

Uniquely Positive

June is a uniquely 'high vibe' month between the preparation of spring and the full heat of summer. It is historically and culturally associated with youth, celebration, and the peak of the natural world.

- Wedding and Romance – Named after Juno, the Roman goddess of marriage and childbirth
- First Fruits – Sweetest first strawberries and stone fruits
- Roses and Lavender – At their most fragrant and vibrant



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- Three Birthstones – Pearl (only gems created by living creatures; purity and wisdom); Alexandrite (one of the rarest gems in the world; luck and fortune); Moonstone (has a glowing light effect; new beginnings)

National Pride Month and the EMS Profession

For decades, the EMT or Paramedic profession was a silent space for LGBTQ+ providers. In the high-stakes environment of emergency medicine, the pressure to conform to a traditional, stoic image frequently led to "double visibility" - the exhausting task of balancing occupational trauma with the hyper-vigilance of navigating a workspace that didn't always feel inclusive. However, as the field progresses, the culture of EMS is shifting from a paradigm of quiet endurance to one of visible, professional pride.

This cultural evolution is not merely a social gesture; it is a critical component of professional resilience and improved clinical outcomes. When LGBTQ+ clinicians can work authentically, the incidence of 'minority stress,' (the chronic stress faced by members of marginalized groups), is significantly reduced. This reduction is vital in a field already characterized by higher-than-average rates of burnout and PTSD. In fact, research cites an estimated lifetime PTSD rate of 20-21% among EMS workers, versus a 6% rate in the general population. Additionally, sexual minority EMS personnel have a 2.22 times higher risk of experiencing suicidality. This intersection of identity and high-stress employment creates a significant vulnerability to trauma.

This advancement is not just about personal identity; it is a critical component of professional resilience and improved patient outcomes. Visible pride serves as a safety signal for the patient community. LGBTQ+ consumers, who historically report higher

rates of healthcare discrimination, are more likely to provide accurate medical histories and engage with treatment when they see rainbow patches, 'safe space' decals on ambulances, or inclusive language used by their providers. Maintaining a clearly inclusive EMS system allows both coworkers and patients, who may be hesitant to disclose their identity in a crisis, request, and access vital care. In emergency medicine, where seconds count, this trust is the cornerstone of effective, affirming care.

HAPPY Resources for LGBTQ+ Providers
PRIDE MONTH
2026

International EMS & Firefighters Pride Alliance (IEFPA): The leading global hub for advocacy, networking, and community support for LGBTQ+ first responders. <https://www.iefpa.org/>

- National Ambulance LGBT+ Network: An organization dedicated to sharing best practices for inclusive ambulance services and supporting staff wellness. <https://www.ambulancelgbt.org/>
- 988 Suicide & Crisis Lifeline (Press 3): A dedicated prompt in many regions to connect callers directly with LGBTQ-competent crisis counselors. <https://988lifeline.org/help-yourself/lgbtqi/>
- GLMA (Health Professionals Advancing LGBTQ+ Equality): Provides clinical resources and training modules focused on achieving healthcare equity for all identities. <https://www.glma.org/>

(Adapted from multiple sources)

JUNE AWARENESS

National PTSD/I Awareness Month (TEAL)
National Safety Month (YELLOW)
National Pride Month (RAINBOW)
Great Outdoors Month
5: World Environment Day (GREEN)
8: World Oceans Day (BLUE)
14: World Blood Donor Day (RED)
21: Summer Solstice
27: National Posttraumatic Stress Disorder/Injury Awareness Day (TEAL)

JUNE COMMUNITY EVENTS

5: Movies in the Park – "A Minecraft Movie" @ Greystone Park
12: Movies in the Park – "Despicable Me 4" @ Bak Sports Village
14: Bakersfield Father's Day Run @ Riverwalk Park
19: Movies in the Park – "Finding Nemo" @ Mesa Marin Sports Complex
20: Wine in the Pines @ Pine Mt. Club
29: Miche 5K Run @ Yokuts Park

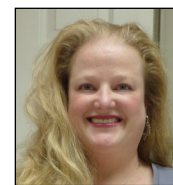
JUNE FARMER'S MARKETS

7, 14, 21, 28 (Sun): Haggin Oaks Hen's Roost Farmer's Market @ 8800 Ming Ave
6, 13, 20, 27 (Sat): From the Farmhouse Farmer's Market @ 3201 'F' St.; Downtown Hen's Roost Farmer's Market @ 1916 'G' St.; Riverlakes Farmer's Market @ 8601 Hageman Road

The HR Spot

This month's themes remind us that caring for others starts with caring for ourselves. There are several resources you can access in your wellness journey, so don't hesitate to reach out if you need information.

We also want to extend a warm welcome to Academy Class 53, starting this Tuesday. We're so glad you're here!



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988 SUICIDE & CRISIS LIFELINE



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