

# SHATTERPROOF

FOR FIRST RESPONDERS AT



FHEHealth



FHE Health Is An



Preferred Partner



SOMETIMES *HELPERS* NEED HELP



*Substance Abuse, Addiction, Gambling,  
Mental Health and PTSD Care*

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# SHATTERPROOF AT FHE HEALTH

37% of First Responders suffer from behavioral health problems, including addiction and post-traumatic stress disorder. The rate of attempted suicide among First Responders is steadily increasing to more than 10 times the national average. Millions of lives are saved annually by this special population, which includes, but is not limited to Police Officers, Firefighters, Correctional Officers, EMTs, and 911 Dispatchers. Because it is in their very nature to put others' needs before their own, often the individuals who protect and serve on a daily basis find it difficult to ask for help for themselves.

Suicidal Contemplation Among First Responders

**37%**

National  
Average

**6%**

2015 Journal of Emergency Medical Services

We acknowledge and embrace that First Responders have their own culture, code, and values within our society. That is why we have designed Shatterproof to be a place where First Responders can feel comfortable and at ease. We offer comprehensive addiction programs to best fit their unique needs and help them lead clean and sober lifestyles.

## FIRST RESPONDERS AT A HIGHER RISK

“

It is estimated that **30 percent** of First Responders develop behavioral health conditions including, but not limited to, depression and post-traumatic stress disorder (PTSD), as compared with **20 percent** in the general population (Abbot et al., 2015).

”





Shatterproof employs evidence-based therapies, innovative medical care, and a comprehensive wellness program, which focuses on symptoms of PTSD, in order to guide our First Responders on the right path to achieving life-long recovery from drugs and alcohol. Shatterproof is designed to help First Responders overcome specific obstacles, and to increase their ability to manage emotions during stressful situations without turning to self-medication.

Our medical team works to customize a care plan tailored to the underlying issues that contribute to substance use disorders. Our evidence-based, holistic treatment approach addresses every individual's physical, neurological, mental, social, emotional and spiritual wellbeing. We also utilize a peer-support group model to help improve our patients' outcomes by grouping patients with similar backgrounds together. This allows patients to feel more comfortable, resulting in better outcomes. These treatment approaches are utilized throughout our continuum of care.

- 
- |                       |                                   |
|-----------------------|-----------------------------------|
| ▶ Detox               | ▶ Partial Hospitalization Program |
| ▶ Intensive Inpatient | ▶ Intensive Outpatient            |
| ▶ Residential         | ▶ Sober Living                    |
- 

**POLICE LINE DO NOT CROSS**



# Neurorehab:

## Quantifiable Results in Treatment

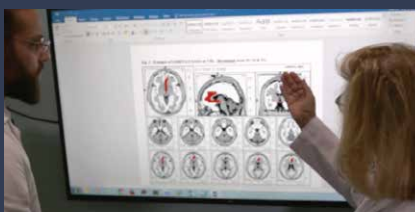
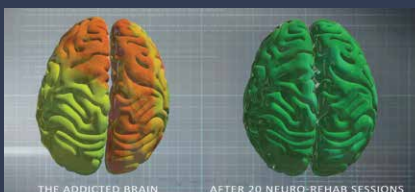
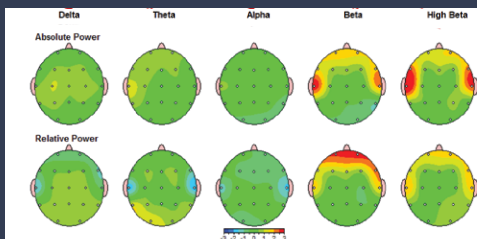
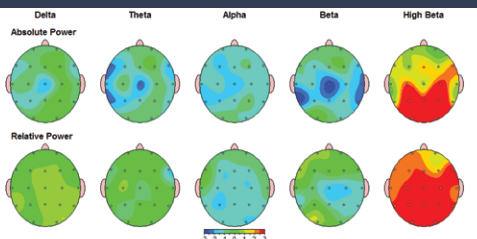
While other treatment centers diagnose patients based solely on their description of symptoms, we employ a team of Neuroscientists and Psychologists to evaluate and treat exactly where addiction is affecting your brain.

Using EEG Brain Mapping, we are able to quantifiably measure our patients' neural performance and develop a personalized treatment regimen. Our innovative Neurofeedback therapy program identifies and mends any malfunctioning circuits in the brain that otherwise could not be addressed in any other form or psychological therapy.

