

Disaster Behavioral Health ***2024 Responder Safety & Health Survey Results and Discussion***

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MAINE DISASTER
BEHAVIORAL HEALTH



Disaster Behavioral Health Responder Safety & Health Survey



The Disaster Behavioral Health Responder Safety & Health Survey was announced in the *Disaster Behavioral Health Winter 2025 Newsletter* and shared with preparedness and response partners across the State of Maine.

Analytic Objectives:

1. Meet the Disaster Behavioral Health Domain 1- Activity 7 Deliverable: Coordinate risk assessment and training to help mitigate responder exposure to traumatic events.
2. Evaluate responder safety and health following more than three and a half years of pandemic response.
3. Compare data collected against the Responder Safety and Health Survey data from 2021, 2022 and 2023.

Disaster Behavioral Health Responder Safety & Health Survey

Apply findings:

- To inform workforce development focus areas.
- Share data to better inform agencies and organizations around the current “temperature” or responder safety and health in Maine.
- Direct resources to identified stress management skill building to support responder safety and health.

This survey is based on the Anticipate, Plan, Deter™ Personal Resilience Plan and PsySTART Responder Triage System. © M. Schreiber, 2020.

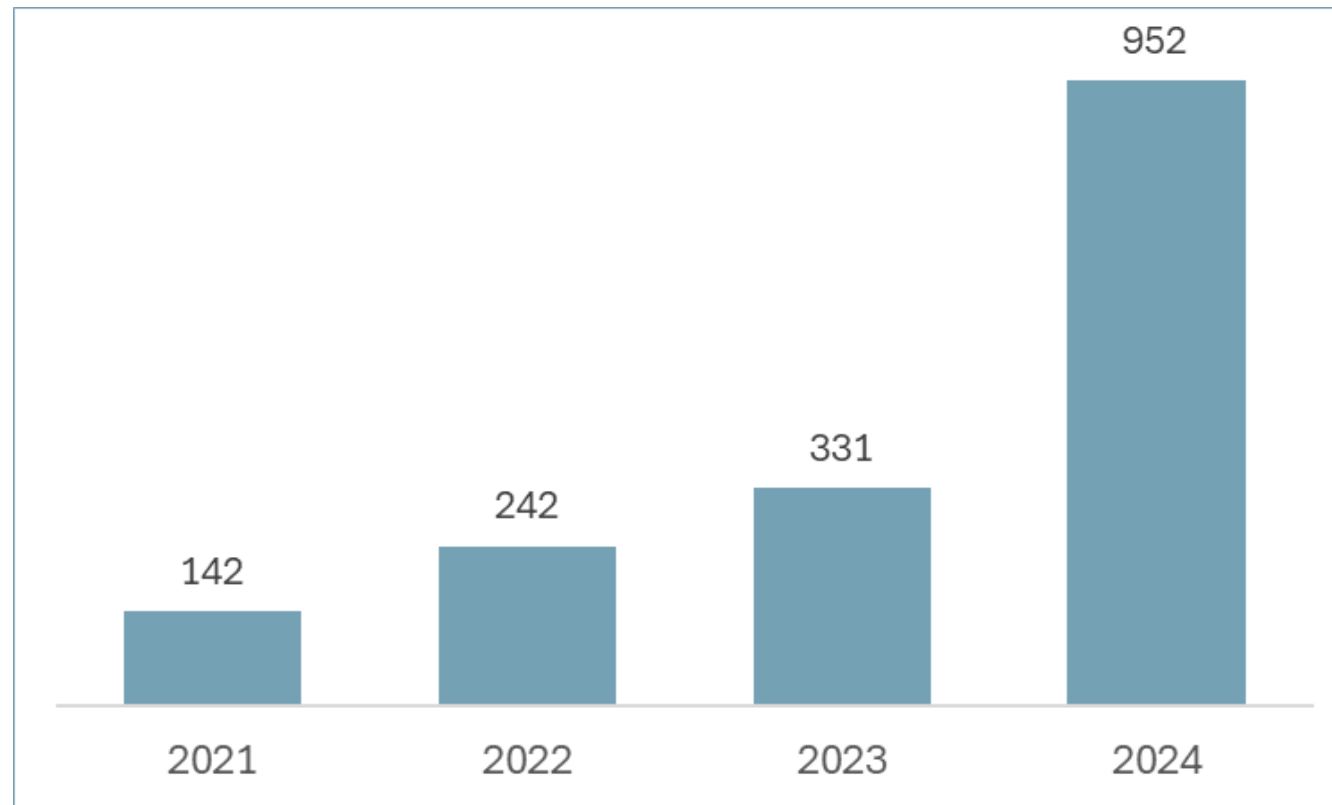
<https://www.surveymonkey.com/r/ResponderSafetyAndHealth2024>

More information about Maine’s Disaster Behavioral Health effort can be found at:

