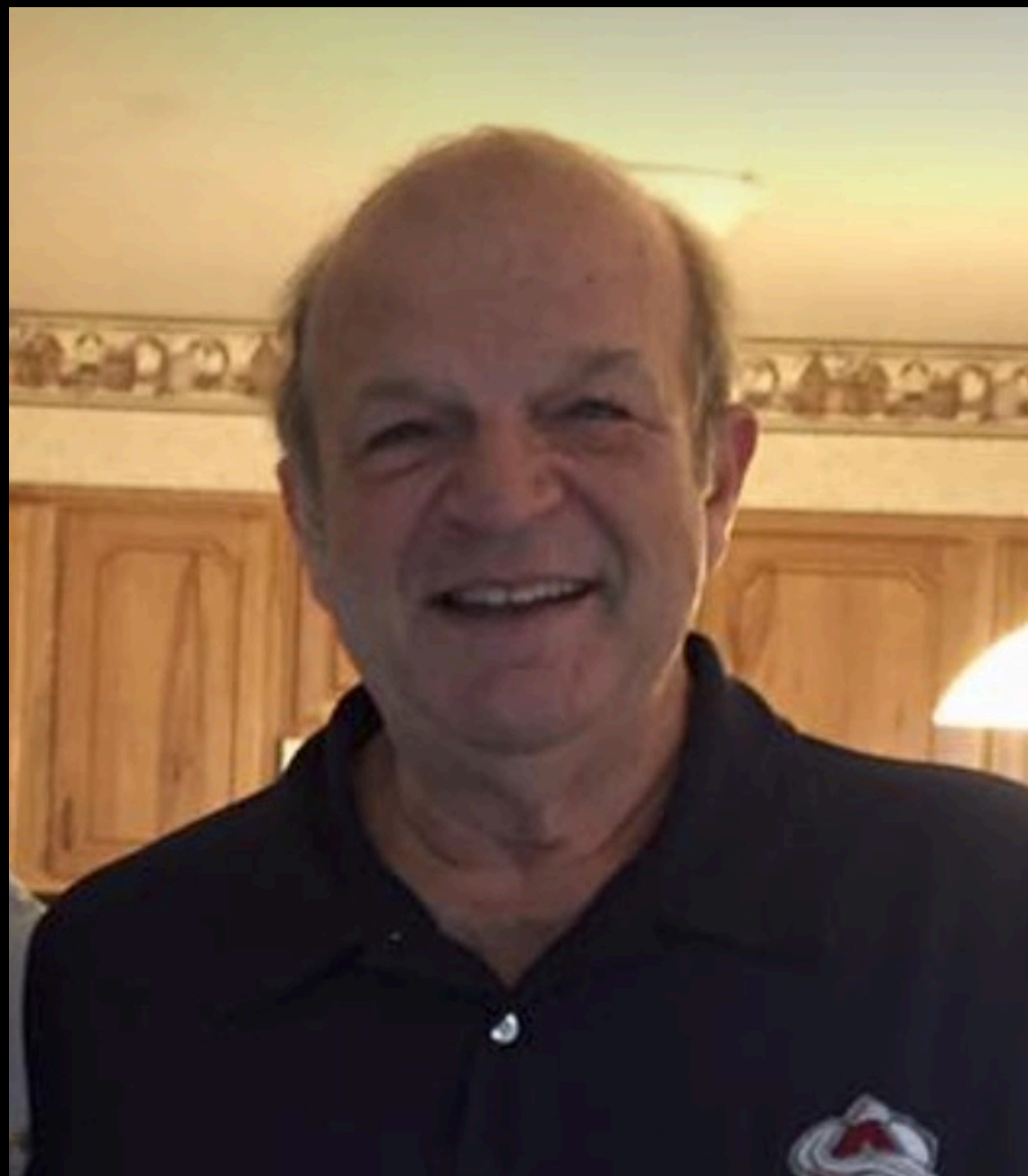
Open Loop Nature of Limbic System

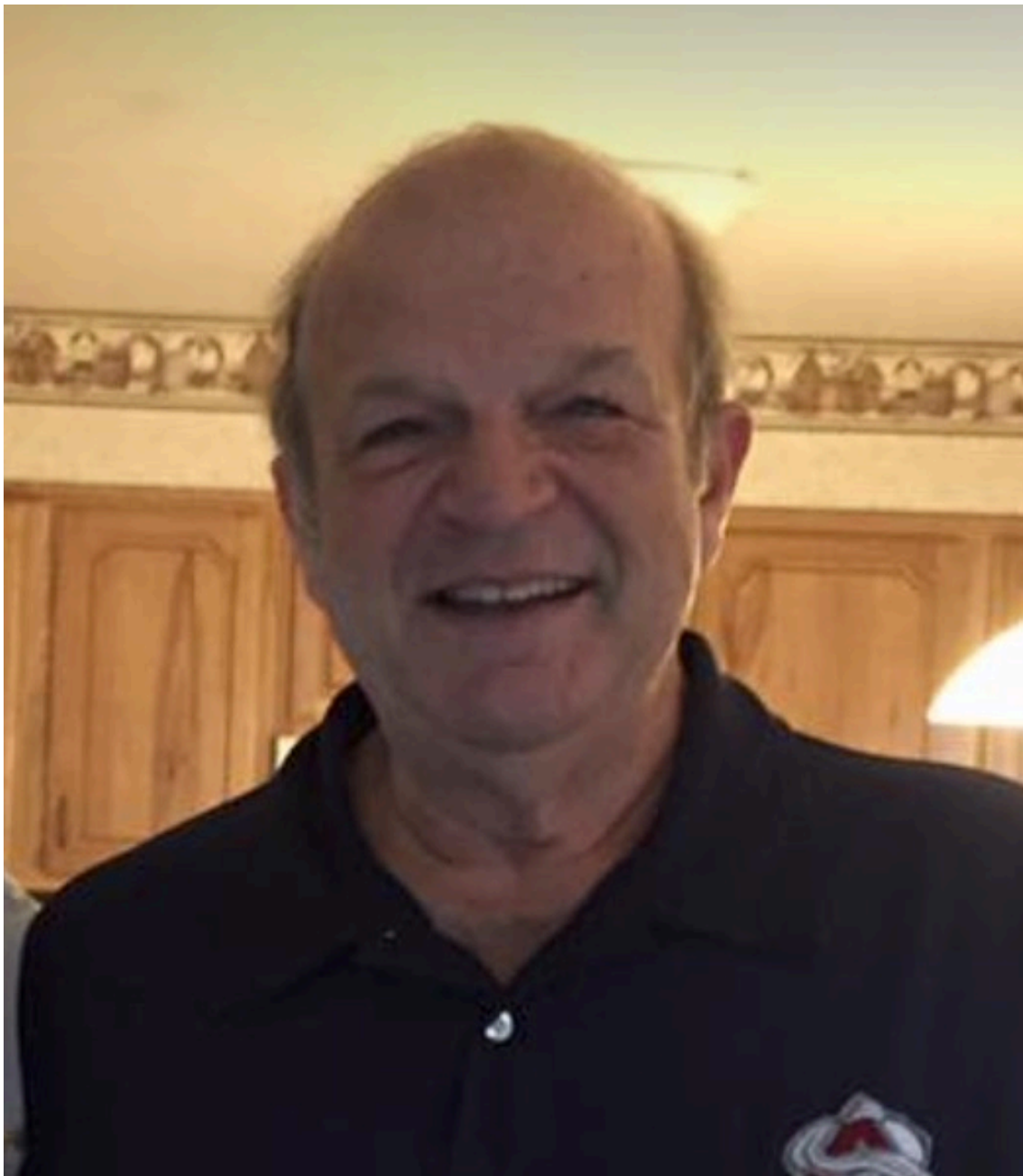


Interpersonal Limbic Regulation

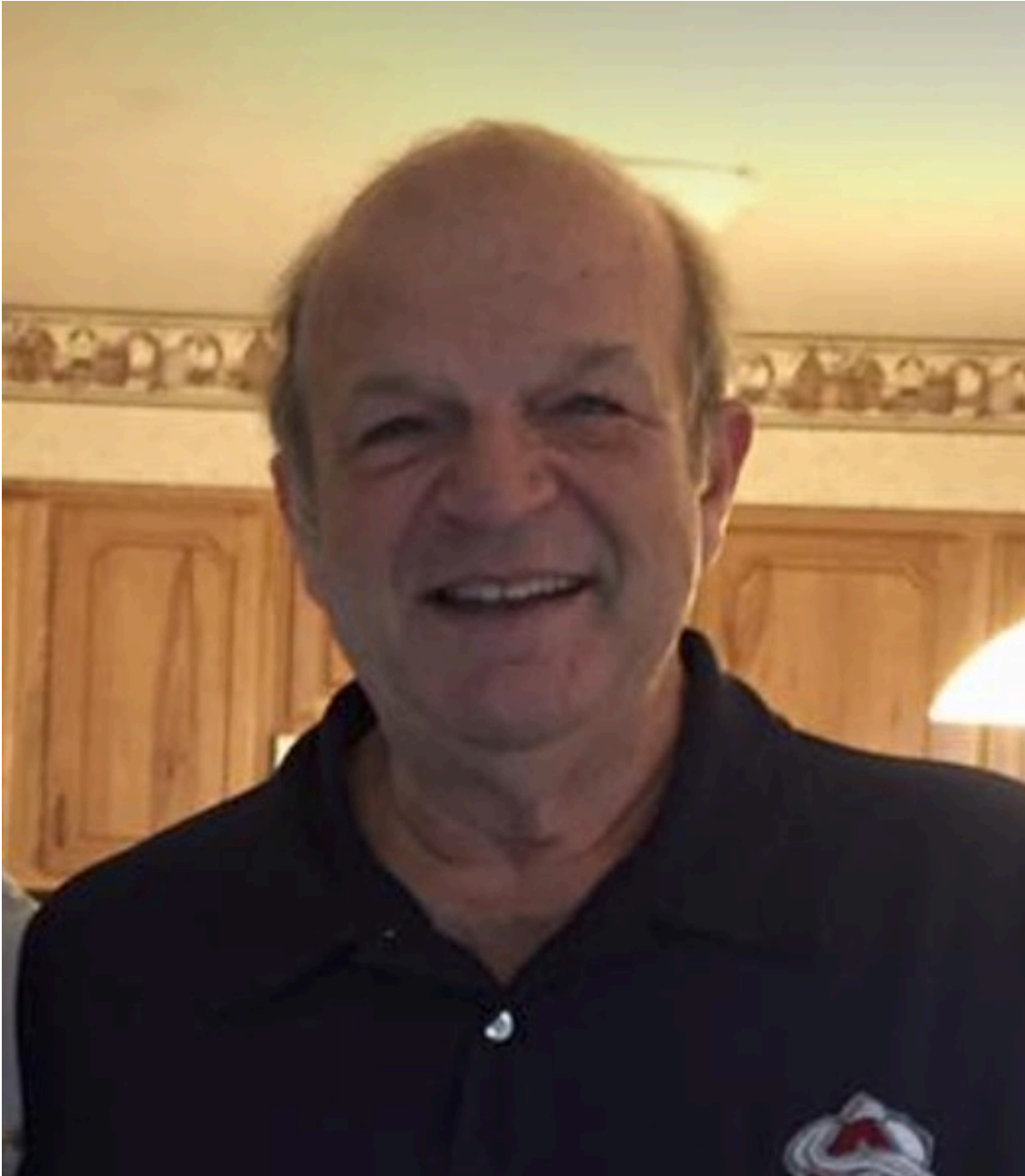
Alter hormone levels, cardiovascular functions,
sleep rhythms, immune functions





