**Objective:** The purpose of this study was to investigate the positive and negative psychological adaptations due to secondary traumatic stress and the role of resilience among paramedics and Emergency Medical Technicians.

**Methods:** Pre-hospital Emergency Medical Service (EMS) providers from multiple ambulance dispatch centers at a Regional Health System anonymously completed four validated questionnaires: Secondary Traumatic Stress, Posttraumatic Growth, Resilience, and Changes in Outlook. Relationships between these constructs, perceived level of symptoms, and demographics were explored.

**Results:** Data from 53 EMS providers were analyzed. Overall, a moderate degree of resilience, secondary traumatic stress, and negative change in outlook were observed with a higher than average positive change in outlook. Resilience was significantly ($p < 0.001$) inversely related to secondary traumatic stress and negative change in outlook. EMS working part time demonstrated a significantly higher ($p=0.005$) level of resilience compared to those working full time. Likewise, post-traumatic growth was significantly ($p=0.03$) higher in EMT’s while resilience was significantly ($p=0.02$) higher in paramedics. Additionally, resilience and growth scores among those who expressed interest on receiving coping training was significantly higher ($p < 0.02$) than respondents who were not interested to receive similar training. No significant differences ($p>0.05$) were detected between years of experience for any attributes analyzed.

**Conclusions:** The findings demonstrated significant correlations between secondary traumatic stress, resilience, growth, and changes in outlook in EMT’s and paramedics.