<https://mainedisasterbehavioralhealth.com/>

Survey Response Rates 2021 - 2024

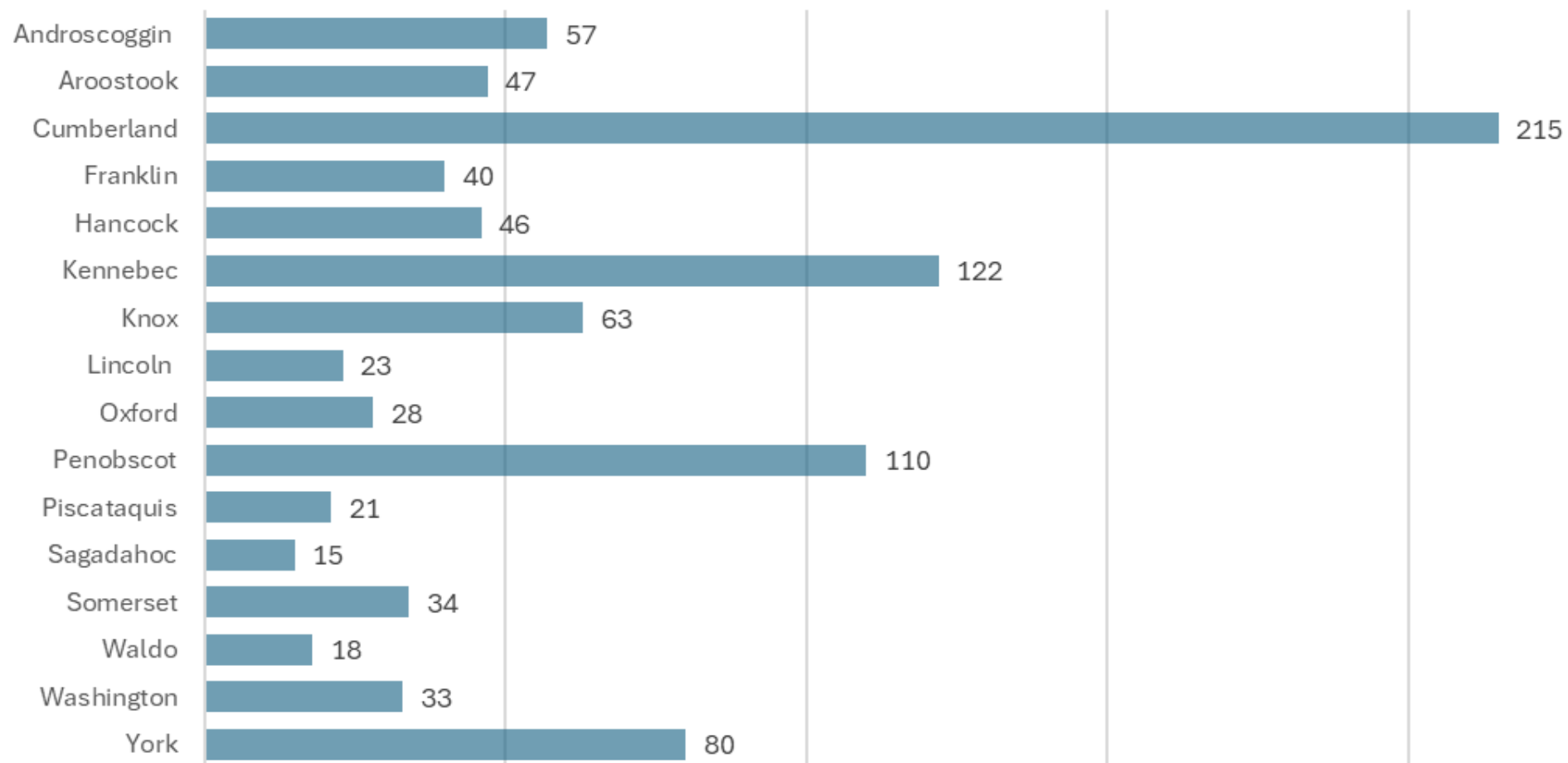
- Survey Responses- Increasing participation year over year.
- 2024 survey had 952 responses.



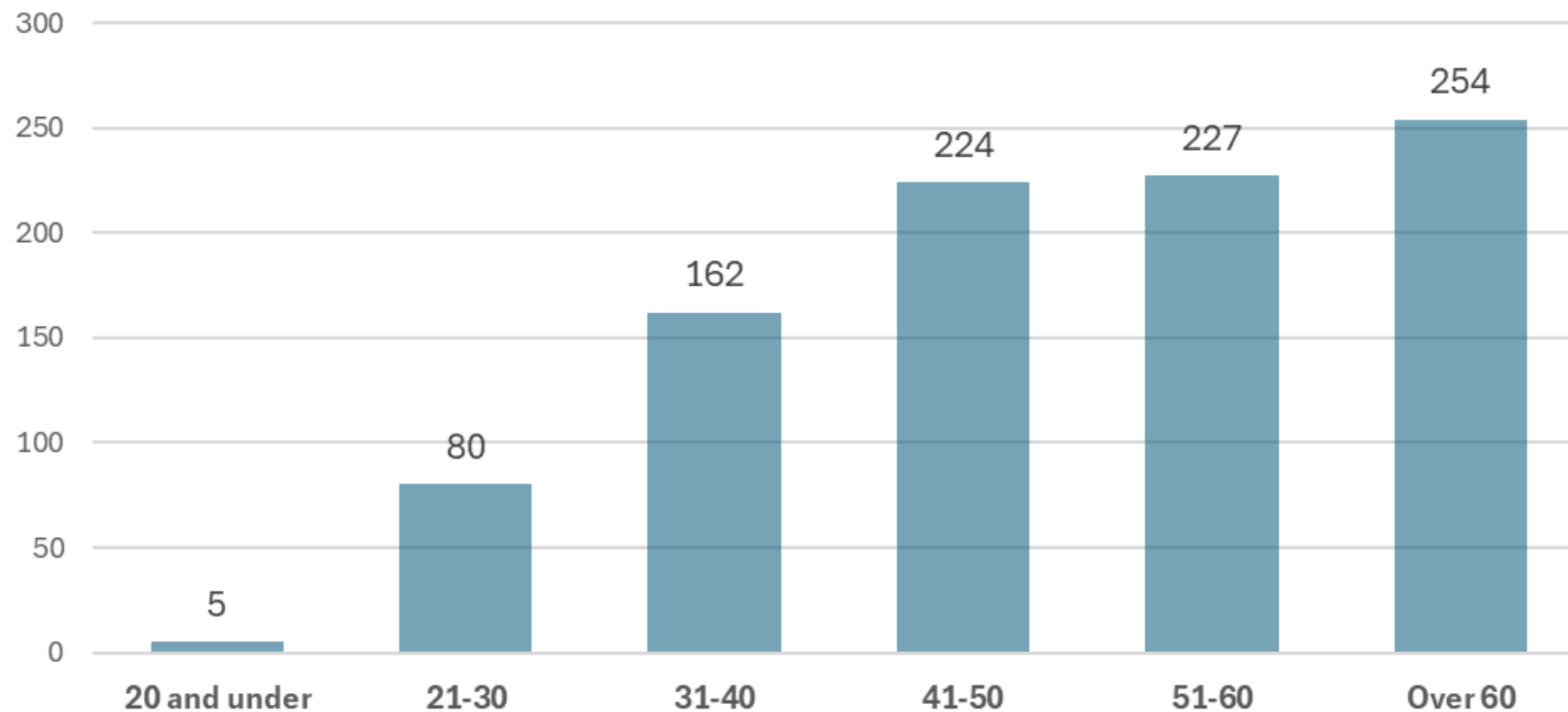
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Survey Results