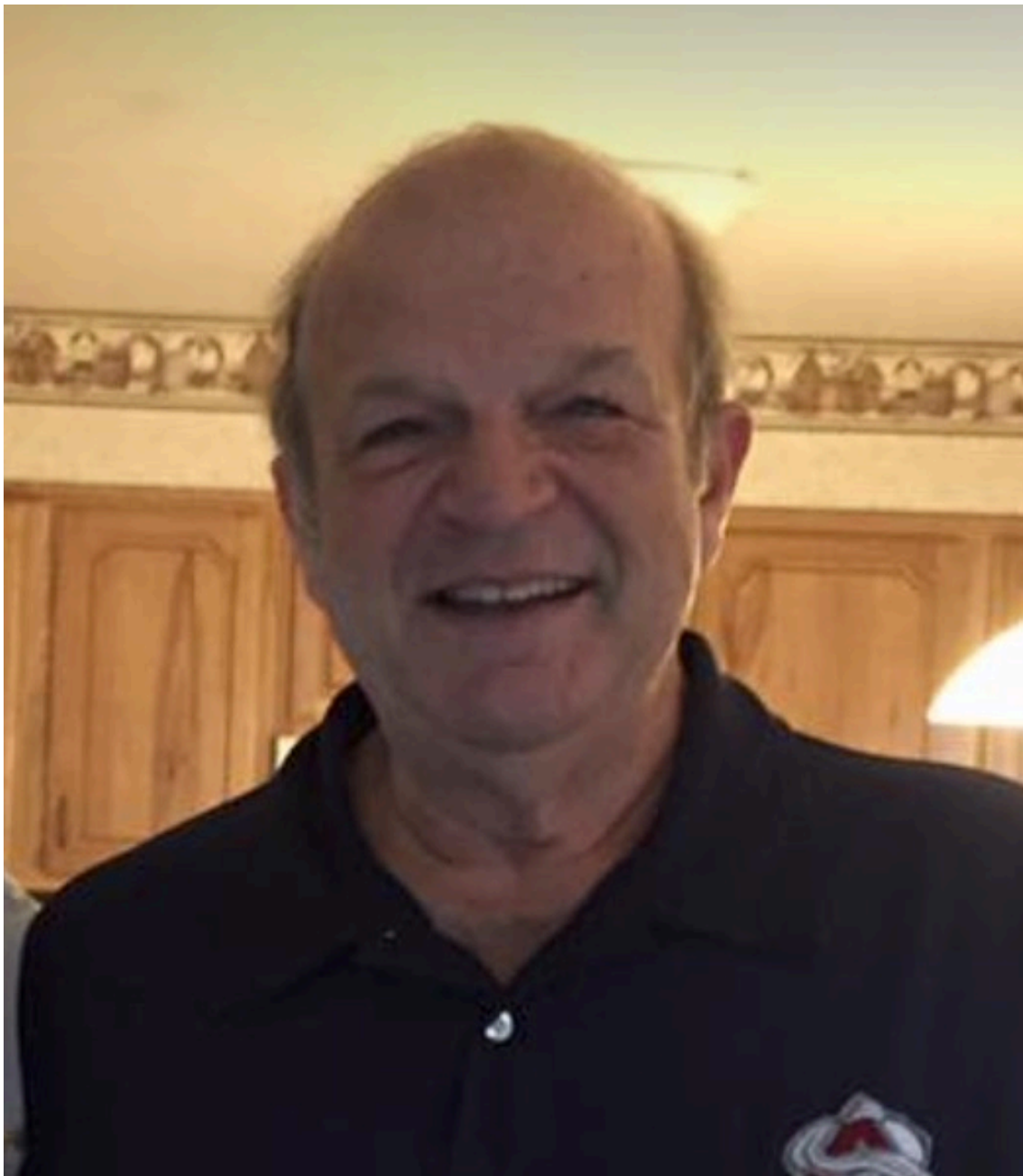


Call 5 people a day....every day



Call 5 people a day....every day

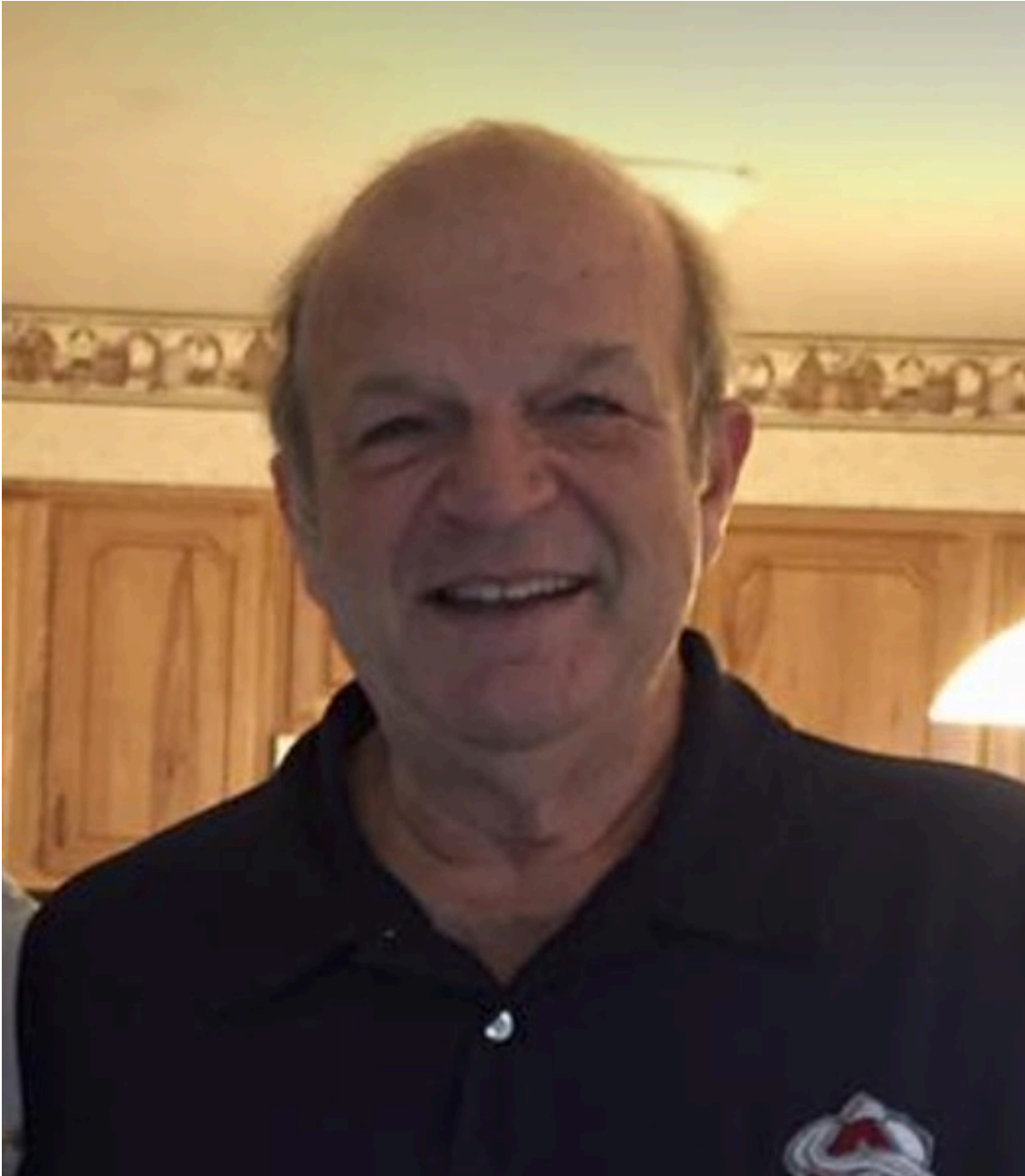
For no reason



Call 5 people a day....every day

For no reason

Say Hi

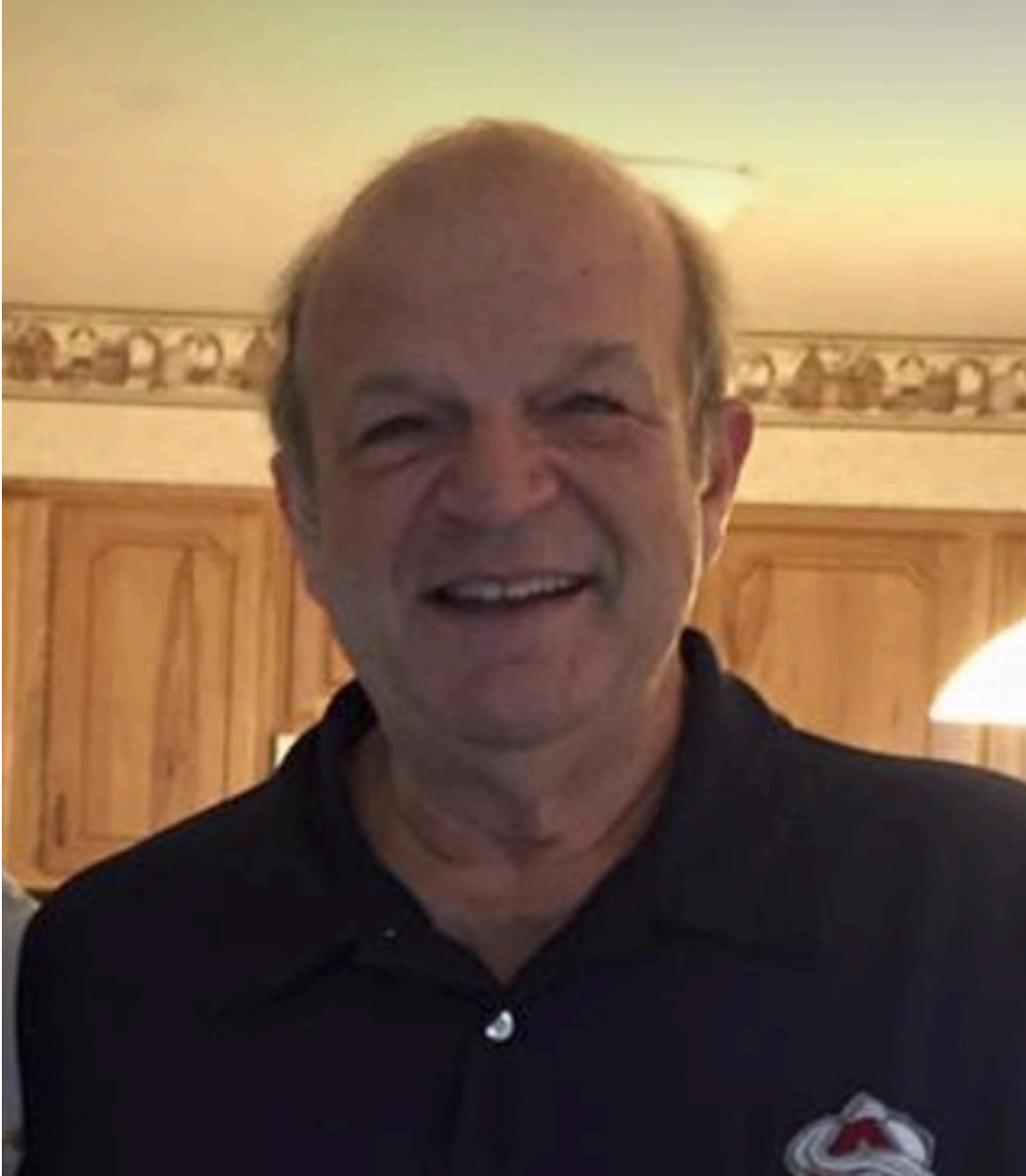


