



Resources

➤ **Ohio Office of First Responder Wellness**

○ **Ohio Department of Public Safety / Office of Criminal Justice Services**

614-466-4470 / 614-949-2428

Ohio First Responders stand ready to protect, defend and provide life-saving services to the citizens of the State of Ohio, 24 hours a day, 365 days a year. Often, this can put them at risk, both physically and mentally. The Ohio Department of Public Safety / Office of Criminal Justice Services support all of Ohio's 92,000+ Law Enforcement, Fire, EMS, Corrections and Dispatch personnel. As of July 1, 2021, Steven M. Click serves as the Director for the Ohio Office of First Responder Wellness.

<https://publicsafety.ohio.gov/what-we-do/our-programs/first-responder-wellness>

Stclick@dps.ohio.gov

➤ **Ohio Mental Health and Addiction Services**

614-906-1871

OhioMHAS' **First Responder Liaison** serves as a resource to first responders, their agencies, Ohio's vast network of behavioral healthcare providers and the community at large and is available for trainings and information.

<https://mha.ohio.gov/Schools-and-Communities/First-Responders>

Nicole.Riley@mha.ohio.gov

➤ **Substance Abuse and Mental Health Services Administration (SAMHSA)**

800-662-4357 (HELP)

First responders face an increased risk of experiencing behavioral health issues including mental illnesses and substance use disorders. Fear of being seen as weak or not up to the job of a first responder keeps many from seeking help. Responders can build their resilience by increasing awareness about risk factors and warning signs, talking with each other, and using healthy coping strategies.

<https://www.samhsa.gov/dtac/disaster-responders>

➤ **National Suicide Prevention Lifeline**

800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

<https://suicidepreventionlifeline.org/>

➤ **Criminal Justice Coordinating Center of Excellence**

330-325-6670

Crisis Intervention Team (CIT) programs across the country help direct persons with mental illness into treatment instead of inappropriate incarceration. The forty-hour training provides practical techniques for de-escalating crises. Officers learn to integrate their police training with some different approaches to a person they believe to have a mental disorder. Role playing is utilized to make the experience as close to reality as possible.

<https://www.neomed.edu/cjccoe/cit/>

➤ **Crisis Text Line**

Text 741741

Text from anywhere in the USA to text with a trained Crisis Counselor. Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.

Text **HELP** to 741741

<https://www.crisistextline.org/>

➤ **Ohio ASSIST**

614-752-7222

The Ohio *ASSIST* program hosts three-day, Post Critical Incident Seminars (PCIS) for first responders and their families. These seminars were developed in South Carolina in 2000 in a partnership with the FBI to help first responders cope with the aftermath of traumatic and critical incidents. During the three days, participants are given the chance to talk about their incident, discuss addiction and relationship issues, learn about fear & coping and meet with clinicians with public safety experience. There is no charge to the participant or their agency and they are able to bring a support person at no charge.

<https://www.dpsohioassist.ohio.gov/>

➤ **The First Responders Bridge**

614-271-4981

Supports all active and retired First Responders and their families, loved ones, or caregivers who are experiencing, or have experienced, any traumatic or life-altering event. The Bridge relates personal growth and healthy relationships with a multi-faceted approach in a safe and confidential environment

<https://firstrespondersbridge.org/>

➤ **Critical Incident Response Service**
800-367-6524

The Critical Incident Stress Management program, known as CISM, a multi-component crisis intervention curriculum, includes Pre-Incident Education, On scene or near scene management, One-on-One intervention, Demobilization, Crisis Management Briefing, Defusing, Critical Incident Stress Debriefing (CISD), Family Support, Community Crisis Response, Pastoral Crisis Intervention and Follow Up.

Through their website, you can find information for specific teams: <https://www.fopohio.org/>

➤ **Ohio Association of Professional Fire Fighters**
800-273-8255

The OAPFF Peer Support Team guide members who are struggling to resources which may be helpful in the path toward gaining assistance.

- The OAPFF Peer Support Team consists of approximately 30 firefighters from all 5 Ohio districts who have been trained in providing emotional and mental health support to our union brother and sister firefighters in the state of Ohio. OAPFF Peer Supporters have all received the IAFF Peer Support Training.
- The OAPFF Peer Support Team may provide assistance to both active and retired firefighters who may be experiencing behavioral health and/or addiction issues.
- Peer Support Team Members act as a bridge to outside definitive behavioral health and/or addiction treatment. Peer Support Members are knowledgeable in local, regional, and state mental health resources.
- Research shows that firefighters are more likely to accept treatment recommendations and assistance from peers.