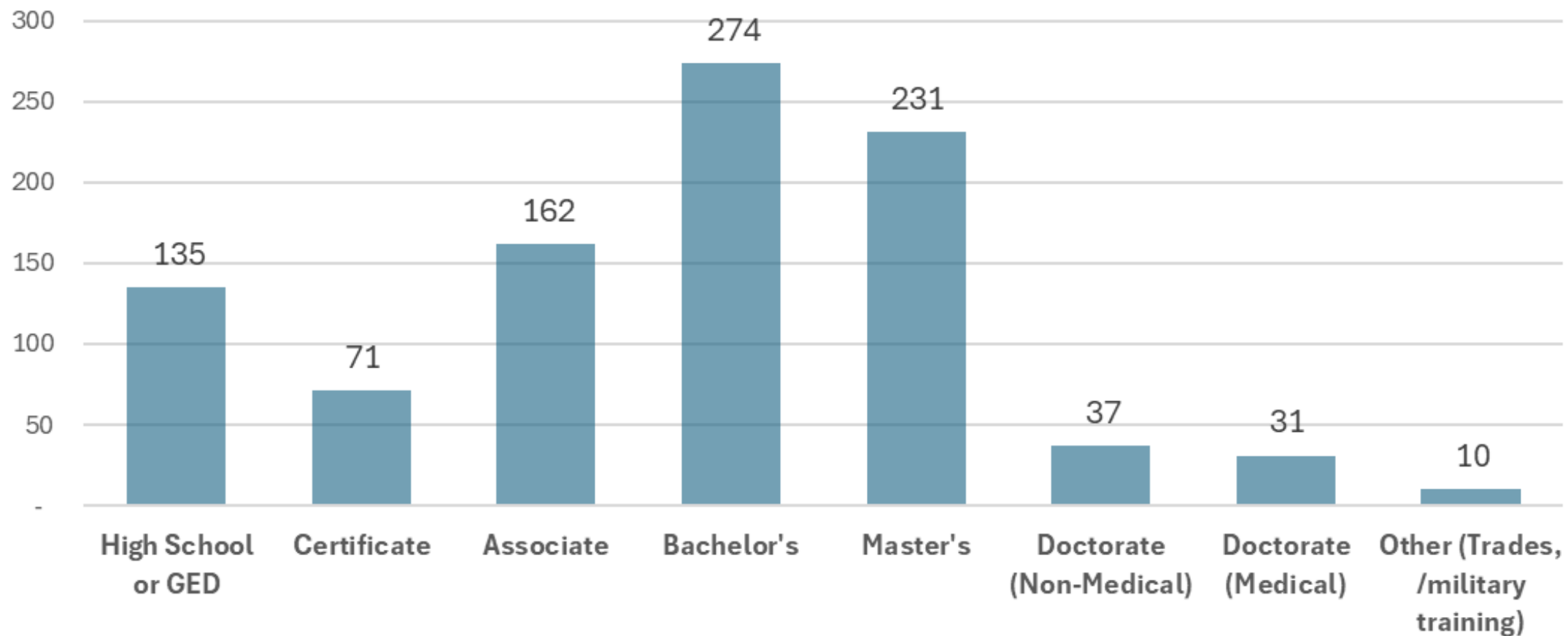
Q1: County of Residence or Work Environment (952 total respondents)



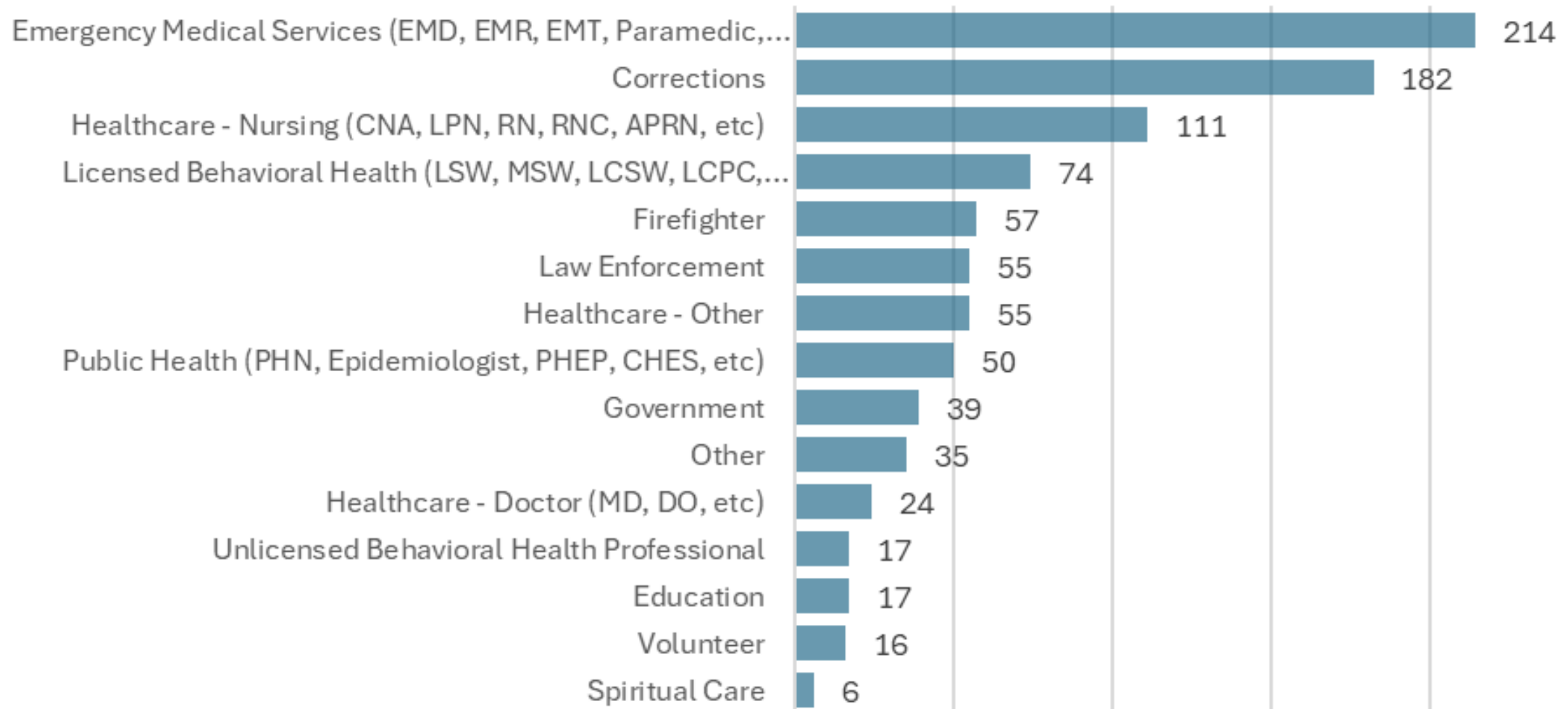
Q2: How old are you?



