



Addressing the critical areas of self-care, mental, physical, financial, psychological and spiritual for all first responders.



# Mental Health Crisis Response



Mental health treatment and suicide prevention are critical health care issues for first responders. Our **Mental Health Crisis Response** is a proactive out-patient treatment program that addresses the occupational risk of trauma exposure.

Through our partnership(s) we offer treatment for first responders and their families who are experiencing a mental health crisis, as well as provide training for the professional helpers who are called to assist during times of crisis.

**Ray Schufford, aka Coach "SHOE"**

# Operational Stress Disorder

Operational Stress Disorder is any persistent psychological difficulty resulting from operational duties such as law enforcement, combat or any other service-related duties.

## Facts...

- 30 percent of first responders develop mental health conditions (Abbot et al., 2015)
- Firefighters were reported to have higher suicide attempts and ideation (Stanley et al., 2016).
- An estimated 125 and 300 police officers commit suicide every year (Badge of Life, 2016).

## Common Mental Health Conditions of First Responders

One of the primary risk factors for first responders is the pace of their work, as first responders are always on the front line of highly stressful and risky situations. In addition, because of the lack of sleep, self-care, and repeated exposure to traumatic events, first responders are at a higher risk for the following mental health conditions.

- Depression
- Secondary and Post Traumatic Stress Disorder
- Grief
- Substance Abuse
- Suicide/Suicide Ideations

## Preventive Factors

A cooperative effort is needed between leadership and coworkers to establish a work environment that provides adequate training and ensures the resiliency and health of first responders by protecting them from overwork and excessive stress and supporting them in seeking help when needed. Leaders and coworkers can work together to ensure the following preventive factors are in place.

- Specialized training, elevated level of professional mastery, and assurance in personal and team capabilities
- Maintained psychological well-being in the face of adversity
- Good relationships with leaders and coworkers
- Job Satisfaction





# First Responder's Intensive Outpatient Treatment for Traumatic Stress Response.

CONTACT  
US



Our evidence-based, intensive outpatient program uses cognitive behavioral therapy to address trauma-related symptoms developed from exposure to the type of traumatic exposure experienced by First Responder.

## Treatment Goals:

- Think more clearly & improve your outlook
- Develop coping skills to manage your life
- Improve relationships and family dynamics
- Learn to live a healthier, more enjoyable lifestyle
- Address traumas & unresolved issues
- Get relief from depression, anxiety, PTSD, trauma, and other behavioral health issues

## Treatment Include:

### PHASE 1: INTRODUCTION:

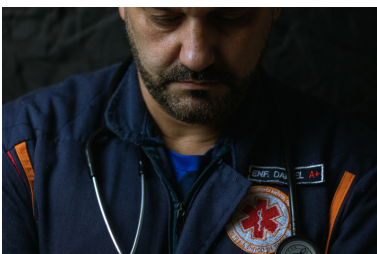
Attend our two-day psycho-education workshop to gain an accurate understanding of the Trauma Response of First Responder.

### PHASE 2: INDIVIDUAL PROCESSING

Attend three individual cognitive therapy sessions to help identify, challenge, and replace biased, negative, and self-defeating thoughts resulting from trauma exposure.

### PHASE 3: SUPPORT

Attend Three Group Sessions to build camaraderie, fellowship, and support with others with shared experiences.





**PARTNER  
AGENCY**

**BRINGING  
LIGHT,  
COURAGE AND  
HOPE**

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