Through their website, you can find information for specific teams:

<https://www.firefightermentalhealth.org/>

➤ **International Association of Fire Fighters Center of Excellence for Behavioral Health Treatment and Recovery**
240-414-0631

A one-of-a-kind addiction treatment facility specializing in PTSD for IAFF members – and IAFF members only – who are struggling with addiction, PTSD other related behavioral health challenges to receive the help they need in taking the first steps toward recovery.

<http://www.iaffrecoverycenter.com/>

➤ **Cop Line**
800-267-5463

Is a not-for-profit organization dedicated to serving law enforcement officers and their families by providing 24/7 trained peer support for crisis intervention along with referrals to specifically skilled mental health professionals for follow up and continued assistance.

<https://www.copline.org/>

➤ **Blue H.E.L.P.**

It is the mission of Blue H.E.L.P. to reduce mental health stigma through education, advocate for benefits for those suffering from post-traumatic stress, acknowledge the service and sacrifice of law enforcement officers we lost to suicide, assist officers in their search for healing, and to bring awareness to suicide and mental health issues.

Blue H.E.L.P also serves as a resource for information and statistics related to the suicides by law enforcement personnel.

<https://www.bluehelp.org/>

➤ **Concerns of Police Survivors (C.O.P.S.)**
614-446-0915

Each year, between 140 and 160 officers are killed in the line of duty and their families and co-workers are left to cope with the tragic loss. C.O.P.S. provides resources to help them rebuild their shattered lives. Today, C.O.P.S. membership is over 51,000 survivors. Survivors include spouses, children, parents, siblings, significant others, and co-workers of officers who have died in the line of duty according to Federal government criteria. C.O.P.S. knows that a survivor's level of distress is directly affected by the agency's response to the tragedy. C.O.P.S., therefore, offers training and assistance to law enforcement agencies nationwide on how to respond to the tragic loss of a member of the law enforcement profession. C.O.P.S. is a 501(c)(3) non-profit organization. C.O.P.S. programs and services are funded by grants and donations.

<https://www.concernsofpolicesurvivors.org/aboutcops>

➤ **Ohio Preschool Expulsion Prevention**
844-678-2227

It is a resource to help any licensed preschools and child care providers in Ohio with preschool-age children whose behavior poses challenges in the preschool setting, putting them at risk for expulsion.

<https://www.nationwidechildrens.org/specialties/behavioral-health/for-providers/ohio-preschool-expulsion-prevention-partnership>

➤ **Ohio Association of County Behavioral Health Authorities**

614-224-1111

OACBHA is the trade association that represents the interests of Ohio's Alcohol, Drug Addiction, and Mental Health (ADAMH) Boards. ADAMH Boards serve as a resource to assist residents in finding affordable and quality alcohol, drug addiction, and mental health services within their communities. A Board directory can be accessed on OACBHA's homepage, which includes contact information for Boards by county.

<https://oacbha.org/>

➤ **The University of Cincinnati Stress Center**

513-585-5872

The Stress Center at UC Health is dedicated to caring for families living with post-traumatic stress disorder (PTSD). Our goal is to decrease the negative impact of PTSD and help local families resume a healthy life. We want to ensure families have access to the resources and support they need to cope after a traumatic event.

The center brings together clinicians at UC Health, Cincinnati Children's Hospital Medical Center and the Cincinnati Department of Veterans Affairs Medical Center to optimize the understanding and treatment of traumatic stress and the degree to which clinical activities are coordinated, evaluated and disseminated.

We understand that PTSD not only affects the diagnosed individual, but his/her entire family as well. That is why our goal is provide an individualized, comprehensive treatment approach to ensure the entire family receives the care needed to resume and maintain a healthy life.

<https://www.uchealth.com/stress-center/>

➤ **988 National Suicide and Mental Health Crisis Line**

There is hope and help. If you or someone you know is experiencing a mental health or addiction related crisis that is non-life-threatening (thoughts of suicide, emotional distress, or substance use/addiction), call, chat or text **988** for free, 24/7, confidential support. If you or someone you know is in immediate, life-threatening danger, call 911.