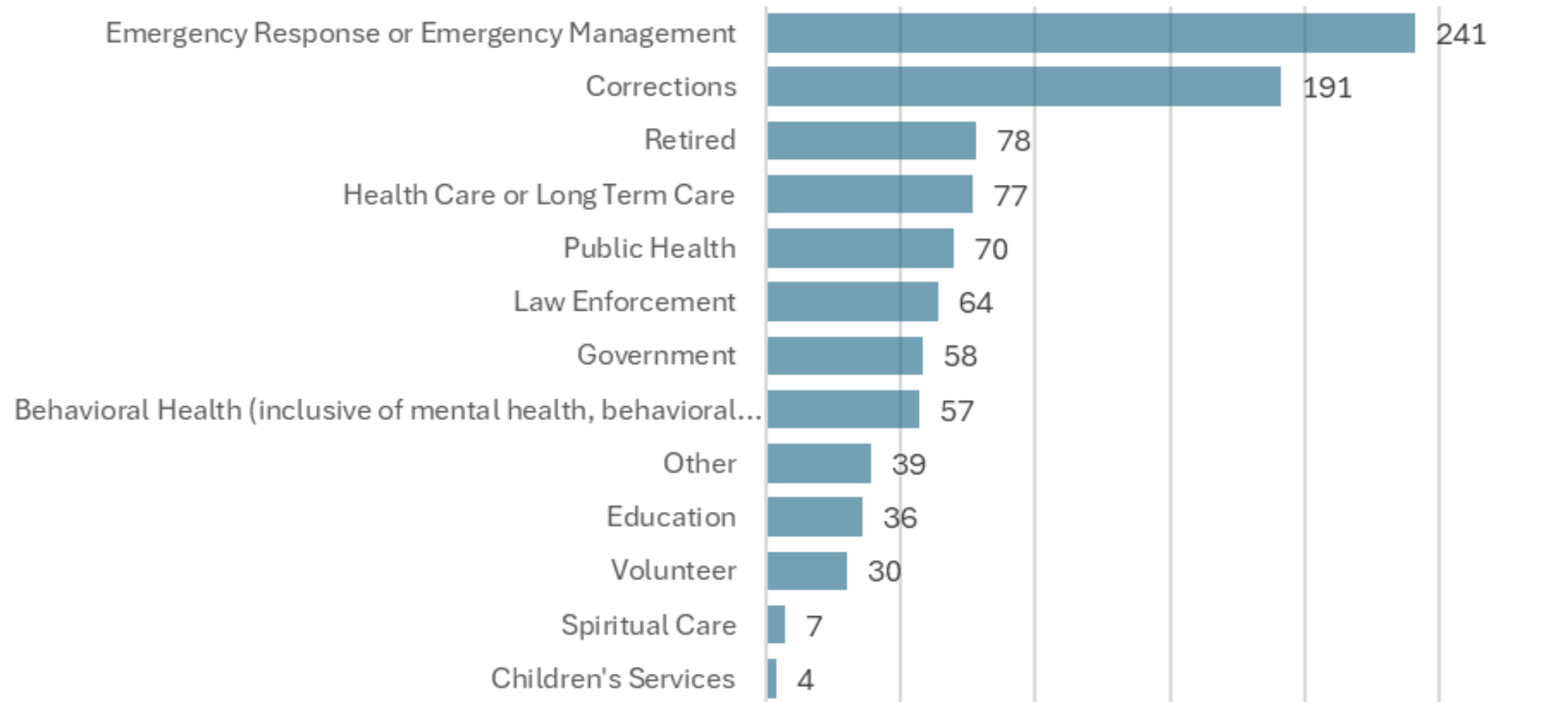
Q3: Your highest earned educational degree



Q4: Professional Discipline/ Certification or Licensure



Q5: Primary Work Setting

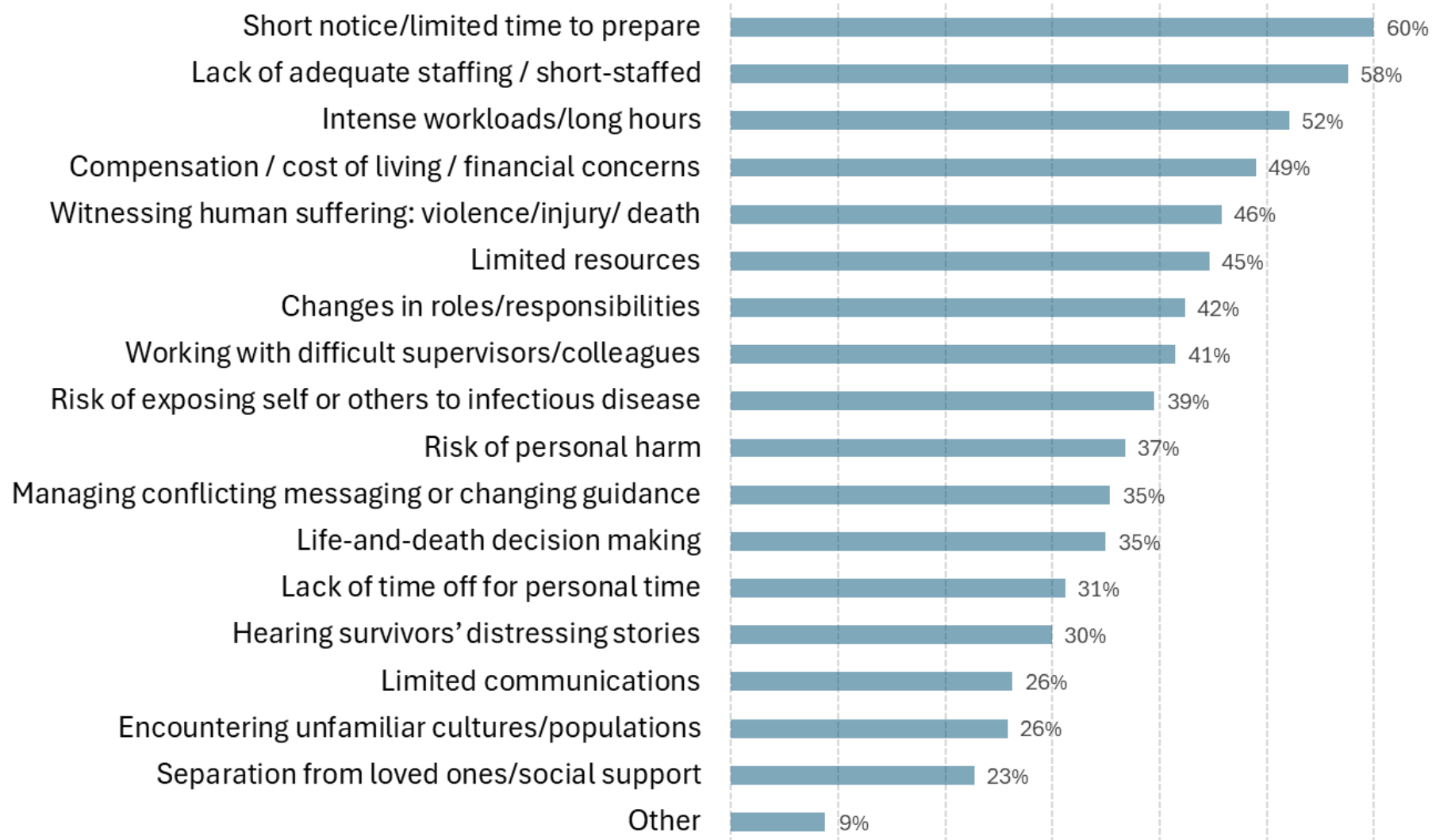


Q6: Predict Problems:

“As a responder, you and your team are at risk of experiencing a traumatic incident—an incident that may involve exposure to catastrophic events and emotionally or physically challenging situations like those listed below”.

