

RESPONDERS FIRST

ACTIVATING POST-TRAUMATIC GROWTH

Responders First goal will be to provide all services at no cost along with hotel accommodations, all meals, and transportation. **Secondary trauma** to family members has been proven through research, thus the need to provide services to spouses/significant others. Responders First will actively pursue partnerships with other organizations that would provide free air fare to First Responders and their spouse/significant others from across the United States to Tampa International Airport, giving Responders First a nationwide impact.

Responders First will provide behavioral health care services to First Responders and their spouse/significant other who are facing life challenges that stem from emotional difficulties associated with their stressful work experiences. This includes challenges and difficulties with daily life functioning including but not limited to symptoms of PTSD, depression, anxiety, chronic pain, and substance use.

The services provided (described below) will be provided during a 5-day rejuvenation program that would be administered at Responders First:

- ★ Services are provided free-of-charge and are open to First Responders
- ★ Services are open to spouses/significant others of First Responders
- ★ Research-proven modalities are provided in a respectful, collective, and holistic manner
- ★ All activities and results that occur are confidential and have no bearing on current medical diagnoses or disability ratings

For further information on how you can help

RESPONDERS FIRST

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MISSION: RESPONDERS FIRST REJUVENATION PROGRAM PRIMARY GOAL IS TO HELP FIRST RESPONDERS CHANGE THEIR POST-TRAUMATIC STRESS TO POST-TRAUMATIC GROWTH.





First Responders are an inclusive group which includes firefighters, police officers, paramedics, medical and military personnel, and rescue disaster volunteers. First Responders are those who respond to critical incidents often with no regard to their own safety.

The challenges to First Responders have been well documented. Merriam-Webster dictionary defines a hero as one who shows great courage. Our First Responders prove their heroism every time they say goodbye to their families and deploy to our streets responding to the many needs of their neighbors. Responders First located in Spring Hill, FL, Hernando County will provide services free of cost to these heroes that have been long overdue.



RESPONDERS FIRST WILL USE THE FOLLOWING PROVEN EVIDENCE BASED MODALITIES:

Accelerated Resolution Therapy (ART): ART is a groundbreaking eye movement technique that is helpful for a variety of issues, such as symptoms of Post Traumatic Stress, Anxiety, Depression, Lack of Purpose, Addiction, and more.

Integrative Restoration or iRest: The use of iRest has been shown to effectively alleviate triggers related to combat, insomnia, chronic pain, anxiety and depression through regulation of the body's nervous system.

Yoga: Yoga, has been increasingly accepted and used as an alternative intervention by Veterans seeking PTSD treatment. In its different variations such as gentle, and Ashtanga (traditional power practice), yoga has been proven to have improved stress response, reduced the sensation of chronic pain, improved quality of sleep, created a sense of calm in body and mind, and decreased symptoms associated with PTSD.

Group Music Therapy: Music Therapy has been recognized by the Veterans Administration (VA) as an evidence-based use of music for a therapeutic purpose to reach goals and objectives. Drumming reduces tension, anxiety, and stress; helps control chronic pain; boosts the immune system; produces deeper self-awareness by inducing synchronous brain activity as it accesses the entire brain; creates a sense of connectedness with self and others; releases negative feelings, blockages, and emotional trauma; places one in the present moment.

Each of these therapies have been thoroughly researched with combat Veterans that have been deployed in Vietnam, Operation Enduring Freedom (OEF), and Operation Iraqi Freedom (OIF). Responders First will provide these modalities in a proven week long retreat-based program initiated by the United States Special Operations Command (SOCOM). Program Evaluations conducted by University of South Florida Tampa, FL Dr. Kevin E. Kip, Ph.D., for Marcus Luttrell's Lone Survivor Foundation and the Veterans Alternative has shown this model to be extremely effective with Veterans with PTSD. This retreat-based program resulted in dramatically reducing PTSD 46%; Depression 62%; Anxiety 56%; Perceived Stress 44%; Pain Outcomes 22%; and Sleep Dysfunction.

Also offered will be Therapeutic Martial Arts, Personal Training, Massage, and outings. As proven with Veterans, these therapies are designed to teach First Responders to learn to be in the present by being focused on the task at hand and not on stressful memories.