Call 5 people a day....every day

For no reason

Say Hi

Maybe ask a question



Call 5 people a day....every day

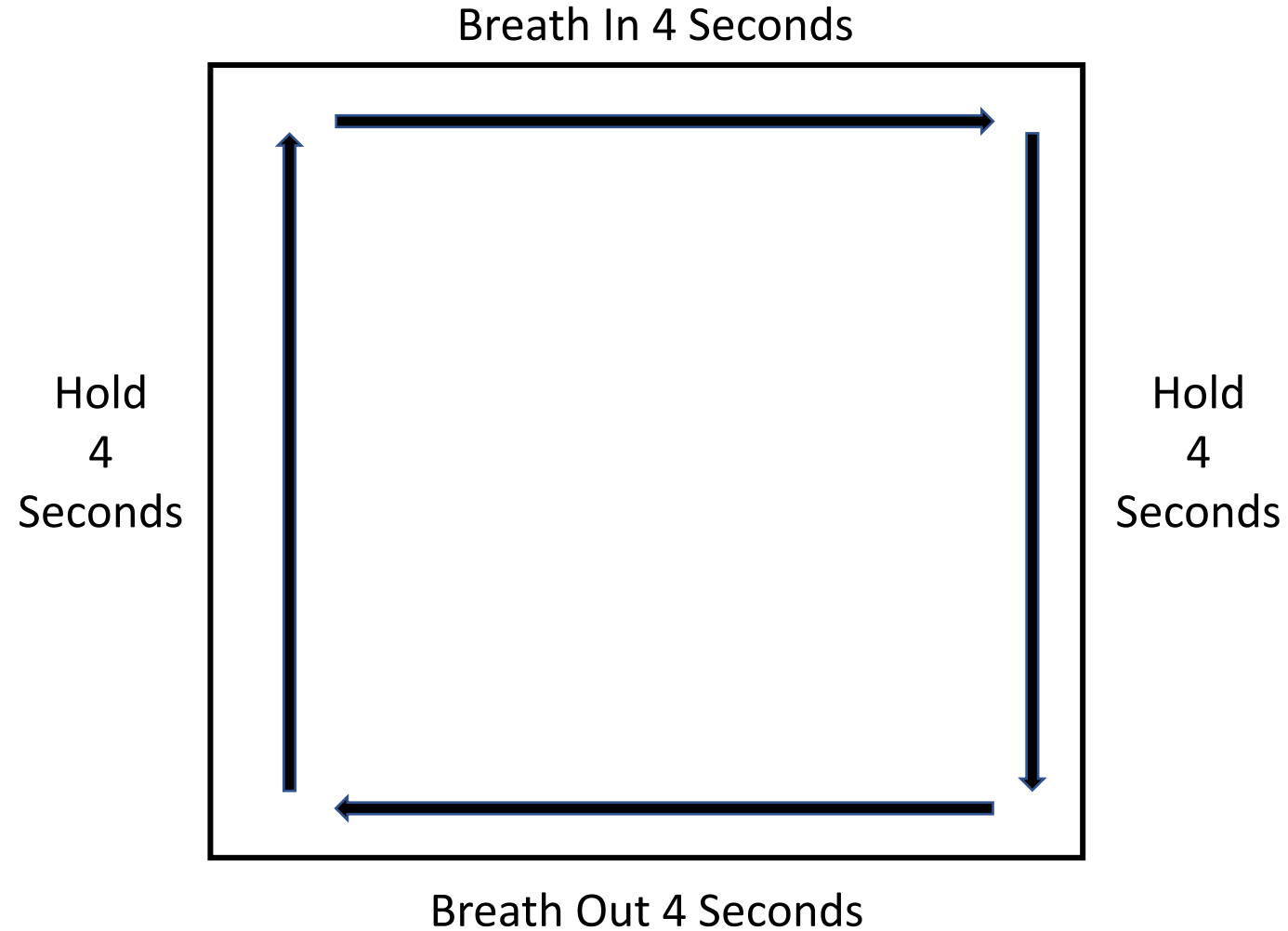
For no reason

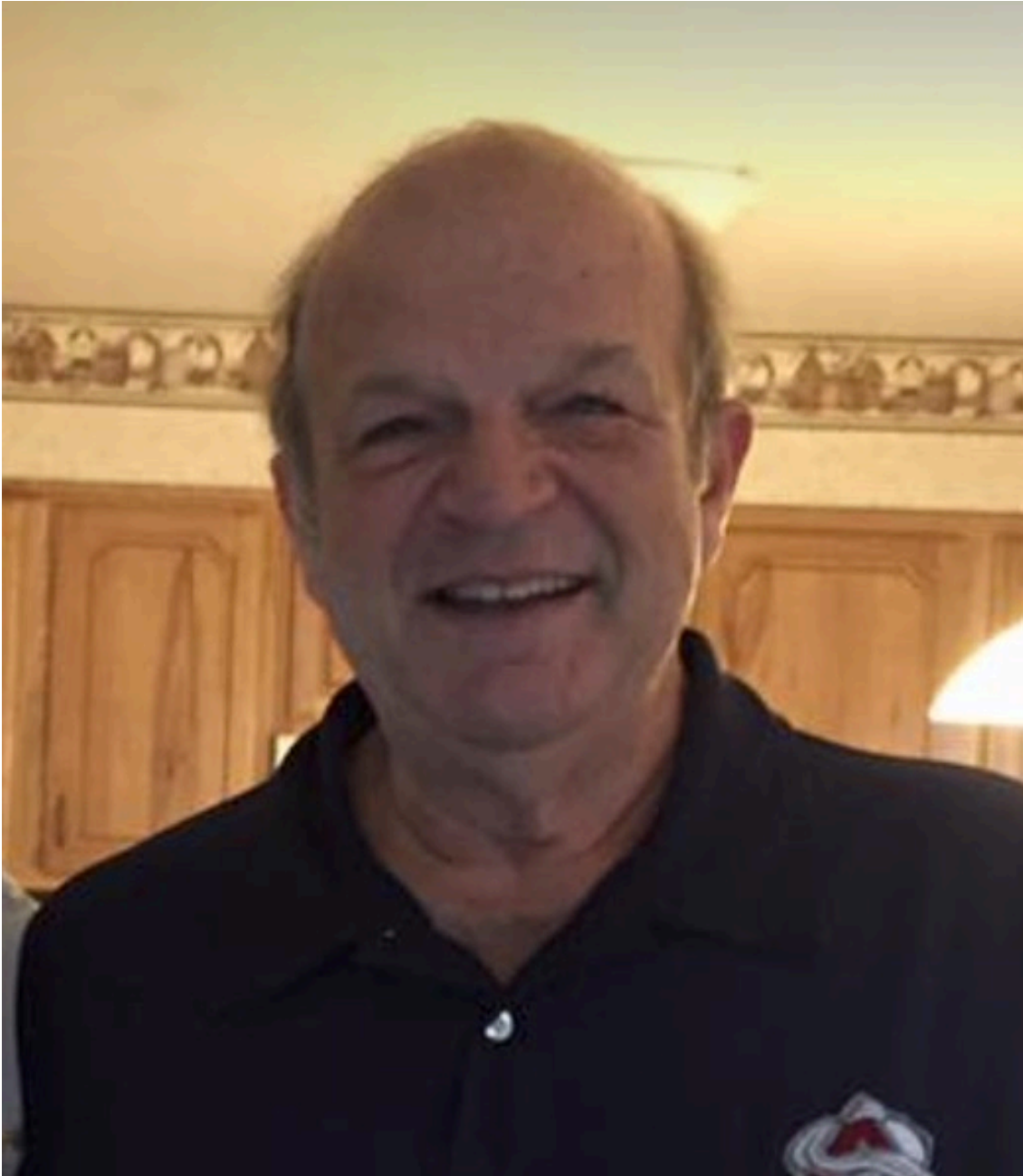
Say Hi

Maybe ask a question

Then shut up and listen