Survey respondents were asked to select all exposure elements they associated with their 2024 work environment or volunteer deployment.

Q6: Predict Problems: select all exposure elements you associate with your 2024 work environment or volunteer deployment



Q7: Please check up to 3 triggering events or areas that negatively impact your stress level in your work environment.



Q8: Recognizing Signs of Stress

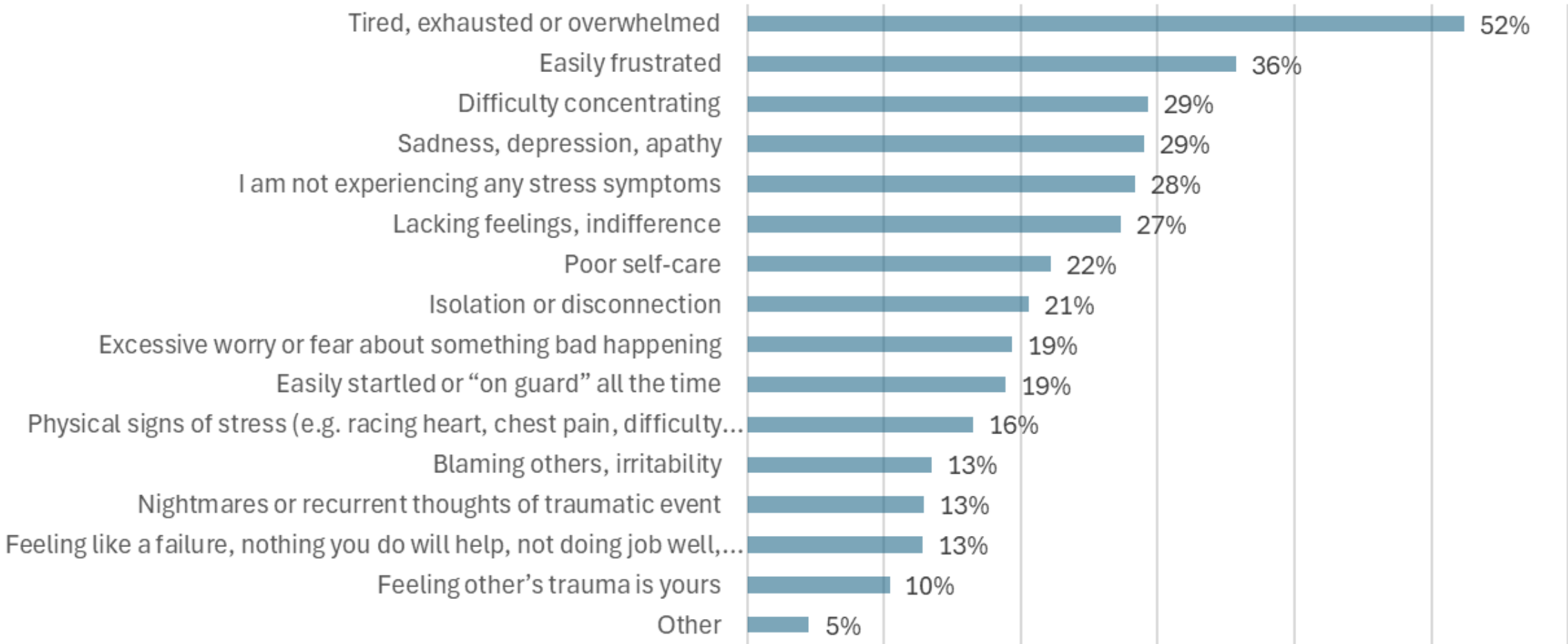
Recognize your personal signs of stress and monitor them throughout your work assignment or deployment so you know when to engage your protection plan.

Prolonged exposure to stress can cause new symptoms, which can be more difficult to recognize. Common symptoms of stress include the following.

Please check off all stress symptoms you feel are associated with your work environment or volunteer deployment.

Q8: Recognizing Signs of Stress

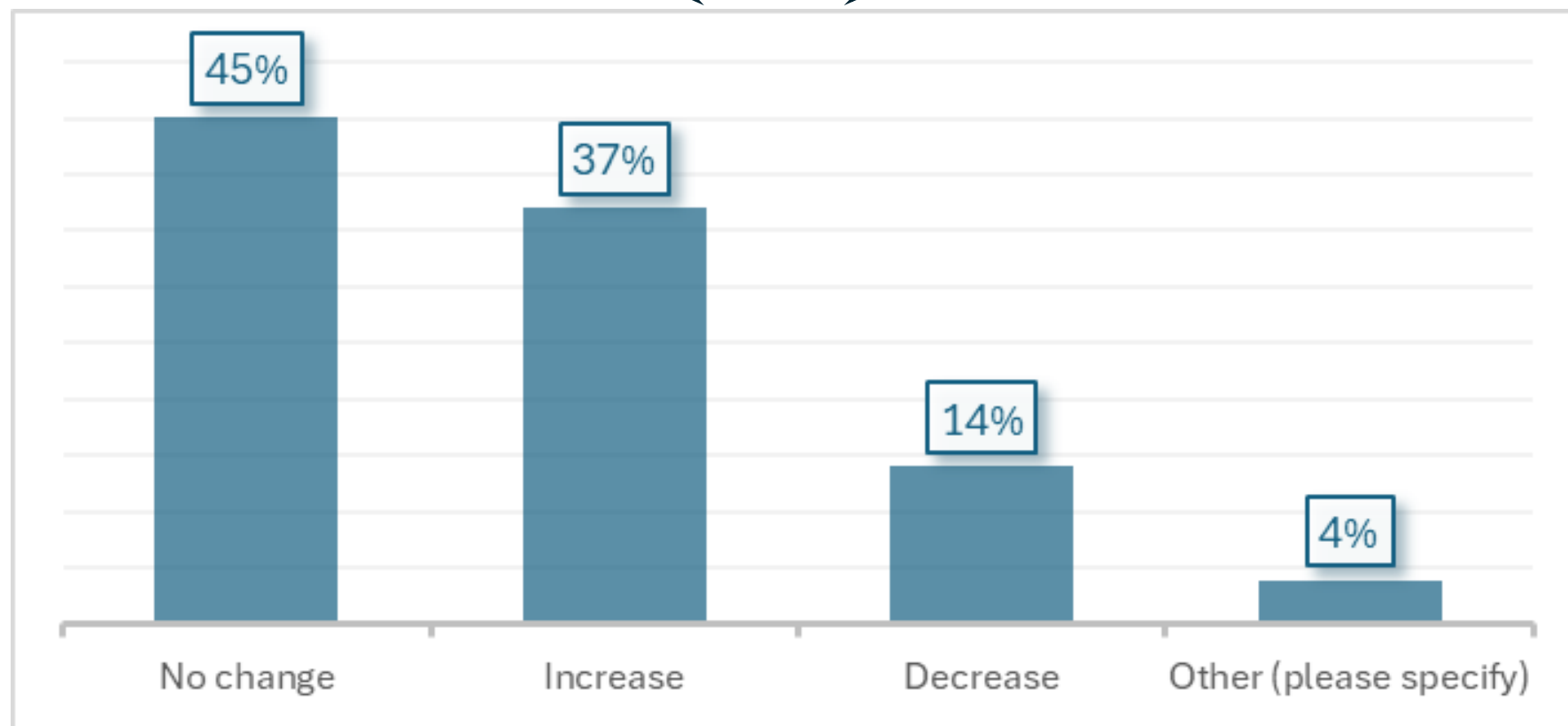
Check all stress symptoms you feel are associated with your work environment or volunteer deployment.



