

# Healthcare Professionals & First Responders Program



## Caring for others can take a toll. It's time to care for yourself.

Being a healthcare professional or first responder can lead to stress that puts your home life and career at risk. We offer specialized treatment in a group therapy format—caregivers caring exclusively for other helpers who struggle with PTSD, depression, anxiety, stress, or substance use disorder as a consequence of their jobs.

A remote clinical service—convenient and confidential for police officers, firefighters nurses physicians, EMTs, LNAs/CNAs, social workers, and others. Free insurance verification is offered.

Get help now. 802-258-3737  
[brattlebororetreat.org/hpp](http://brattlebororetreat.org/hpp)



### Brattleboro Retreat

COMPREHENSIVE  
MENTAL HEALTH  
SERVICES SINCE 1834



Proven treatment to address trauma, addiction, and other duty-related issues



## Law Enforcement. Fire. Military. EMS. Corrections.

Serving in uniform takes strength of body and of mind. But even the strongest among us can be overwhelmed by the emotional demands of duty.

Maybe you've seen your job stress turn into something more. Addiction? Isolation? Despair?

## You're trained to call for backup

When it comes to protecting your community or saving a life, you don't think twice about calling in support.

When personal challenges become a threat to your career, or your life, you shouldn't have to go it alone. You can call in support for yourself—or someone you work with—from the Brattleboro Retreat.

## Dedicated, effective, and strictly confidential

In our virtual treatment program, first responders and healthcare professionals address their struggles

in the company of peers who understand, while remaining in the comfort of their homes

## Well-being is balance based

You'll learn how your physical and emotional health can complement each other and improve your ability to handle stress and physical pain. Our approach includes:

- acceptance and commitment therapy
- wellness activities
- relaxation techniques
- meditative movement
- mindfulness training



"The entire staff was extraordinary. The compassion and care were genuine."

—Police Officer





“I appreciated the confidentiality and privacy that was inherent and respected by the staff.”

—Firefighter

While in the Healthcare Professionals and First Responders Program, you'll have access to the Brattleboro Retreat's entire continuum of care, including inpatient treatment for co-occurring disorders. We also provide substance abuse services with individualized assessment and treatment, medication management, and access to AA/NA meetings.

### What you'll get back

You'll start mapping a path back into life—and work—with proven skills to help overcome drug and alcohol dependence, anxiety, PTSD, depression, and loneliness.

In addition to coping better and reducing your distress, you will:

- Improve your sleep.
- Feel better about yourself.
- Reduce tension, anger, and fatigue.
- Change unhealthy patterns.

Aftercare planning is an important component of returning to work, and community. A clinician will assist with referrals to outpatient providers and other follow up support services in your community.

### Just like you, our team is mission driven

Our staff includes psychologists, social workers, mental health counselors, behavioral health technicians, psychiatrists, and other medical providers. Many have extensive experience working with first responders, veterans, and healthcare professionals.

### Admission

Our referral and admissions process is designed to be simple and convenient. You can start by submitting a pre-intake form via the internet ([brattlebororetreat.org/get-started](http://brattlebororetreat.org/get-started)) or call us at 802-258-3700.

More than 100 private insurance companies accepted, as well as Medicare and some Medicaid. Self-payment plans available.

## Our treatment philosophy.

We believe people are resilient. We believe they can make significant changes in their lives that will strengthen their recovery from mental health and addiction challenges. We help every step of the way, with expert care rooted in understanding and respect.



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