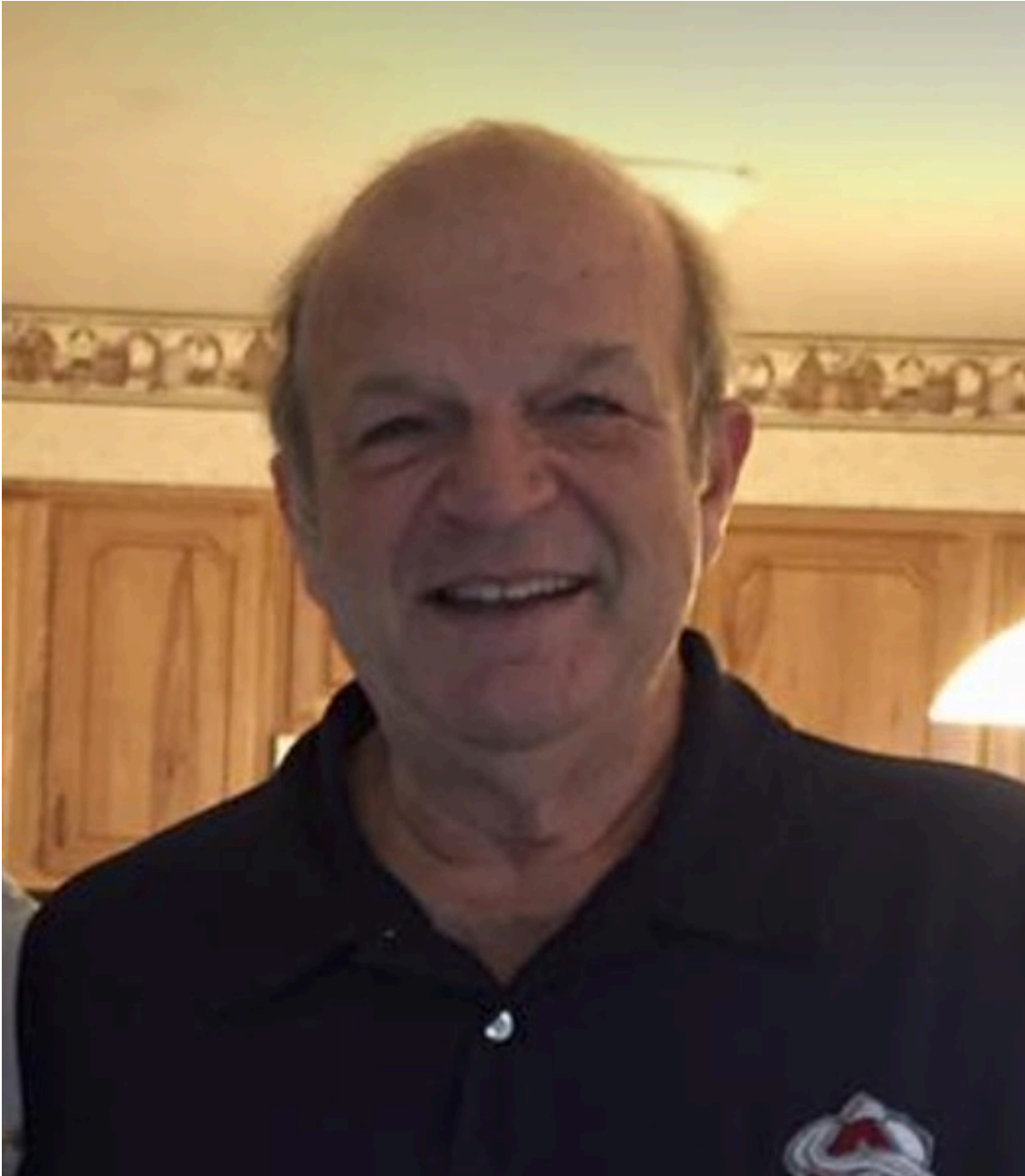
Tactical Breathing





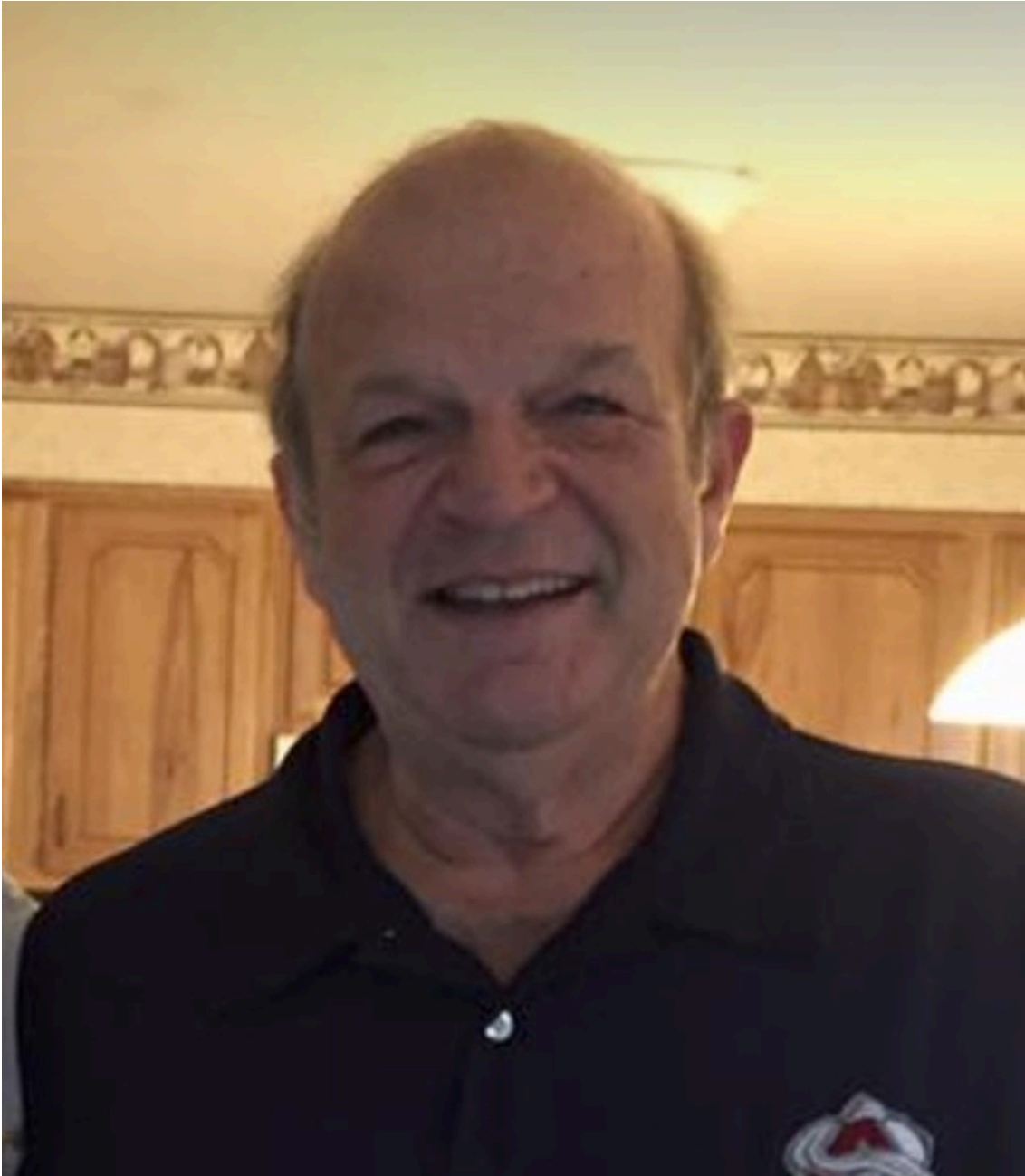
Greater Good Magazine
SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

Given the choice of anyone in the world who would you want as a dinner guest?



