



Post Trauma Resources, LLC

FLOW

A Wellness Program for First Responders and their Families

“What are we doing for our people?”

she asked as we discussed the recent suicide of a local law enforcement officer. It was a question that she had asked many times before but never with such urgency and conviction. She has served in almost every role imaginable in more than a decade of police service and has seen firsthand the toll that the job can take on first responders and their families. She knows the efforts that are necessary to stay healthy and the barriers that keep personnel from asking for help. She knows that first responders and families often need a level of support that is not readily available to them under current policies and programs.

The seed for Post Trauma Resources’ [Family Life and Officer Wellness \(FLOW\) program](#) was planted on that day and has developed as a collaborative effort between our agency and this police officer/social worker, who will serve as our dedicated FLOW program counselor. We are excited to see how it will change the culture of first responder wellness in our community.

Recent research into the effects of critical incidents and cumulative stressors on first responders suggests that the best results are achieved when personnel receive support from each of the most influential areas of their lives—[individually, among their peer group, and within their families](#). Our FLOW program incorporates these three crucial components with our strong reputation for providing first responders with tools and interventions that promote resilience and emotional health.

Our FLOW program provides consistent, on-site services from a [licensed counselor with the Masters-level education, first responder experience, and clinical training](#) needed to provide effective support. All services are CONFIDENTIAL and are available at NO CHARGE to personnel and their family members.