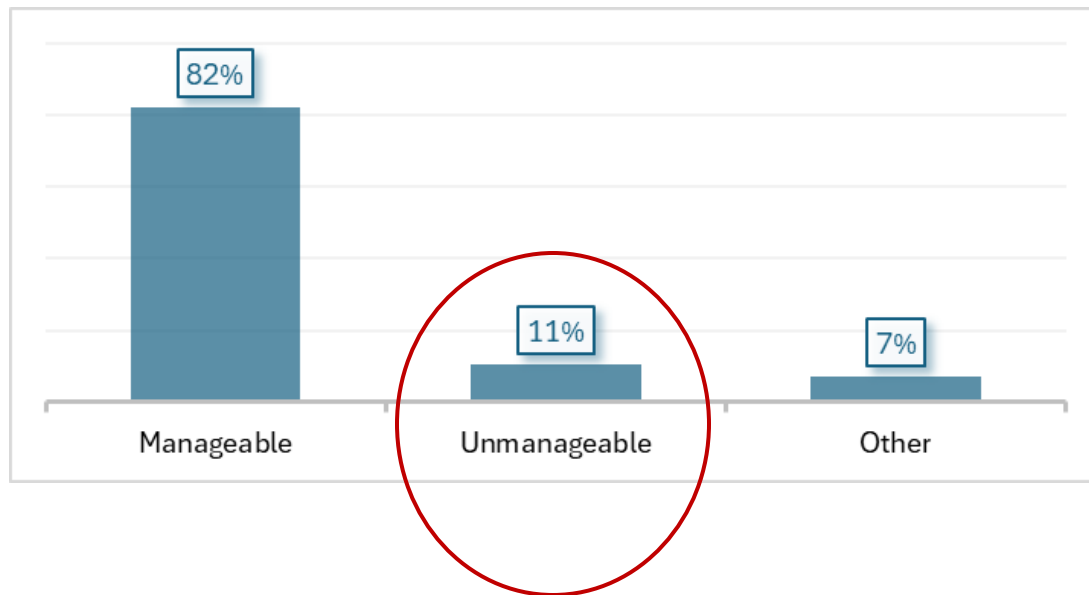
Q9:
Respondents were asked if they had experienced an increase or decrease in stress symptoms in 2024, compared to the last Responder Safety and Health survey covering 2023.

In 2022 survey (pub'23),
25% increase and 41% decrease.

In 2023 survey (pub'24),
31% increase and 15% decrease.

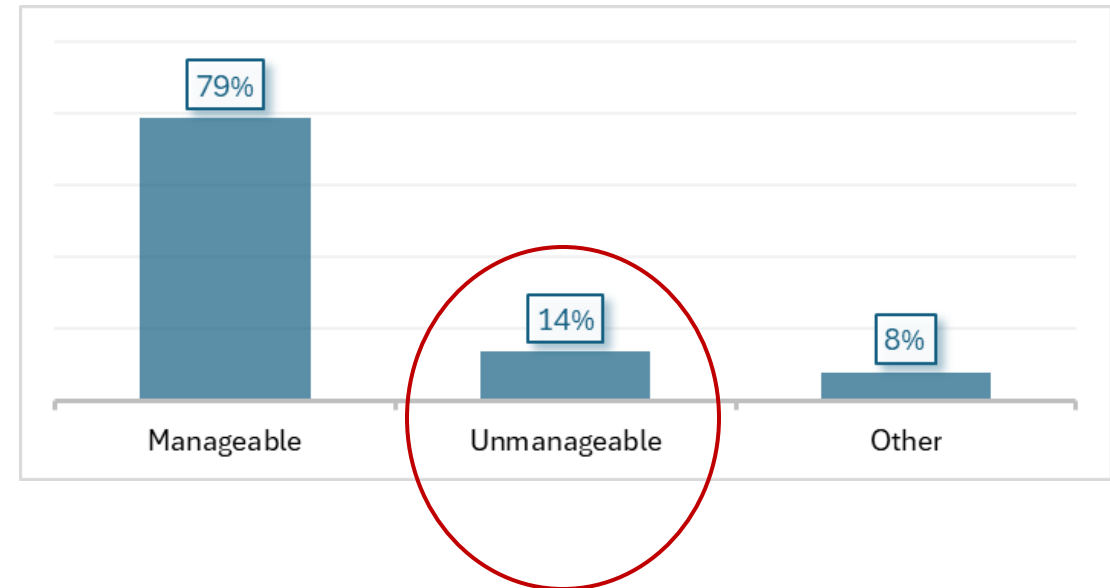


Q10: How would you describe your work stress levels in 2023?



In 2022 survey, asking respondents to compare 2021 and 2022, (pub'23), 9% indicated Unmanageable compared to 7% pre-covid.

Q11: How would you describe your work stress levels in 2024?