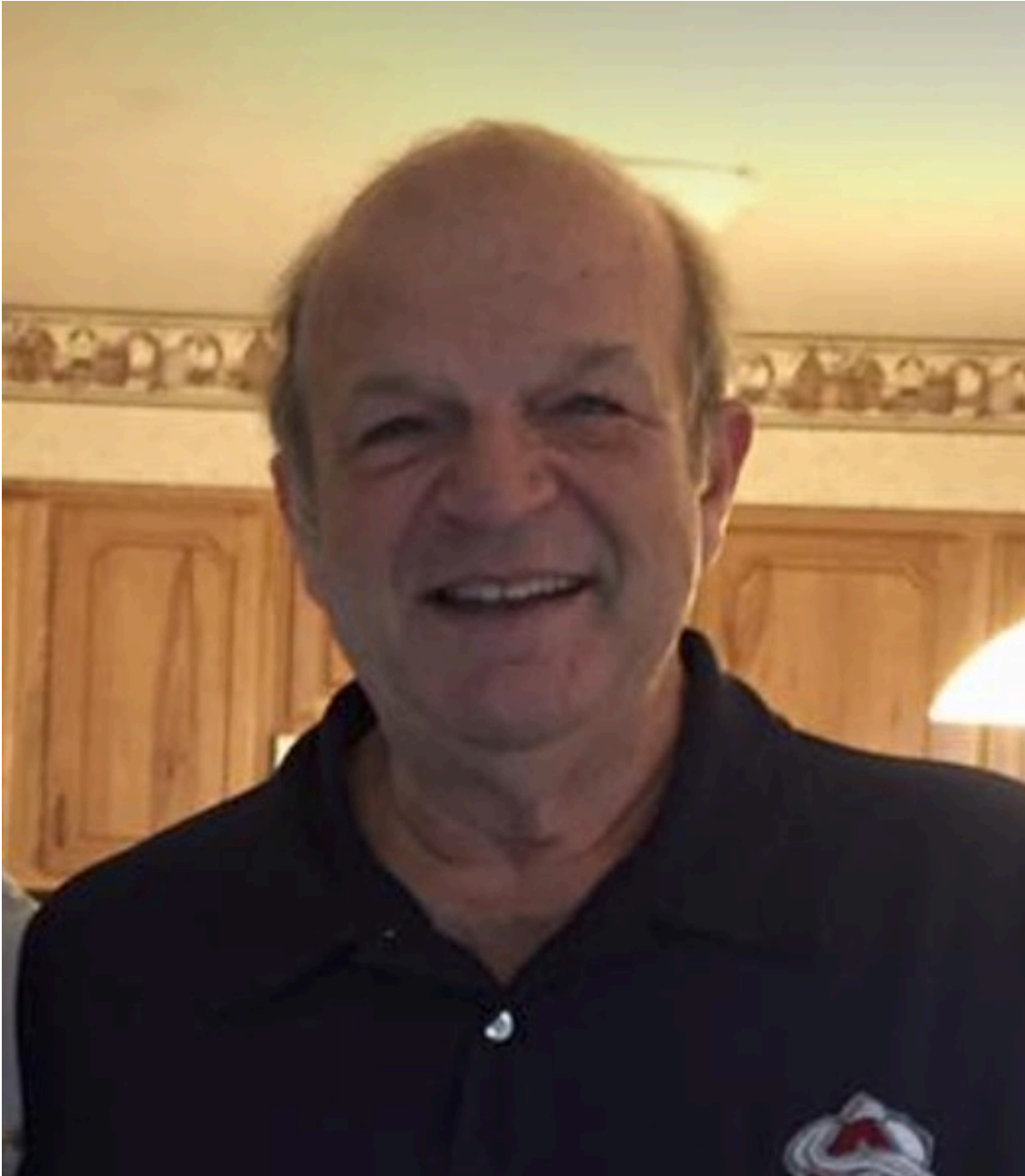
Greater Good Magazine
SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

What would constitute a
“perfect” day for you?



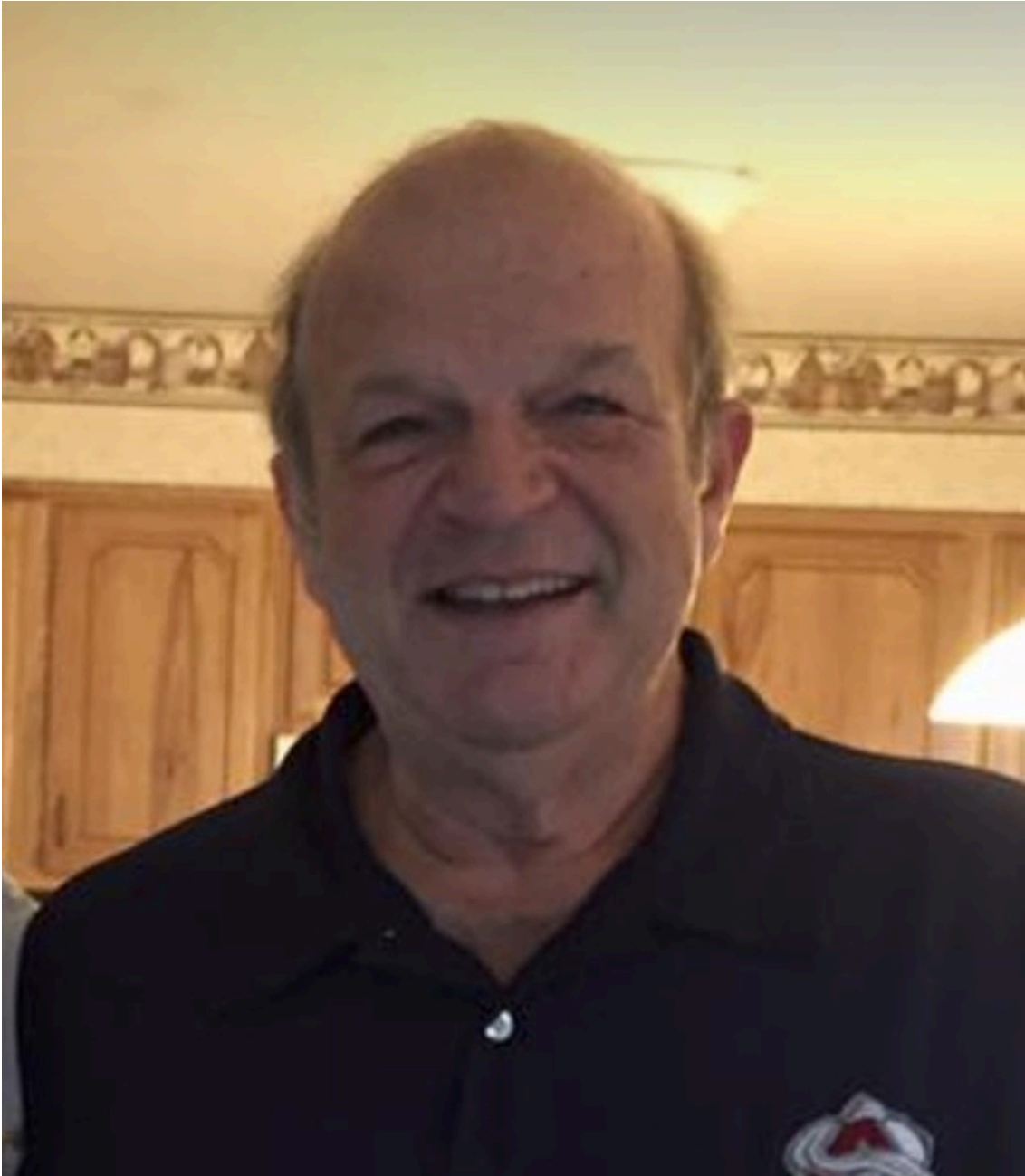
Greater Good Magazine
SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

What do you feel most
grateful for?



