



ANNUAL REPORT

2022



MEDIC ONE FOUNDATION

Table of Contents

CONTENTS

01.	Contents
02.	Mission & Vision
03.	Impacts
04.	Our Work
05.	Paramedic Training and Cont. Education
06.	EMT Scholarship Program
07.	Emergency Medical Equipment Grants
08.	CPR/AED and First Aid PulsePoint
09.	De-Escalation Training & Behavioral Health Assistance
10.	Financials
11.	Lifesaving Stories
12.	Lifesavers Gala
13.	Board of Directors and Staff



Mission

OUR MISSION

To save lives by improving pre-hospital emergency care.

OUR VISION

No one dies from a treatable medical emergency.

WE ARE THE MEDIC ONE FOUNDATION

The Medic One Foundation is a community-based nonprofit organization dedicated to saving lives by improving pre-hospital emergency care. The Foundation supports critical programs and initiatives that have a significant impact on the number of lives saved by our region's Medic One emergency medical system.

Our deepest thanks to all who supported the Medic One Foundation and our mission of saving lives.

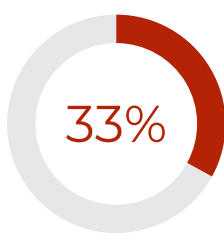
Below are some of the ways donations to the Medic One Foundation directly impacted the quality of our region's extraordinary Medic One system.

IMPACT

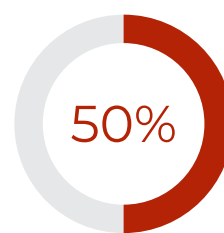
- Train and certify 20 new Medic One paramedics who are now in the field saving lives in our region.
- Purchase four ultra-realistic training manikins to be used by incoming students and current paramedics in the Puget Sound region, ensuring they have the cognitive, motor, and critical thinking skills required for recertification.
- Provide Emergency Medical Technician (EMT) Scholarships to 14 individuals pursuing careers in emergency medicine, with the hope that our region's fire departments and Emergency Medical Service (EMS) agencies will better reflect the rich diversity of our communities.
- Fund a pilot project to utilize licensed social workers on local fire department CARES (Community Advocates for Referral and Education Services) units, providing a more comprehensive approach for low acuity patients with behavioral or social issues and ensuring their healthcare is managed by the most appropriate resource.
- Provide much-needed behavioral health and wellness training to over 800 firefighter/EMTs in our region, including de-escalation and self-wellness skills to provide a safer work environment and healthier community.
- Award vital emergency equipment grants—including CPR training manikins, transport ventilators, and advanced life support (ALS) trainers—to 12 fire and EMS providers serving Island, King, Snohomish, and Whatcom Counties.
- Train over 1,500 adults and children in CPR/AED and First Aid, increasing the number of citizen responders in our community who are now able to help save a life.
- Continue to promote PulsePoint—a mobile application that alerts CPR-trained citizens when a sudden cardiac arrest is nearby so that they can begin CPR in the critical lifesaving minutes before first responders arrive.

OUR WORK: A SURVIVAL RATE THAT IS SECOND TO NONE

Your support of world-class paramedic training, together with innovative research and state-of-the-art medical equipment, is a major reason why Medic One paramedics achieve such a high survival rate for bystander witnessed, shockable sudden cardiac arrest.



National Average



King County

"Each year, 250 million calls are made to 911 in the United States."

In King County alone, our Medic One/EMS system responds to more than *140,000 calls every year. Of which, over **45,000 are life threatening and require paramedic response.



*Rolling 5-year average

**National average

Statistic represents bystander witnessed, shockable sudden cardiac arrests.

PARAMEDIC TRAINING AND CONTINUING EDUCATION

Among the Most Highly Skilled Paramedics in the World



Patient Contacts

Students average 600 patient contacts, which is more than 3x the national average.



Medical Skills

Class performs, on average, over 4,000 IVs and 600 intubations, two of the most difficult skills to master.



Treatment

Students participate in the treatments of over 250 sudden cardiac arrest victims combined.



Hours of Instruction

Students receive 2,100 hours of instruction, which is nearly double the national recommendation.

Charitable contributions are the primary source of financial support for the Medic One Paramedic Training Program. Through community support, we help ensure that our regions paramedics receive an exceptional education that far exceeds national standards.

Over the past 48 years, contributions to the Medic One Foundation have funded the education and training of more than 600 paramedics, representing 20 local fire and emergency services providers, serving more than 2.5 million people.