In 2023 survey, asking respondents to compare 2022 and 2023, (pub'24), 7.8% indicated Unmanageable compared to 7.6% in prior year

Survey Results

Q12: Prescribe Protection

Given that responder stress and fatigue can be predicted, and stress symptoms recognized, consider what you can do, think, and avoid to help you stay fit for duty. Review, adapt, and practice this “prescription for protection” during and after your work assignment/volunteer deployment or any particularly traumatic shift.

Guiding Questions:

What do you do for yourself when you are upset?

What has helped you during previous deployments?

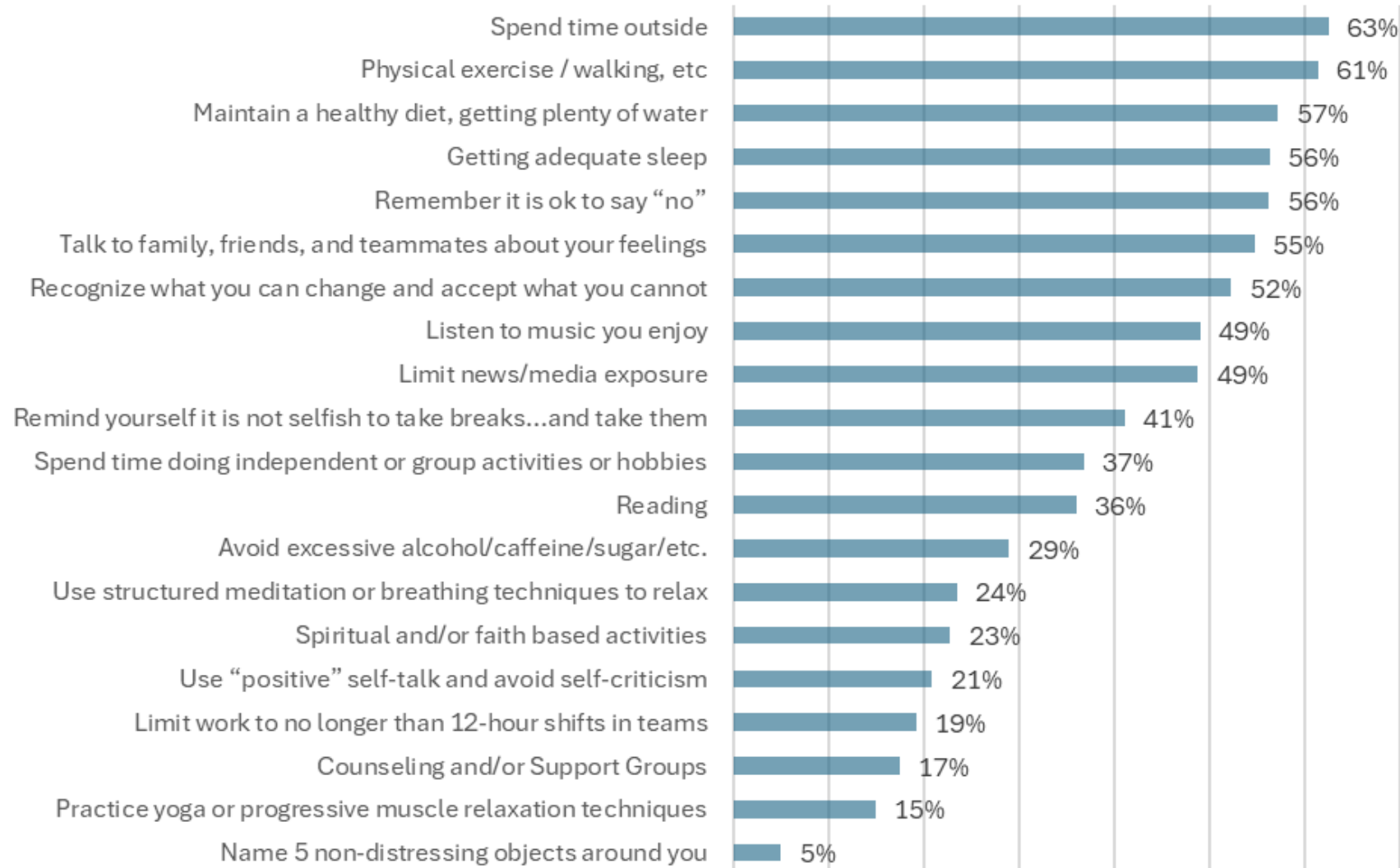
What do you like to do when you’re in a good mood or to help you relax?

Where do you have control to make things better?

What positive things can you say to yourself when things are tough?

What/whom should you avoid?

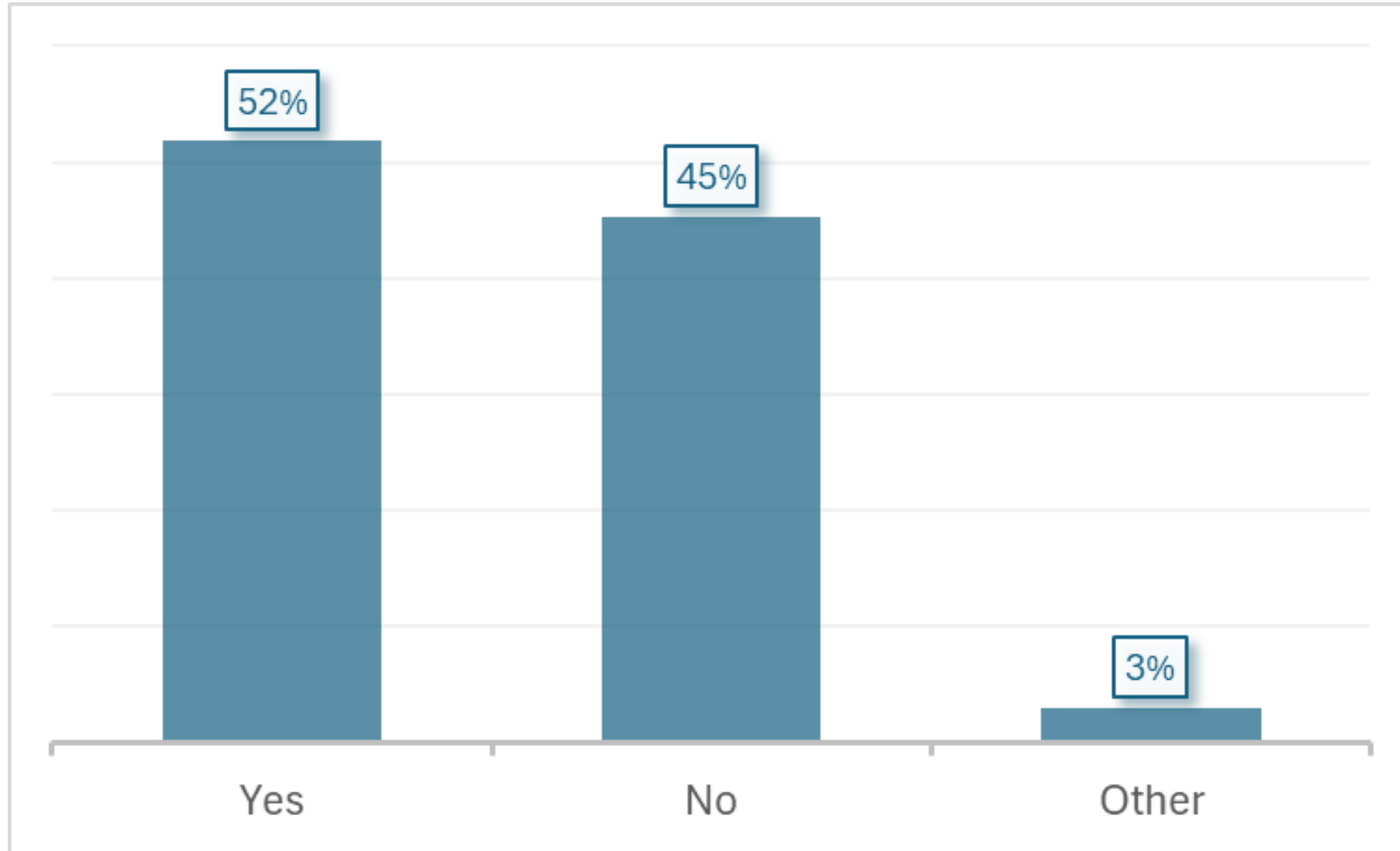
Q12: Prescribe Protection. What you can do, think, and avoid to help you stay fit for duty. *Check all that apply.*