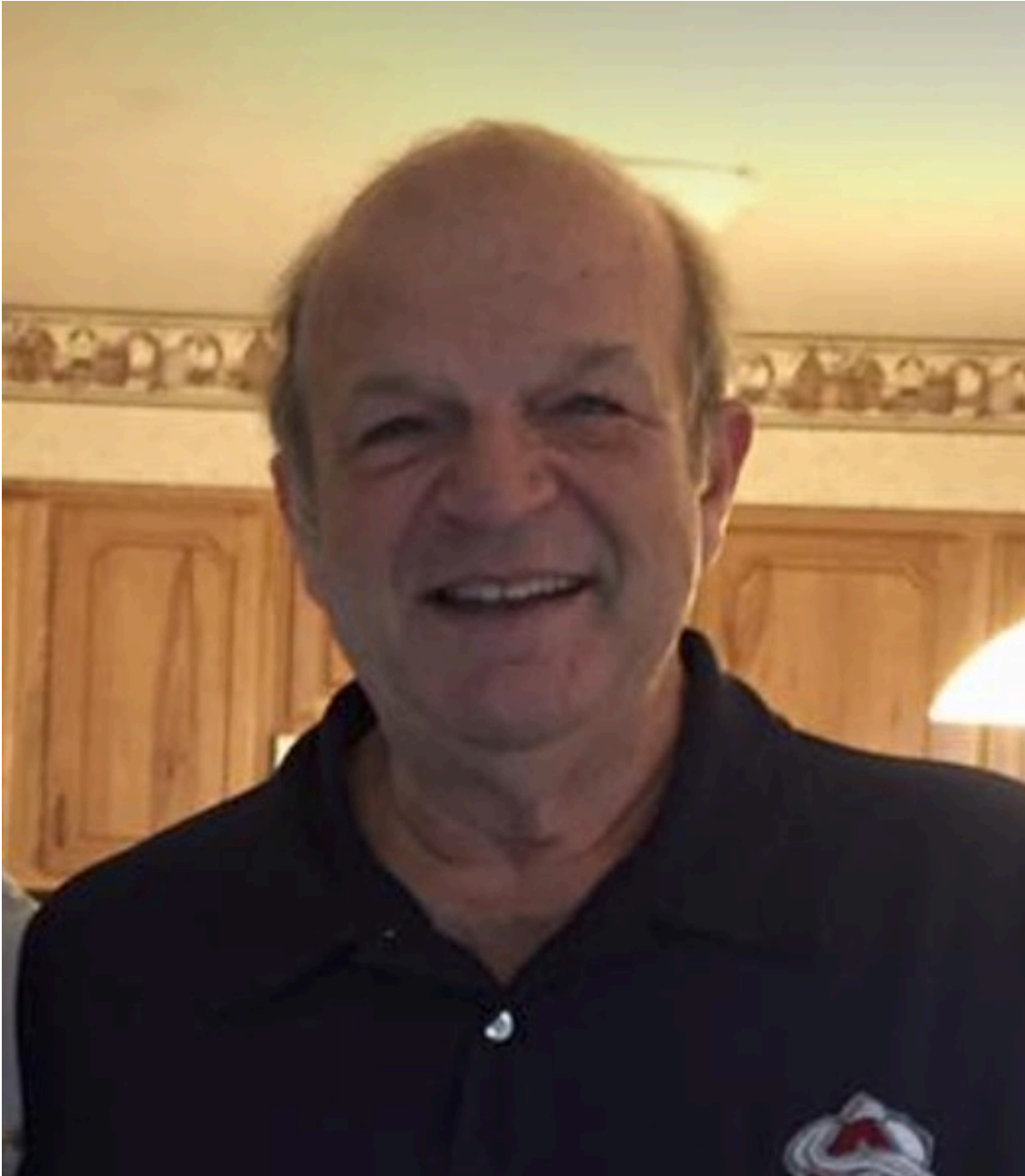
Greater Good Magazine
SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

What do you value most in a
friendship?



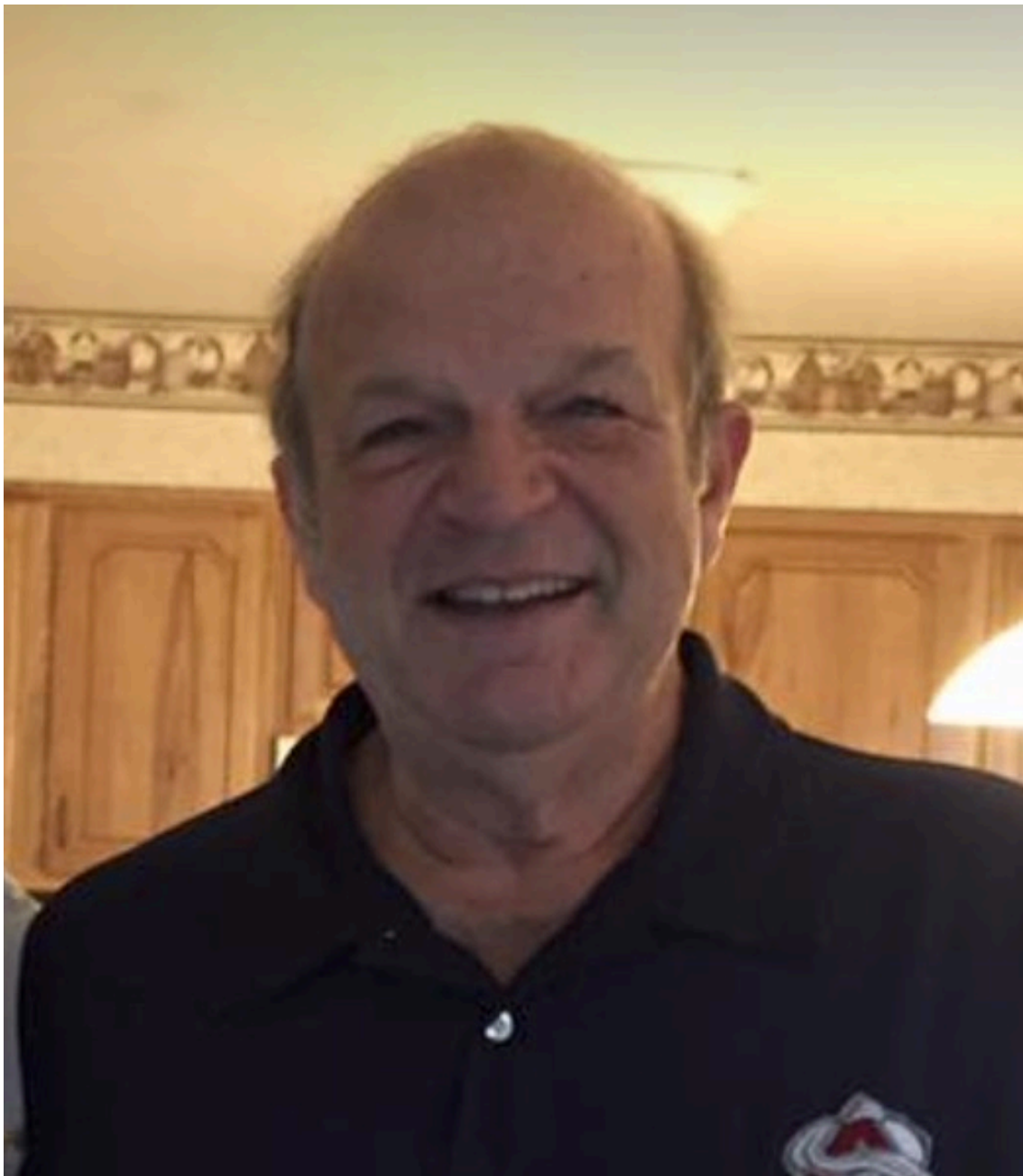
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What do you value most in a
friendship?



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SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

When did you last cry by
yourself?



Greater Good Magazine
SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

What is your most treasured
memory?



See something?
Say something.

Report suspicious packages or activities
to a TriMet employee, or call 9-1-1.

Let's count on each other for a safe ride.

TRIMET



Chris Galton



Chris Galton MD

Anesthesiologist
Intensivist
Paramedic
Medical Director
Mercy Air

Resilient FIRST™

Fortifying Emergency Services

<https://www.firstwatch.net/rf-individual/>

How it works



Proactive risk
assessment



AI-powered
automated
coaching



Instant help
when you need it

<https://www.firstwatch.net/rf-individual/>



#resilience

YOUR PERSONAL RESILIENCE CHECK

3 min read

<https://www.firstwatch.net/rf-individual/>

RESILIENCE REPORT

say hello **driven**

Mike Taigman

Date: 10 Jul 2019

Confidential

www.hellodriven.com

<https://www.firstwatch.net/rf-individual/>



RESILIENCE SCORE

#resilience

Your Score: 60/100

Overall resilience score is 60%, indicating that you currently have a medium level of resilience.

