

FLOW

A Wellness Program for First Responders and their Families

“At the end of every day, it's falling asleep knowing your partner joyfully lives to serve others, and the sacrifices you make alongside them are truly small drops in the sea of goodness they bring to your community.” TAIT VIMONT

First responders don't serve alone. Conflicting schedules, job stressors, financial pressures, and parenting issues unique to the first responder lifestyle can be difficult for each member of the family and for their relationships. Engaging family members as partners in wellness has been shown to prevent and reduce stress-related difficulties for the first responders and their families. In doing so, we help family members develop the knowledge and coping skills necessary to thrive in this unique and stressful lifestyle.

As part of our FLOW program, the following services are available to you at NO CHARGE:

- Short-term counseling services for family members to address work-related stressors and parenting issues
- Periodic seminars with information about successfully managing the first responder lifestyle, symptoms of chronic stress, and general family issues such as financial planning, parenting issues unique to first responder families, and managing dual careers.
- Referral to appropriate community resources to address personal or family needs
- ALL services are confidential—no information about your conversations with our FLOW counselor will be shared with the Department without your permission
- Meet with our FLOW counselor on-site for convenience or at our downtown office if additional privacy is desired
- Post Trauma Resources' records are NOT eligible for release under Freedom of Information Act (FOIA) requests, and they are not part of your personnel file.
- FLOW services are not affiliated with your private insurance nor the city Employee Assistance Program (EAP), and there are no costs to you for utilizing the services. There are no limits on the number of times you can utilize the services.