Q13: What areas do you feel would be most beneficial for workforce development to build stress management skills and support overall responder safety and health?



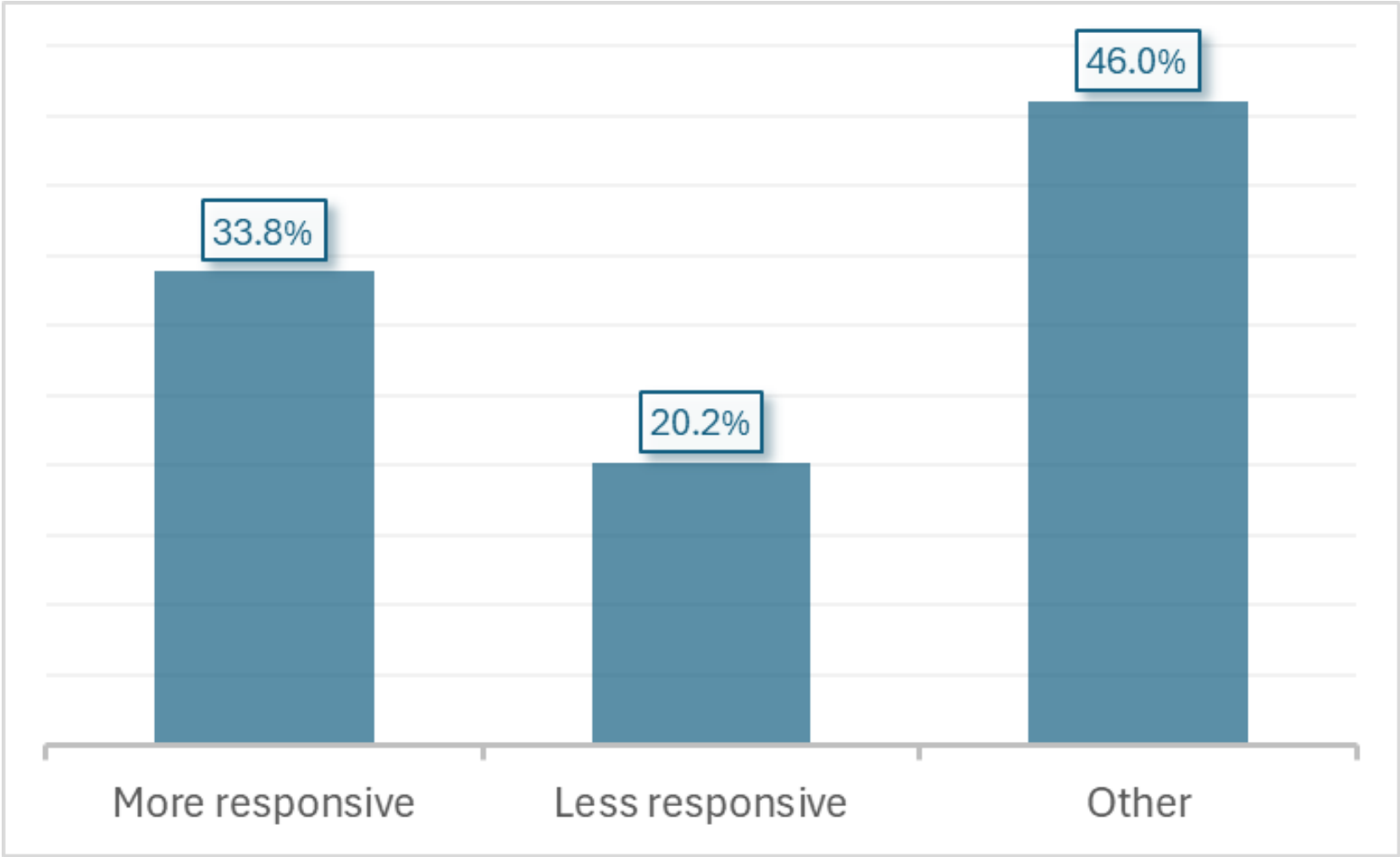
Q14: Have you participated in any educational or supportive programs or training offered by their employer or volunteer organization in the last year?



Q15: Over the past 12 months, do you feel your employer or volunteer organization has been more or less responsive to stress management and resiliency efforts?

In 2022 survey (pub'23),
49% More Responsive and
16% Less Responsive.

In 2023 survey (pub'24),
35% More Responsive and
14% Less Responsive.



Data collected will be used for quantifiable information. No individual names, comments or other identifying information will be included in the final reporting. This survey will help us quantify and qualify the potential exposure to traumatic events that responders may have experienced during this pandemic, and identify methods to manage stress and develop individual coping strategies. The survey results will inform the Maine CDC's Disaster Behavioral Health (DBH) program on future planning efforts, training needs, and resource-sharing initiatives to support responder safety and health.

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