



# TRI-STATE PEER SUPPORT TEAM

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## **Who we are:**

Multi-disciplinary, multi-jurisdiction First Responder Peer Support Team. We believe peer support is the foundation for creating mental, physical and emotional wellness in departments. Research proves that peer led health programs have been shown to have a positive effect on behaviors (LEMHWA 2019). A Board of Directors oversees our activities including a Medical Director appointed by the Academy of Medicine of Southwest Ohio. Members of the Board include representatives from Chiefs Associations and departments in Hamilton, Butler, Brown and Clermont County in Ohio and Associations, non-profits and departments in Northern Kentucky. Individual members include dispatch, corrections, law enforcement, fire/ems, AirCare and human resources from departments.

## **What we do:**

Our Peer Support Team members meet with Individuals, small groups, or departments to provide peer support and/psychosocial education about stress; Respond to potentially traumatic events (critical incidents) to normalize reactions and help begin healing; Coordinate regional trainings to develop and support peer support teams locally; Conceptualize and deliver trainings on broader mental health and wellness Ideas promoting resilience, stress management, seeking help early, and prevention; Develop and promote wellness programs presented locally related to peer support and first responder wellness groups.

## **How we do it:**

The Board and Leadership Team meet quarterly to provide direction around peer support efforts in the region. The Tri-State Peer Support Team Clinician sub-committee continually vets clinical resources for cultural competency. The current list of resources is available on our website. Some trainings are provided for free through grants while others may charge a fee.

## **Mission**

The purpose of the Peer Support Program is to prevent or lessen the potential negative impact of stress upon first responders by providing emotional support, information, and assistance. The program will provide mental and emotional support through one-on-one discussion, education, family support, immediate support, and post-incident follow-up. The Tri-State Peer Support Team will consist of individuals within the Tri-State (Ohio, Kentucky, Indiana) who have been specifically trained in peer support, traumatic incident support, and communication techniques. The Peers work in conjunction with the team medical director to provide peer support and make referrals for clinical care when necessary.

Our vision is to have 1-2 peer supporters or team in every department in our region.



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## How we will achieve our Vision:

1. Advocating for recognition and awareness of mental and emotional wellness.
2. Build and sustain peer support teams in medium, small and rural departments through training, direction, discussions and supporting peer support coordinators.
3. Provide on-going training opportunities for peer support teams.
4. Provide innovative regional training for all first responders about mental health, wellness, and intergenerational communications.
5. To provide resources to members and their families during personal and professional crisis situations.
6. To serve as a liaison between members and support resources.
7. To build a well-rounded program that focuses on maintaining confidentiality and building trust.
8. Identify and vet additional resources and programs that could benefit anyone that needs assistance outside the scope of the Peer Support Program.
9. Work with research partners to collect data to understand effective programs and larger culture change.

Please direct general questions to Amy Foley 513-607-9290.

**24 Peer Support Access through Hamilton County  
Communications: 513-825-2280 or 513-825-2260.**

Scan the QR Code for more information.