<https://mha.ohio.gov/about-us/priorities/ohios-988-implementation>

➤ **Frontline / First Responder Warmline**

216-400-8021

Primarily focused on First Responders in the Cuyahoga County area but are available to assist any First Responder. Available 7 days a week from 4PM to 12M.

Program allows First Responders to speak to trained personnel to provide anonymous support for PTS/PTSD, stress, coping skills as well as information and referrals.

www.thrivepeersupport.com

➤ **Hope Meadows Foundation**
216-232-3656, ext 500

Equine Assisted Psychotherapy and Learning

The experiential approach of equine therapy requires participants to take an active role in how they use certain skills for those they protect; enhances better awareness while doing their job; teaches mindfulness and grounding techniques; and encourages taking care of themselves emotionally while on the job to prevent burnout. This one-of-a-kind program utilizes both the internationally recognized EAGALA modality and the Natural Lifemanship modality of trauma informed equine assisted therapy.

Options for First Responders include 4-6 hour day-long wellness programs for small groups or individual 60-minute psychotherapy services. Programs are offered at little cost to participants.

Registration for group programs: <https://hopemeadowsoh.org/store/ols/products/police-officer-wellness>
www.hopemeadowsoh.org

➤ **Ohio School Safety Center**
614-644-2641

The Center is responsible for assisting local schools and law enforcement with preventing, preparing for, and responding to threats and acts of violence, including self-harm, through a holistic, solutions-based approach to improving school safety. The OSSC provides regional supports, training, technical assistance with violence prevention and grants, and a statewide anonymous reporting system. To find out more, view the OSSC website or call/email for more information.

Email OhioSchoolSafetyCenter@dps.ohio.gov or call (614) 644-2641
<https://ohioschoolsafetycenter.ohio.gov/>

➤ **The Ohio Suicide Prevention Foundation**
614-429-1528

The Ohio Suicide Prevention Foundation champions, advocates and coordinates strategies to reduce the risk of suicide and supports efforts to assist those individuals, families and communities impacted by suicide. OSPF is a non-profit organization that works tirelessly to prevent one of our most preventable causes of death: suicide. OSPF's work includes reducing the stigma of suicide, promoting evidence-based prevention strategies, and raising awareness about suicide's relationship to mental illness, alcohol, drug abuse, and other issues.

OSPF's community-based programs and best-practice resources are specifically designed to improve mental health across the state. Thanks to a combination of education, training, and support, we're helping all of Ohio's communities reduce the risk of suicide and lessen its effects on family, friends, and neighbors.

OSPF's team is available to provide information and education, or to connect you to any of our programs, services, and resources. For more information, call 614-429-1528 or email support@ohiospf.org

➤ **Ohio Department of Insurance – Ohio Mental Health Insurance Assistance Office**

The Ohio Mental Health Insurance Assistance Office is the state's official resource to help consumers, mental health advocates, behavioral health providers, employers, first responders and other stakeholders understand and navigate mental health and substance use disorder insurance so Ohioans get access to the treatment they need. We are an office of the Ohio Department of Insurance, the state's insurance regulator, and we work in partnership with RecoveryOhio, the Ohio Department of Mental Health and Addiction Services, the Ohio Department of Medicaid, the Ohio Department of Administrative Services, and the U.S. Department of Labor.

Call us!! 1-855-438-6442 (1-855-GET-MHIA)

[Mental Health Insurance Assistance Office | Department of Insurance \(ohio.gov\)](#)

Email: getmhia@insurance.ohio.gov

➤ **Alcoholics Anonymous**

Alcoholics Anonymous helps people find local AA meetings and provides resources for alcohol addiction.

<https://alcoholicsanonymous.com/>

[Rehabs.org](#) provides info for people at any stage of their recovery journey, including resources/treatment, warning signs, talking to a family member, and definitions of different types of treatment.

[Addictions.com](#) is very similar to [rehabs.org](#) and provides general resources for a variety of addictions along with a local treatment center directory similar to how AA helps people find local AA Meetings.

[Narcotics.com](#) is very similar to AA and provides resources for a variety of narcotics addictions along with a local meeting directory for people looking to attend narcotics anonymous (NA) meetings.

➤ **Mental Health First Aid (MHFA)**

513.562.2588

[Mental Health First Aid \(MHFA\)](#) is an internationally recognized, evidence based daylong training that provides law officers and staff with options to help de-escalate incidents and better understand mental illnesses so they can respond to mental health-related situations appropriately without compromising safety. The newly updated [Public Safety supplement](#) focuses on the unique experiences of public safety personnel and a five step action plan that can also be applied to their own personal lives, their coworkers' and families' lives, in addition to the communities they serve.