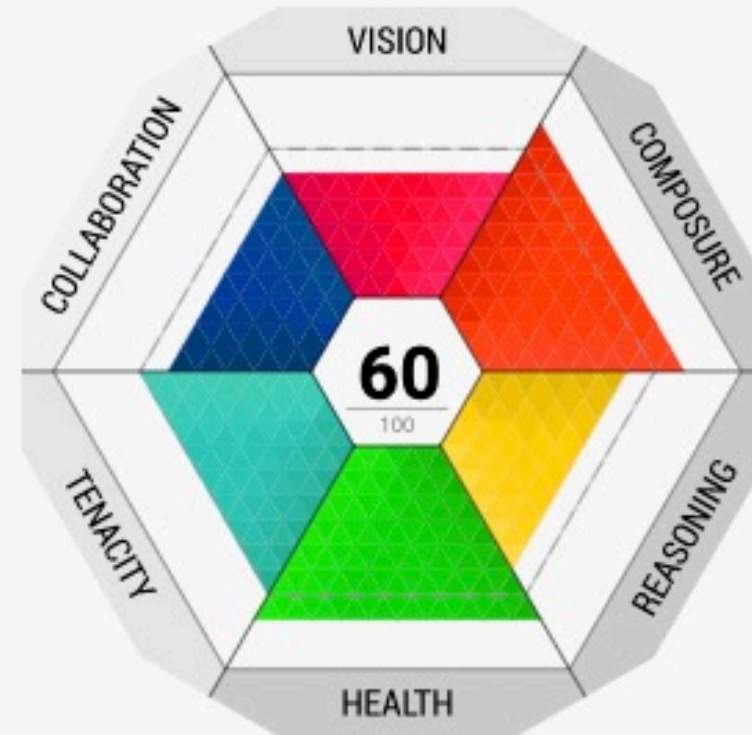
My strengths

- **Health** (78 - High)
- **Composure** (73 - Medium)
- **Tenacity** (66 - Medium)

Focus areas

- **Vision** (48 - Medium)
- **Collaboration** (50 - Medium)
- **Reasoning** (52 - Medium)

PR6 Resilience Report



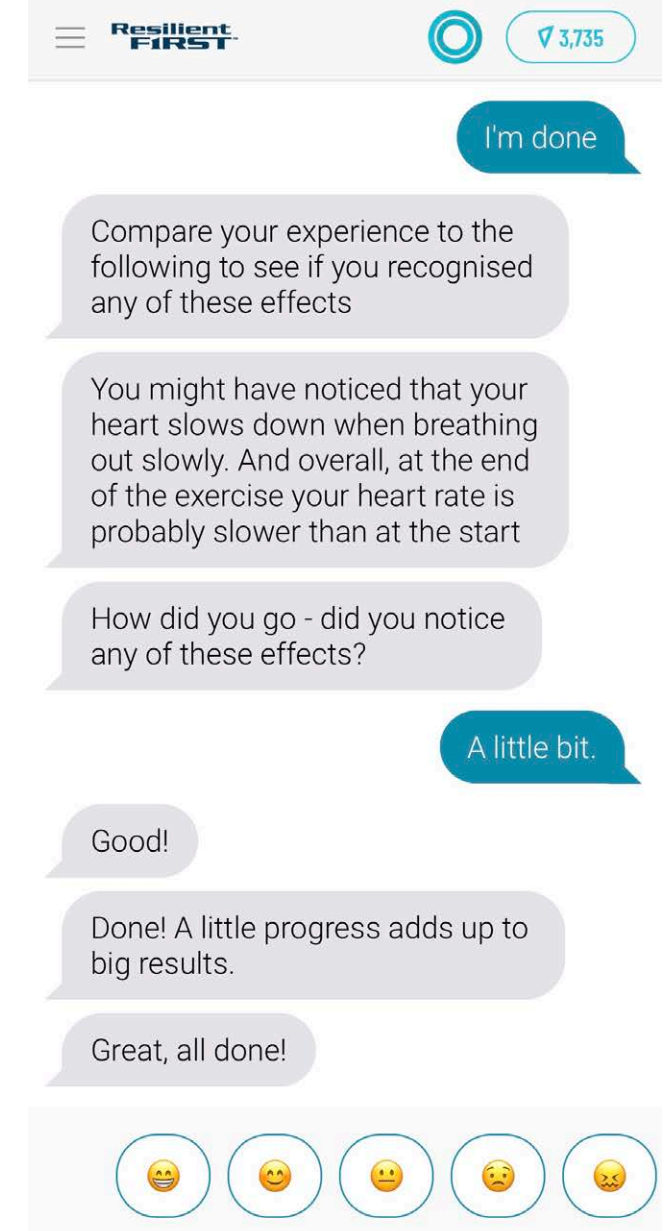
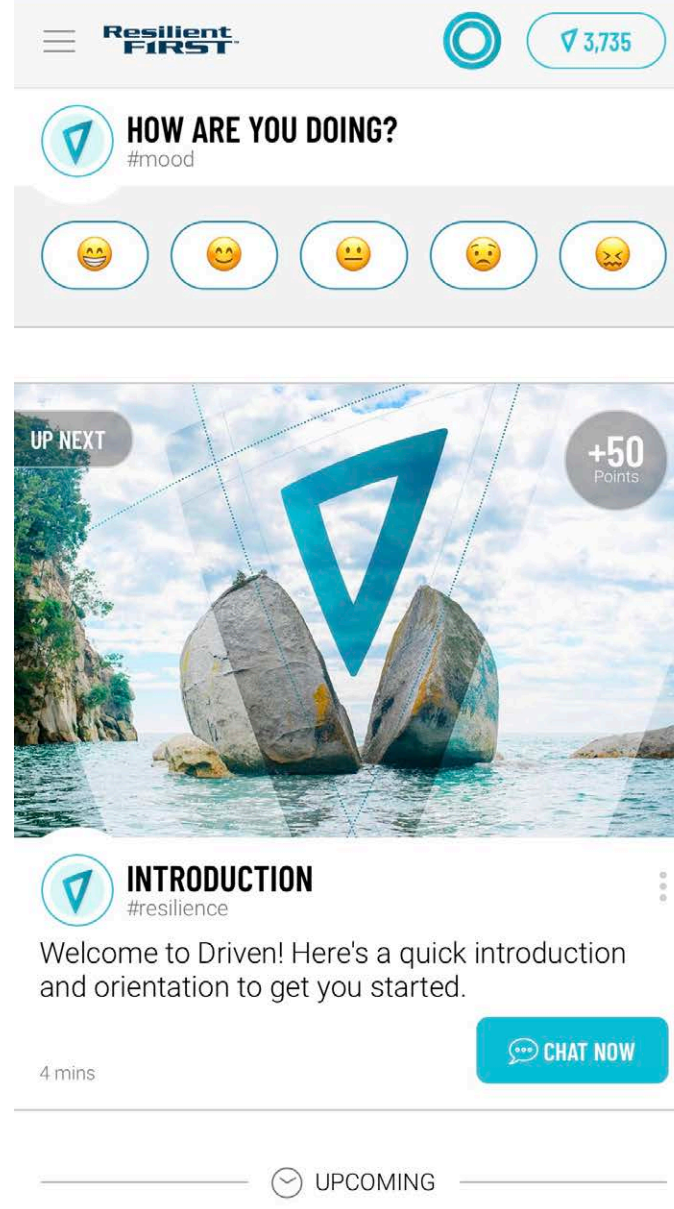
<https://www.firstwatch.net/rf-individual/>

OUR Strategy

A **resilience coach**
in the pocket of
every person



<https://www.firstwatch.net/rf-individual/>

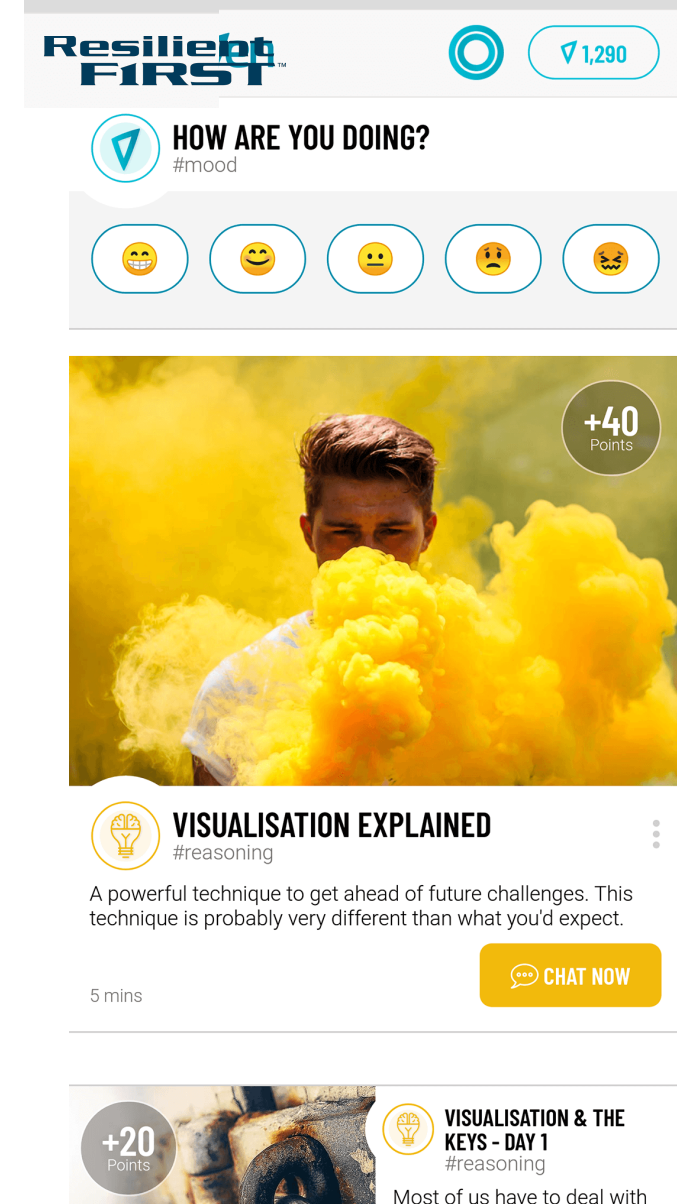


Scientifically assess your resilience

The screenshot displays the 'Resilient FIRST' app interface. At the top, there is a navigation bar with a menu icon, the 'Resilient FIRST' logo, a circular icon, and a badge showing '1,290'. Below the navigation bar is a hero section with a background image of orange and red clouds. It features the hashtag '#resilience', the title 'YOUR PERSONAL RESILIENCE CHECK', and a '3 min read' indicator. The main content area is titled 'Questionnaire by Driven' and includes a greeting: 'Hi Jurie, here are 16 quick questions to check your resilience.' A note states: 'Note - All responses are strictly confidential in a secure platform. Driven is not a crisis service and no medical advice is provided.' The instructions read: 'Consider the following statements over the last two weeks and rate how closely they resemble you.' A statement is shown in a speech bubble: 'I have clear goals that I am working towards.' At the bottom, there is a rating scale from 1 to 5, with 'Not at all like me' on the left and 'Very much like me' on the right. The scale consists of five circular buttons labeled 1, 2, 3, 4, and 5.