- ▶ Discover the parts of your brain that are adversely affected by addiction and mental health disorders
- ▶ Personalize your treatment plan to your specific needs
- ▶ Track your progress over the course of your stay with us
- ▶ Train your brain to live free from drugs and alcohol

Neurorehabilitation identifies measurable deficits and overactivity in brain function and addresses them in a way that no other therapy option can. This cutting-edge approach dramatically improves patient treatment plans and outcomes.

## Before & After Neuro-Rehab Treatment



Effective Treatment for:

- Depression
- Anxiety
- Trauma
- Peak Performance



## Our Campus

We take pride in our well-maintained campus and modern amenities. Daily housekeeping ensures that every individual is as comfortable as possible during their stay. In addition to our state-of-the-art facilities, we offer modern residences for men and woman. We can ensure that our First Responders will receive the optimal rest and relaxation they need throughout their stay.





# Addressing Trauma



Utilizing First Responder-Focused Therapies such as:

- ▶ EMDR
- ▶ RRT (Rapid Resolution Therapy)
- ▶ Integral Breathwork Therapy
- ▶ Canine-Assisted Therapy
- ▶ Resiliency Training
- ▶ Yoga for First Responders (YFFR)

Whether they're police officers responding to a distress call, fire fighters saving families from the flames, or soldiers defending our national security in hostile territory, America's first responders are always on the frontlines of crises, dangers and disasters. That high level of job-related stress and trauma can take a heavy toll on anyone's mental and behavioral health. Among first responders, though, the higher rates of PTSD, substance abuse and suicide are compounded by a strong sense of vocational duty to put others' health and welfare before their own. This spirit of altruism, while noble, can also be an obstacle to getting much-needed treatment for addiction and other mental health conditions.

Additional Interventions Include:

- ▶ Sex Addiction Therapy
- ▶ Ketamine Infusion
- ▶ Dialectical Behavioral Therapy (DBT)
- ▶ Music Therapy
- ▶ Art Therapy
- ▶ Gambling Therapy

# About FHE Health

We are a dually accredited, nationally recognized, dual diagnosis treatment center that focuses on the care, support, and wellbeing of those who suffer from addiction and behavioral health issues. We are accredited by both the Joint Commission and the Commission of Accreditation of Rehabilitation Facilities (CARF).

At FHE Health, our vision is to help every person and family struggling with drugs, alcohol, or mental health issues get on the path to recovery and good health. We are committed to our mission to provide integrated, modern day addiction treatment at the highest level of quality, in order to ensure that every First Responder has the opportunity for a better life.



## Our Accreditations







## Comprehensive Wellness

Your stay at FHE Health is the perfect time to focus on the most important thing: your health. During your treatment, all aspects of your health will be monitored by our trained medical professionals to identify and treat any potential mental health or co-occurring disorders. Whether this is your first time seeking help for drug and alcohol addiction, or you have a long and difficult history of chronic relapse or ineffective traditional or medicinal treatments, our medically integrated Neurorehabilitative program provides the resources and tools for you to be successful in recovery.

### Utilizing:

- ▶ Medical Massage Therapy
- ▶ On-site Cognitive Fitness Center and Physical Trainers
- ▶ Smoking Cessation Program
- ▶ Acupuncture
- ▶ Nutrition Planning
- ▶ Yoga





## Outpatient Care

Our Outpatient Programs at FHE Health are flexible and allow every patient to get the continued care he or she needs. No matter what work, school, or life responsibilities exist, it is possible to find a way to keep getting treatment and ensure long-term health and sobriety. Our daily groups are small in size and give everyone the opportunity to share their thoughts among peers. Individual sessions are also available for one-on-one guidance.

## Aftercare

We understand that recovering from a substance use disorder is not a process that happens overnight, and that long-term solutions must be in place to prevent relapse. That is why we manage the process ourselves, ensuring that every patient's needs are met during the transition to a lower level of care.

The steps in early recovery are critical for patients. As a result, we offer aftercare resources to manage real-world difficulties. This includes maintaining a sober-living environment, job placement assistance, resume building, and access to our Alumni center and computer lab.

We provide our patients with the tools they will need for success in their recovery. Throughout our continuum of care, every patient at FHE Health can take comfort in knowing that compassionate care and support is only a phone call away.





