



Post Trauma Resources, LLC

FLOW

A Wellness Program for First Responders and their Families

A strong Peer Support Team offers an additional option for effective support. An appropriately trained Peer Support Team member does not provide counseling but assists personnel in normalizing, validating, and providing encouragement to seek appropriate intervention through the FLOW counselor. Peer Support Team members are also trained to provide an extra supportive base for post-critical incident responses and assist in modeling and normalizing a new culture of wellness in your agency.

Peer Support Team training is coming to your Department soon. If you are interested in participating, please contact Chief Owusu.