EMT SCHOLARSHIP PROGRAM

Training Tomorrow's Heroes

The Medic One Foundation, in partnership with North Seattle College, has developed an EMT Scholarship Program to provide a pathway for underrepresented minority groups and to help remove financial barriers for individuals interested in pursuing a career in emergency medicine in Washington state.

Each quarter, up to five scholarships are awarded to students to attend the Emergency Medical Technician (EMT) course at North Seattle College at no cost.

Since the start of the program, 18 scholarships have been awarded. Many thanks to PNC Bank for their generous support of the EMT Scholarship program in 2022.



"I just think this program is very beneficial, because it opens the door to people who might not otherwise be able to pursue this career choice,"
- Cameron DiCenzo, 2021 EMT Scholarship Recipient



EMERGENCY MEDICAL EQUIPMENT GRANTS

Tools That Save More Lives

Every year, Medic One Foundation identifies communities in our region where assistance is needed to purchase critical equipment that will improve the quality of patient care and save more lives. Over the past 20 years, contributions to the Medic One Foundation have made it possible to award over \$1 million in emergency equipment grants to local providers in our region.

In 2022, we awarded \$100,000 in equipment grant awards to 12 fire and emergency service providers, including:

Camano Island Fire and Rescue
Transport Ventilator

King County Fire District 50 (Skykomish)
Traction Splint Trainer

King County Medic One
ALS Training Manikin
Lifepak 15 Patient Monitor Screen
Simulation Tool
Q CPR-enabled ACLS, PALS, and BLS CPR Training Manikin

Kirkland Fire Department
Six CPR and AED Manikins for Adults and Pediatric Patients

King County Search and Rescue Association
Medical Training Supplies

Renton Regional Fire Authority
16 Infant CPR Manikins

Snohomish County Fire District 19 (Silvana)
Stair Chair

Snohomish County Fire District 24 (Darrington)
STAT Simulation Infant Manikin

Snohomish County Fire District 25 (Oso)
Airway Trainer

Snohomish County Fire District 26 (Sky Valley Fire)
Hemorrhage Control Arm Trainer

South King Fire & Rescue
Adult ALS Manikin and Deluxe Airway Management Head

Whatcom County Fire District 5 (Port Roberts)
Transport Ventilator



CPR/AED AND FIRST AID

According to the American Heart Association, more than 350,000 cardiac arrests occur outside of a hospital each year in the United States.

That's 1,000 people a day.

Effective citizen CPR and a shock from an Automated External Defibrillator (AED), provided immediately, can double or triple the chance of survival.

Medic One Foundation offers both in-person and online CPR/AED and First Aid Training Classes throughout the year to provide the knowledge and skills necessary for responding to medical emergencies. Our trainers are all certified instructors and provide class participants quality hands-on experience and instruction in emergency medical care.

In 2022, the Foundation held over 50 classes and trained over 1,500 adults and youth in CPR/AED and First Aid.

PULSEPOINT

Sudden cardiac arrest can happen to anyone, at any time. But, PulsePoint Respond, a free mobile app, empowers communities to help improve patient outcomes and save lives by alerting citizens when a cardiac arrest is occurring nearby so that they can begin CPR before first responders arrive. This lifesaving app also helps locate AEDs and provides instruction on how to perform CPR.

In 2022, thanks in part to a generous grant, Medic One Foundation launched PulsePoint in King and Snohomish counties. Through ongoing promotion, the Medic One Foundation aims to recruit and empower more than 20,000 community members throughout King County to download the free app and become PulsePoint responders.

