



RESPONDER WELLNESS PROGRAM

Midcoast Counseling Group, PLLC provides Public Safety Agencies, Fire Departments and Dispatch Centers with direct support in planning, developing, and maintaining wellness programs that meet the individual needs of each agency. Services include in department and/or remote training, annual, post-incident, and special teams wellness visits, and post-incident intensive treatment.

POLICE DEPARTMENT

IN-DEPARTMENT AND/OR REMOTE TRAINING

At Midcoast Counseling Group, we strive to provide trainings that are relevant to each individual agency. If you have a topic you would like covered, we will do our best to meet your agency's need. Each training focuses on providing individuals with information they can put into direct practice that is grounded in research.

Training topics include, but are not limited to:

- PTSD and the Brain
- Reinforcing Your Mental Armor: Increasing Resilience
- Stigma and Seeking Treatment
- Long Term Stress Regulation



WELLNESS VISITS

Research suggests that responders are more likely to access treatment when there is a pre-existing relationship with someone they trust. These visits offer an opportunity to do just that: an informal conversation focused on building rapport, providing psychoeducation when appropriate, discussing stress reduction techniques, and offering suggestions and referrals for treatment as needed.

Wellness visits can be provided annually, or more frequently for special teams, those returning from leave or returning from deployment, or following critical incidents.

Wellness visits are completely separate from treatment, fit-for-duty evaluation, or any kind of formal assessment.



POST-INCIDENT INTENSIVE TREATMENT

Sometimes peer support and formal debriefs are not enough. Offering post-incident intensive treatment to someone struggling following a critical call provides the option of heading off the problem before it becomes unmanageable—reducing the use of extended medical leave, worker’s comp, and other undesirable outcomes.

We offer a four day post-incident intensive, where we utilize evidence based treatments including EMDR (Eye Movement Desensitization and Reprocessing), Yoga Nidra, and mindfulness-based practices, to expedite healing.



FOUR DAY INTENSIVE PROGRAM

16 Hours of Treatment:

- 90 Minute Assessment/Treatment Planning
- 60 Minute Psychoeducation/Resourcing Session
- 12 Hours of EMDR Over Four Days
- 90 Minute Follow-up 30 Days Post Treatment
- Trauma Informed Yoga, Yoga Nidra, and Other Trauma Informed and mindfulness based Resources Provided



COVERING THE COST

The cost of developing and maintaining a wellness program is minimal. Particularly when you consider the financial burden of losing an employee to suicide, or due to a mental health related injury, the cost of worker's comp, and/or hiring and training a new employee. Financially, it makes more sense to provide preventative care. When there is absolutely no wiggle room in a budget, there are many ways to make a wellness program a reality for your agency.

For more information, or to get started with program development, contact Lauren Hample: lhample@midcoastcounselinggroup.com or via phone: 207.200.4112