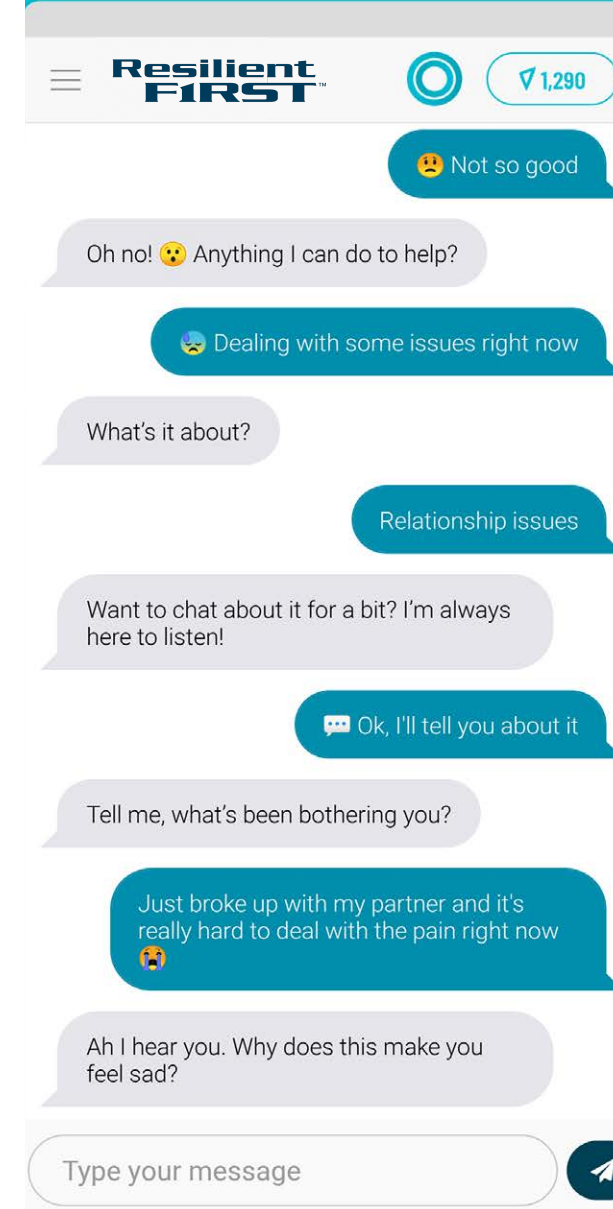
<https://www.firstwatch.net/rf-individual/>

Learn skills every day to build your resilience!



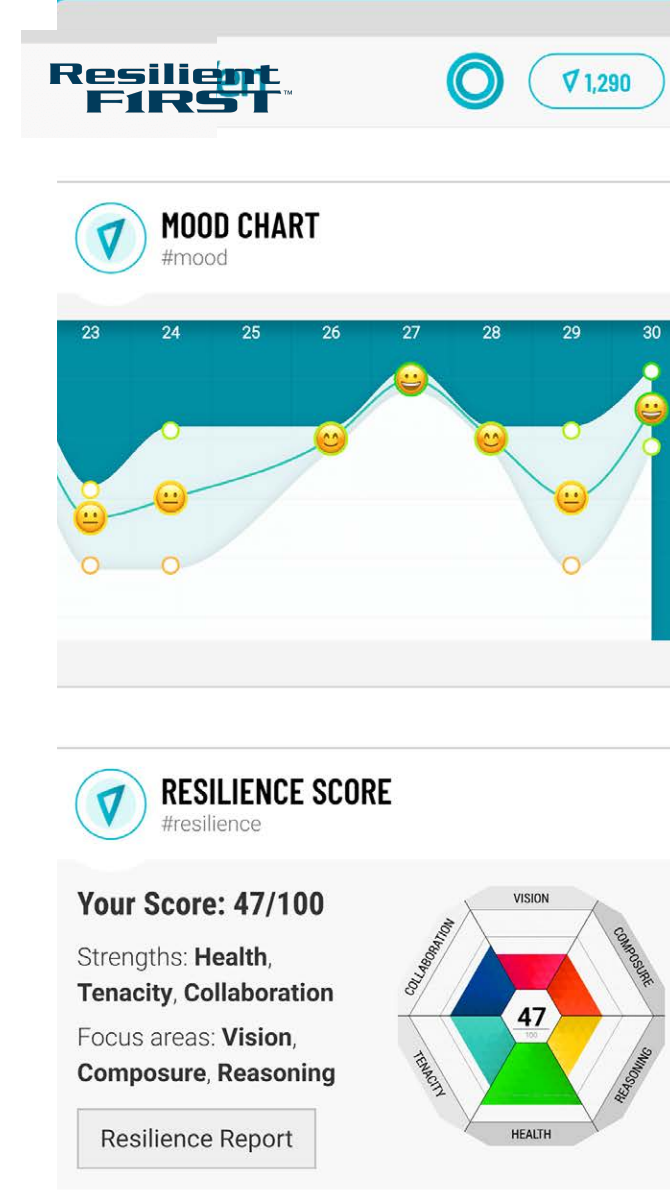
<https://www.firstwatch.net/rf-individual/>

Chat anytime you like.



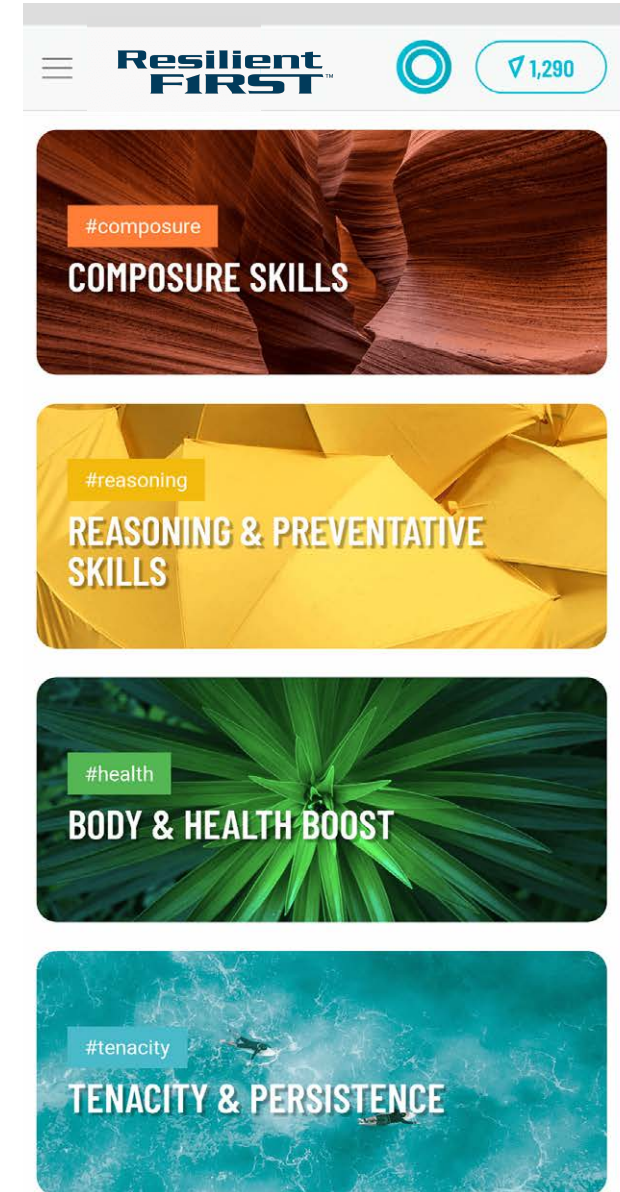
<https://www.firstwatch.net/rf-individual/>

Track your progress!




<https://www.firstwatch.net/rf-individual/>


Over 200 Skills to explore




<https://www.firstwatch.net/rf-individual/>

Quick tools to get you back on track fast

Resilient FIRST1,290



+25
Points

 **EXPLORE BELIEFS**
#reasoning


Use this technique any time to explore your own opinions or beliefs to find out if they make sense.

5 mins


...

CHAT NOW

#tenacity



+25
Points

 **OVERCOMING A MISTAKE**
#tenacity

Made a mistake? Quick, use this technique to work through it in a structured way.

5 mins

...

CHAT NOW

“It's not that I'm so smart, it's just that I **stay** with problems **longer**.

Albert Einstein

<https://www.firstwatch.net/rf-individual/>

Resilient FIRST™

Fortifying Emergency Services

<https://www.firstwatch.net/rf-individual/>

Stay Cool and Connected

A young boy with short brown hair is lying on a green couch, giving a thumbs up. Next to him is a tortoiseshell cat with black, orange, and white fur, wearing a white collar with a tag. They are both covered by a grey blanket. In the background, there is a window with a view of trees and a lamp.

Thank You

510-593-5730

mtaigman@firstwatch.net

QUESTIONS



Special Thanks

Pinnacle Strategic Partner

FIRST WATCH®

Helping the Helpers

Pinnacle Education Partner



www.pinnacle-ems.com

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INSPIRING EMS LEADERSHIP