Grant funded and coordinated by a statewide team of MHFA Coordinators and instructors called the [Statewide MHFA Collaborative](#), this free training is 100% funded by grants, and has been approved for 4 CPT hours in [Officer Personal Wellness \(Boilerplate\)](#), and 4 CPT hours in [Working with Mental Health \(Boilerplate\)](#). The [One Mind Campaign](#) calls for 100% of sworn officers to be certified in MHFA. To learn more about the differences between CIT training and MHFA, read [MHFA or CIT: What Should Law Enforcement Do?](#)

[Contact our team](#) to schedule an informational meeting about hosting a class for 30 attendees, visit [our website](#) to register as an individual, or email [Janet Gora, Statewide MHFA Director](#).

➤ **Frontline Freedom Adventure Therapy**

WHAT WE DO:

Provide adventure therapy opportunities for those struggling with Depression, Anxiety, or Post-Traumatic Stress Disorder (PTSD).

WHO WE SERVE:

We are an Ohio based non-profit for Ohio first responders. We serve current and retired First Responders. Including, but not limited to:

- Law Enforcement Officers
- Corrections Officers
- Fire Fighters
- Paramedics /EMS / EMT
- Healthcare Workers
- 911 Call Takers / Dispatch Personnel

HOW WE SERVE:

We host four (4), 3-day expense free backpacking trips and four (4) 2-day expense free backpacking trips per year. In addition, we offer four (4) fly-fishing trips per year for those unable to meet the physical demands of backcountry hiking.

During each trip, we connect you with experienced First Responders who understand the intricacies of mental health. You will begin to build a network of other First Responders through the task orientation process of Adventure Therapy.

We do not directly provide counseling. However, we will gladly share resources to assist you in finding the mental health professional that you deem beneficial.

[Frontline Freedom | Adventure Therapy](#)

➤ **Glenbeigh - Alcohol and Drug Treatment Provider**

A member of the APMC Healthcare System, a Cleveland Clinic affiliate.

800-234-1001

First responders have unique challenges that require specialized treatment for alcohol and drug problems. Glenbeigh provides confidential addiction treatment. From medically monitored detoxification, to inpatient and outpatient treatment, first responders receive comprehensive care and are paired with a Certified First Responder Counselor (CFRC). The first responder program covers healthy stress management and coping skills while addressing trauma, compassion fatigue, burnout, relapse prevention, family impact and societal expectations. Joint Commission Accredited – OhioMHAS licensed.

<https://www.glenbeigh.com/treatment-first-responders>

➤ **Mental Health America**
513-562-2590

MHA (Mental Health America) offers those who work in the first responder and health care sectors the opportunity to bring a Wellness Coach to their staff at **no cost to their organization!** The Wellness Coach will be someone who has experience in this line of work and will be able to help support your staff in various ways.

Our goal is to help you, help them. MHA sees the best approach in doing this, is to provide those who have been hit extra hard, like the those in healthcare and first responders with Wellness Coaches who will lay out quick and easy education, training opportunities and personalized support.

There are a range of benefits in having a Wellness Coach offered to your employees since as you are probably aware, many people are exhausted and struggling to find a work-life balance.

The end goal would be to reduce and address:

<https://www.mhankyswoh.org/Home>

spressley@mhankyswoh.org

- Suicide
- Burnout
- Mental Health conditions
- Substance use disorders

➤ **Pegasus farm, Military Family Center**
330-935-2300, ext. 110 or 330-209-5812

The Military Family Center provides support and connection for first responders, veterans, active military, and their families. Set on a serene horse farm, the Military Family Center provides encouragement and assistance through a number of unique programs.

- **Equestrian activities** that provide unique experiences helping participants build trust and self-esteem, learn coping skills, gain new knowledge, and create positive social networks.
- Individualized **exercise programs** offered by a certified professional to support overall wellness.
- Regular **family activities** and kids' programs.
- Access to **professional counseling** services on-site in the relaxed, pastoral setting of the farm.
- Use of the facilities for other wellness, support, and military or first responder-oriented activities.

Visit our website for more information, www.militaryfamilycenter.org and follow us on Facebook @MilitaryFamilyCenter. You can also reach out to Missy, missy@pegasusfarm.org.