

Get the help you need right now 844-443-7839

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INTERNATIONAL ASSOCIATION  
OF FIRE FIGHTERS



IAFF Center of Excellence for Behavioral Health Treatment and Recovery  
IAFFRecoveryCenter.com | 855.900.8437

(/)



# Exclusively for IAFF members. It's okay to ask for help.

Treatment for successful recovery from substance abuse, PTSD and other co-occurring behavioral health issues.

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**Our Center**



The IAFF Center of Excellence for Behavioral Health Treatment and Recovery is a one-of-a-kind addiction treatment facility specializing in PTSD for IAFF members – and IAFF members only – who are struggling with addiction, PTSD other related behavioral health challenges to receive the help they need in taking the first steps toward recovery. It is a safe haven for members to talk with other members who have faced or overcome similar challenges.



## IAFF Center of Excellence for Behavioral Health Treatment and Recovery





## Thoughtful Design

Designed from the ground up with fire fighters in mind, the Center sits on a 15-acre campus and includes a state-of-the-art gym and other features that encourage physical activity to help in recovery and preparing to return to the job.

## Natural Serenity

Located in Upper Marlboro, Maryland, just outside Washington, D.C., the IAFF Center is surrounded by lush pine forest and features onsite areas for reflection and enjoying nature's healing powers.

## Knowledgeable Staff

The IAFF Center is overseen by Craig L. Katz, M.D., who designed a program for first responders in the aftermath of 9/11, and Abby Morris, M.D., an expert in the behavioral healthcare field. We understand the rigors of your job, and know what it takes to help.

**LEARN MORE ABOUT OUR CENTER** (/CENTER/)

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## About Our Program

### Care for your unique needs

If you're struggling with post-traumatic stress along with co-occurring depression, anxiety or substance abuse disorders, you need treatment from professionals who understand the fire service culture and the unique pressures of your job. The IAFF Center of Excellence connects you to best-practice, evidence-based therapies delivered by clinicians who understand the types of trauma you experience on a day-to-day basis.

### Completely confidential treatment

Center staff cannot discuss your treatment with anyone — your fire department, family or friends — unless given explicit permission by you. This applies before, during and after your stay at the IAFF Center of Excellence.

### Our Partner: Advanced Recovery Systems

With seven treatment centers across the United States, the continuum of care provided by Advanced Recovery Systems is unsurpassed. The IAFF has partnered with Advanced Recovery Systems to provide members with specialized treatment for the everyday stressors that trigger PTSD, behavioral health disorders and substance abuse.

## **We Can Help**

### **Post Traumatic Stress Disorder (PTSD)**

You're exposed to traumatic situations every day you're on the job. For this reason, fire fighters and paramedics are twice as likely as the general population to experience PTSD. That's why therapies to treat and recover from PTSD are first priority at the IAFF Center of Excellence. You'll learn coping strategies, work through individual and group therapy sessions and participate in activities that will help you recover, build resilience and return to the job.

### **Substance Abuse**

It is not uncommon when suffering from PTSD to experience co-occurring disorders, including alcohol and drug abuse as substances are sometimes used to self-medicate and escape symptoms. As part of the integrated, multi-disciplinary approach at the IAFF Center of Excellence, IAFF members struggling with addiction will receive the full continuum of care, from detox to outpatient therapy, so they can get the necessary treatment to start living fuller lives.

### **Behavioral Health**

Depression, anxiety and other behavioral health issues can also be brought on or worsened by the stresses of the job. However, through medical and pharmacological treatment and cognitive talk therapy, members can get behavioral health treatment in a caring and supportive atmosphere that understands the fire service culture.

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# Recovery Stories

A man with short brown hair and glasses, wearing a dark blue polo shirt with a red and white circular logo on the left chest, black trousers, and a watch on his left wrist. He is standing in front of a black metal fence with vertical bars. Behind the fence is a paved area with a red and white diamond pattern. In the background is a large, light-colored building with classical architecture, featuring columns and arched windows. A black lamppost with a white globe is visible on the right side of the building.

**Mike James (<https://www.iaffrecoverycenter.com/mike-james/>)**

**BURLINGTON, ON LOCAL 1552**





**Chuck Talbott (<https://www.iaffrecoverycenter.com/chuck-talbott/>)**

**YARMOUTH, MA LOCAL 2122**

## OUR MISSION

To offer treatment for successful recovery from post-traumatic stress and co-occurring addictions and help IAFF members return to the job.

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