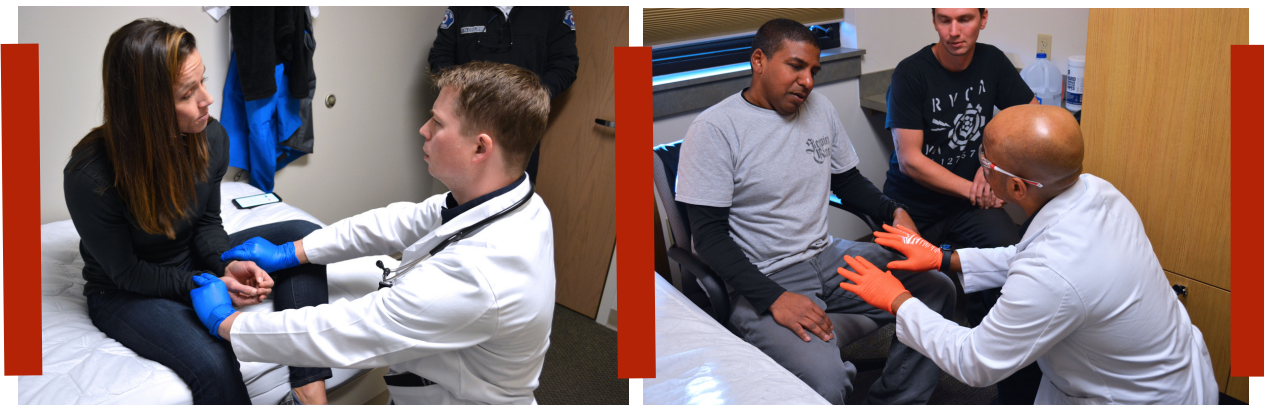


DE-ESCALATION TRAINING & BEHAVIORAL HEALTH ASSISTANCE

for Firefighters/EMTs

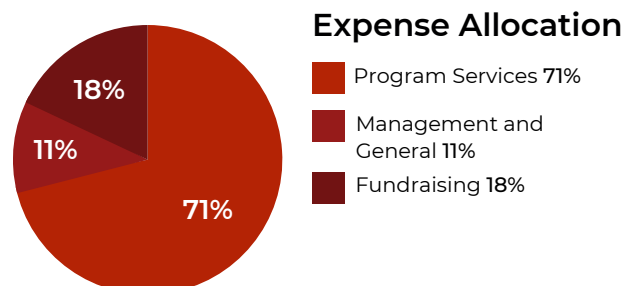
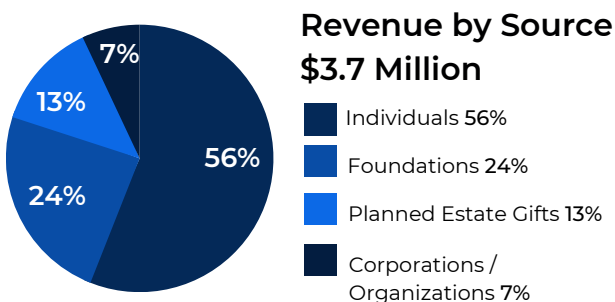
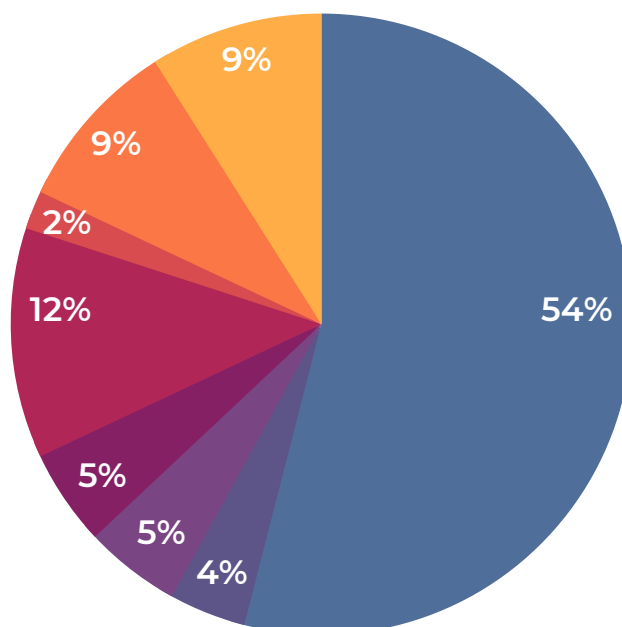
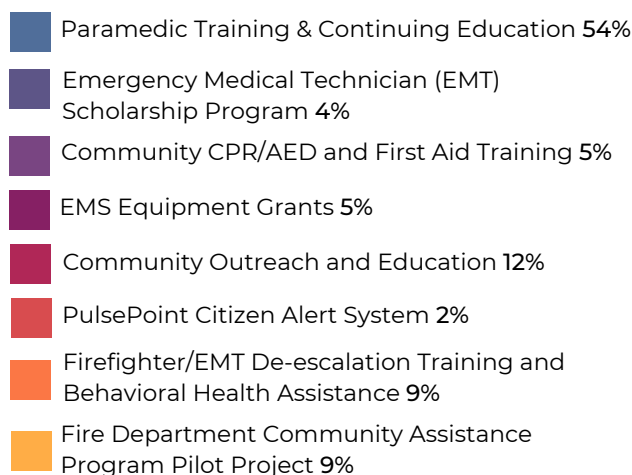
Historically, our emergency medical system has been used for acute needs (fire, car accident, medical trauma, etc.), but mental health emergencies are often chronic and take a different skill set to assist. Police used to be the first to respond to these calls, but now firefighters are frequently the first to respond. Many of these calls are immediate, unknown calls where our firefighters' safety could be at risk. Between 2015 and 2020, the number of calls dispatched for psychiatric emergencies increased from 7,755 to 14,256. The number of calls dispatched for emergencies with combative patients grew from 0 in 2015 to 7,122 in 2020. Until 2021, Firefighter/EMTs in King County did not receive de-escalation training for mental health emergencies.

