

## **Mekenzi O'Driscoll**

### **Critical Care Paramedic, Prisma Health**

#### **Speaker Bio:**

At just 18, I dove headfirst into the world of Emergency Medicine, and over the past 10 years, I've relentlessly worked my way up. From starting as an EMT to becoming a Critical Care Paramedic, I've seen it all – and I've taught others at the USC School of Medicine in Greenville, SC. I hold a bachelor's in emergency management and have contributed as a planner in a rural community. My experience also includes serving as a Radiological Emergency Preparedness Coordinator with the South Carolina Emergency Management Division.

Every step of my journey has shaped my unique perspective on EMS, and I'm currently pursuing a master's degree in emergency services, with the ultimate goal of becoming an EMS agency director. Because I believe you can't drive change until you're in a position to lead it.

#### **Presentation Title:**

#### ***When the Sirens Fade: The Silent Struggle of First Responders***

A cardiac arrest call triggered memories of personal loss—and exposed the emotional toll of life behind the sirens. Mekenzi O'Driscoll shares her raw journey through burnout and grief, calling for urgent mental health support for those who serve on the front lines.