

Helping those who **Protect & Serve**

You're the first one in – to keep everyone safe and keep the peace.

Yet with the rewards of a demanding job can come
stress isolation sadness trauma



For police, firefighters, responders and combat veterans

FRAT

The First Responders Addiction Treatment Program

For alcoholism and other dependencies

Created and facilitated by active-duty and retired first responders

Inpatient and Outpatient assessment and treatment

Aftercare and “back to work” services



LIVENGRIN
The Foundation for Addiction Recovery

First Responders Addiction Treatment Program at Livengrin Foundation

Addiction knows no bounds. It strikes regardless of age, sex, economic circumstance or cultural background, genetic history or environment. Yet, we have a “cultural need” for certain people to be clean, sober and in control. This expectation is particularly true for law enforcement personnel and other “first responders.”

Those who “go in first” take on some of the most stressful situations and experiences in modern life, just so everyone else doesn’t have to. Add the “macho culture” of these professions, and the mix can create plenty of tension. This can lead to a search for ways to relax, calm, make sense of, or just wipe out the intense stress, sadness and isolation.

The First Responders Addiction Treatment Program reaches out to police, firefighters, emergency personnel and combat veterans. The FRAT team knows alcoholism or other dependencies complicate the stress and physical and emotional trauma of dealing with life-threatening situations. Addiction can also lead to suicide as an “option.” (Police officers are found to be twice as likely as the general population to take this desperate course.)

With an active-duty officer at the helm, FRAT helps responders get back on their feet.

You can conquer addiction and return to family and community as a respected professional – with this treatment program that speaks to, and serves, the particular needs of first responders and veterans.

FRAT

**First Responders
Addiction Treatment Program**

Call us First 24/7

855-372-8435
855-FRAT-HELP

Email: frat@livengrin.org

Online: www.responderaddiction.com

**Keep this wallet card handy
for when you have questions
or need to reach out.**

Today's First Responders should not be lost to a treatable disease

The First Responders Addiction Treatment Program was created by the nonprofit Livengrin Foundation (founded in 1966 in Bensalem, PA, outside Philadelphia). FRAT helps those who “go in first” and who find themselves confronted with many challenges to their physical and emotional fitness.

Livengrin's well-known “continuum of care” is recognized for having a range of resources all “under one roof.” From intake through rehab, outpatient and aftercare, Livengrin gives the individual new tools for living, and provides support for life-long recovery.

The first responder coming into FRAT wants an assurance that he or she is trusting their future in the profession to caring, responsible counselors. They'll find:

- An experienced officer (the first person they speak with) who knows their language, the expectations of the job and community, and the stress they can undergo
- A dedicated staff with proven medical and psychological therapies
- Significant experience with city departments, unions and agencies and the entire “return to work” process
- Committed aftercare with support meetings, educational seminars and work groups, alumni activities and volunteer mentorship opportunities.

Changing Times and Attitudes

There's an evolution occurring in how first responders can find help for **alcoholism, addiction to pain medications, post-traumatic stress disorder** and the potential for **suicide**. These changes have come from both medical and behavioral science and, simply put, the experiences of cops helping cops.

Individuals and departments across the country are seeing that the best way to help those in trouble is to let them know they aren't alone. That there are ways to repair the damage through professional treatment and follow-up services. That someone will listen, who can open a door to physical and psychological well-being.



As with any issue, **the sooner a problem is identified**, the better the chance a solution can be readied. Whether it's the individual, or a colleague or family member, recognizing the signs of dependency and reaching out for help can be the key to a resolution before things get worse.

Intervention services are available at no cost for individual first responders and their families, local police and fire departments, responder unions, regional and national support groups, and partners and supervisors in the responder community.

Confidentiality

A dependency might actually destroy a person's health, family life and career. On top of that, an individual also has to bear the unfair stigma that the addicted person "doesn't have enough will power," or "made the wrong choices." But we know (as does all of the medical community) that addiction is a disease that requires care, understanding and professional treatment.