Thanks to a grant from the Aldarra Foundation, we developed a 90-minute training course to help provide critical de-escalation training to firefighter/EMTs in King County. The course included tactics and tools for controlling the environment, engaging in active listening, and understanding the patient's needs to help better address acute mental health conditions like paranoia, anxiety, delusion, and suicidal thoughts. Firefighters do not need to be mental health professionals, but basic de-escalation skills can create an environment where we can keep individuals safe and get them the services they need. During 2022, the Foundation provided this training to over 800 firefighters/EMTs throughout King County.



FINANCIALS

Impact of Your Generosity \$2 Million



Net Assets:

Available for current and future programs*	\$4,670,794
Donor restricted and endowed funds	\$2,892,082

*Give.org / BBB Industry Standard: the charity's unrestricted net assets available for use should not be more than three times the size of the past year's expenses or three times the size of the current year's budget, whichever is higher. Medic One Foundation's 2022 operating budget was \$2.9 million. To ensure our programs success, the Foundation strives to maintain a 24-to-36-month reserve for program stability.

LIFESAVING STORIES

Because of you...

Thousands of survivors have become living proof that generous financial support of Medic One Foundation makes a significant difference—mothers, fathers, children—the stories abound of lives saved and families kept intact, because of you. Cardiac arrest survivors Heather and Lauren are living proof.



Lauren D.

"Knowing that I died four times is overwhelming," says Lauren. "I wonder 'should I really be here right now,' as I try to put into words how to thank the people that saved my life. I want to let the firefighters and paramedics know how grateful that I am to them for choosing to go out there and be in the communities every day saving lives and being heroes. I would not be here without them."



Heather K.

"Because of you, I've had a second chance at life. I'm still a mom. I'm a wife who just celebrated 25 years with the love of her life. I'm a sister, a daughter. When I had my cardiac arrest, nearly nine years ago in downtown Seattle, my precious daughters were 13 and 15 and you can imagine what has transpired in the years since then. My daughters have graduated from high school. Went to prom. They both graduated from college. I couldn't be prouder of the beautiful women they've become. And I got to be there, every step of the way—because of you. Because of the whole community, I am alive today."

Lifesavers Gala

The 2022 Lifesavers Gala was a huge success, raising over \$930,000.

Over 450 guests and first responders gathered on October 21 to honor our region's firefighters and paramedics who respond every day to catastrophic disasters and medical emergencies. All funds raised from the event provided world class training, education, and high-fidelity equipment for 24 new Medic One paramedic students in Paramedic Training Class #49. Funds were also allocated for the recertification of 135 current paramedics in King County.

We are extremely grateful to our generous sponsors that helped make this event such a success:



Airlift Northwest | UW Medicine | Mary Lee-- Realogics Sotheby's Intl Realty
Braun Northwest, Inc. | Nicholson & Associates Insurance, LLC
Lakeside Industries | Tri-Med Ambulance

BOARD OF DIRECTORS

Brian D. Webster
President

Brooks H. Simpson
Immediate Past President

Craig A. Peterson
President-Elect/Treasurer

John A. McGary
Secretary

Directors

Gary Bezowsky

Michael K. Copass, MD

Alexis Curran

Heather Kelley

Graham Nichol, MD, MPH

Tom Rea, MD, MPH

James Richardson

Jeffrey W. Richey, RN, MHA

Eric Rothenberg

Michael R. Sayre, MD

Harold D. Scoggins

Michael Vanderslice

STAFF

Kim Duncan Martin
Executive Director

Sara Oshikawa-Clay, MPA, CFRE
Director of Philanthropy

Kathleen DeVega
Associate Director of Philanthropy

Norris Edwards, FF/EMT-P, Retd
Community Outreach Coordinator

Drew Hearthfire
Program Coordinator

Myriel Legaspi
Administrative Assistant

MEDIC ONE FOUNDATION

11747 NE 1st Street, Suite 310
Bellevue, WA 98005

(425) 625-2137

info@mediconefoundation.org
mediconefoundation.org

EIN: 91-6183158



MEDIC ONE FOUNDATION