Livengrin Foundation subscribes to the well-known "Twelve Steps" that provide a structure for recovery and a better life. Consistent with those steps is the principle of confidentiality and complete privacy for those in treatment. This continues after they've returned to the job and family.

Return-to-work services & ongoing support

Showing up for the job after "being out on leave" isn't easy. "What will the guys think? Will anyone ever trust me again to be their backup, to tell the truth, to handle the heavy lifting? Can I look anyone in the eye when they know where I've been?"

For one thing, they don't always have to know – that's handled case-by-case.

Getting back to work may raise some questions. FRAT offers guidance and, when appropriate, that crucial phone call to the department when the officer has completed the initial treatment, and is preparing to be a reliable member of the team again.



Returning to your community

FRAT is there every step of the way. If the patient has traveled a distance for treatment at Livengrin, there's outreach to his or her hometown or region. FRAT makes sure there's a helping hand there in the form of a sponsor, twelve-step groups and other resources. This maintains that new connection between the officer (no matter where they live and work) and the life-long process that is recovery.

The role of the supervisor

Why would a department want to help an officer with a dependency? For one thing, it's the caring, compassionate thing to do.

Beyond that, it makes good business sense. It can cost as much as \$250,000 to recruit, train and deploy a rookie police officer or firefighter. What's the point in sacrificing the investment a department made in someone who showed all the qualities the job requires over a dependency? By treating and educating that officer, he or she can return to work as a valued employee, with all their street smarts and experience intact.

The FRAT staff doesn't just ask an employer to take its word that a individual is better and ready to come back. It works with the police/fire department, union or business HR office to ensure that all of its requirements are met.

**Keep this wallet card handy
for when you have questions
or need to reach out.**

FRAT

855-FRAT HELP

- If you start drinking and don't feel you can "just stop"
- If you cannot predict what's going to happen when you're drinking
 - If, when bad things happen, it's often when you're drinking
- If you continue to drink even though you know it'll "turn negative"
- If drinking or continuing an addictive behavior, or hurting yourself, seems easier or better than not doing it

Call FRAT First!

“Sometimes the helpers need help themselves - when they do, we turn to FRAT.”

– John McGrody, Vice President,
Philadelphia Fraternal Order of Police, Lodge 5

FRAT Staff and Clinical Counselors

The co-managers of FRAT have seen everything that can be witnessed by a responder, and aren't reticent about speaking from personal experience. These are men to be trusted. They've always been “the ones who take the calls.” Now, to assist officers seeking help, they're still in that role.

A detective with the Philadelphia Police Department, certified in crisis intervention and peer counseling, is the primary contact for those who call on FRAT. He has spent more than two decades on the job (mostly in narcotics), has worked with DEA and FBI task forces, and has first-hand knowledge of post-traumatic stress disorder.

Providing oversight for the program is a retired Philadelphia police officer with a master's degree in counseling. He's been helping first responders with substance abuse and PTSD for more than 25 years. He wrote and facilitated the first dual-diagnosis treatment program for responders in 1987, and is clinical director for the Law Enforcement Peer Support Network in the Philadelphia area.

Livengrin is the natural home for FRAT. One of its clinical managers had twenty years' experience as an urban street cop before becoming a counselor. Those coming to FRAT for help will encounter other veterans of law enforcement, firefighting and other fields who are now counselors or advocates and know both the “walk” and the “talk.”

Speakers' Services

FRAT coordinators and Livengrin clinical staff are available for responder departments, unions, community organizations and groups of all kinds. They bring solid information and the benefit of experience, and conduct enlightening and reassuring discussions on alcoholism, PTSD, crisis intervention and suicide prevention. These seminars and informal presentations provide the keys to helping responders, families, employers and communities deal with these challenges.

www.responderaddiction.com

For services, transportation & quick response:

855-FRAT-HELP (855-372-8435) • frat@livengrin.org



LIVENGRIN
The Foundation for Addiction Recovery

4833 Hulmeville Road, Bensalem, PA 19020
215-638-5200 • www.livengrin.org



Fort Washington • Haverford • Levittown • Doylestown
• Allentown/Lehigh Valley • Northeast Philadelphia