

First Responder Support Network

415-721-9789

info@frsn.org

FRSN.org



What is FRSN?

- FRSN is a community of first responders working to help other first responders.
- *We have helped first responders and their families recover from traumatic experiences for over 20 years.*
- Our founders, including Dr. Joel Fay, Dr. Mark Kamena and Dr. Ellen Kirschman, have made significant contributions to the first responder psychology and counseling fields and continue to be involved in our programs.
- Collaboration of emergency service peers and family members, mental health clinicians, and chaplains who collectively volunteer more than 54,000 hours each year.
- Based in California, with satellite sites in Washington, Oregon, Arizona, Nebraska, Kansas, and Indiana.

The Why

First responders often see more trauma
in a day
than most people see in their lifetimes.

When first responders suffer post-traumatic stress as a result of their work, FRSN stands with them as they recover and offers support to their families.



West Coast Post-trauma Retreat (WCPR)

Significant Others and Spouses Retreat (SOS)

- Peer driven, clinically guided
- Small client to staff ratio
- 6 months of therapy in 6 days
- Group and individual therapy
- Critical incident debriefing (CISM model)
- Peer Support
- Tools and skills for managing stress
- Community
- Resiliency
- After Care (including virtual support meetings)



Client Make Up

On average:

- 80% male, 20% female
- 60% Law Enforcement
25% Fire
5% EMS
5% Dispatch
5% Other
- 46% Employed
34% Employed, on some type of leave
10% Retired
10% Other (resigned, terminated, unknown)



Outreach and Training

- Basic Peer Support Training
- [Advanced Peer Support Training](#)
- Clinical Training
- [Presentations](#)
- Consultations



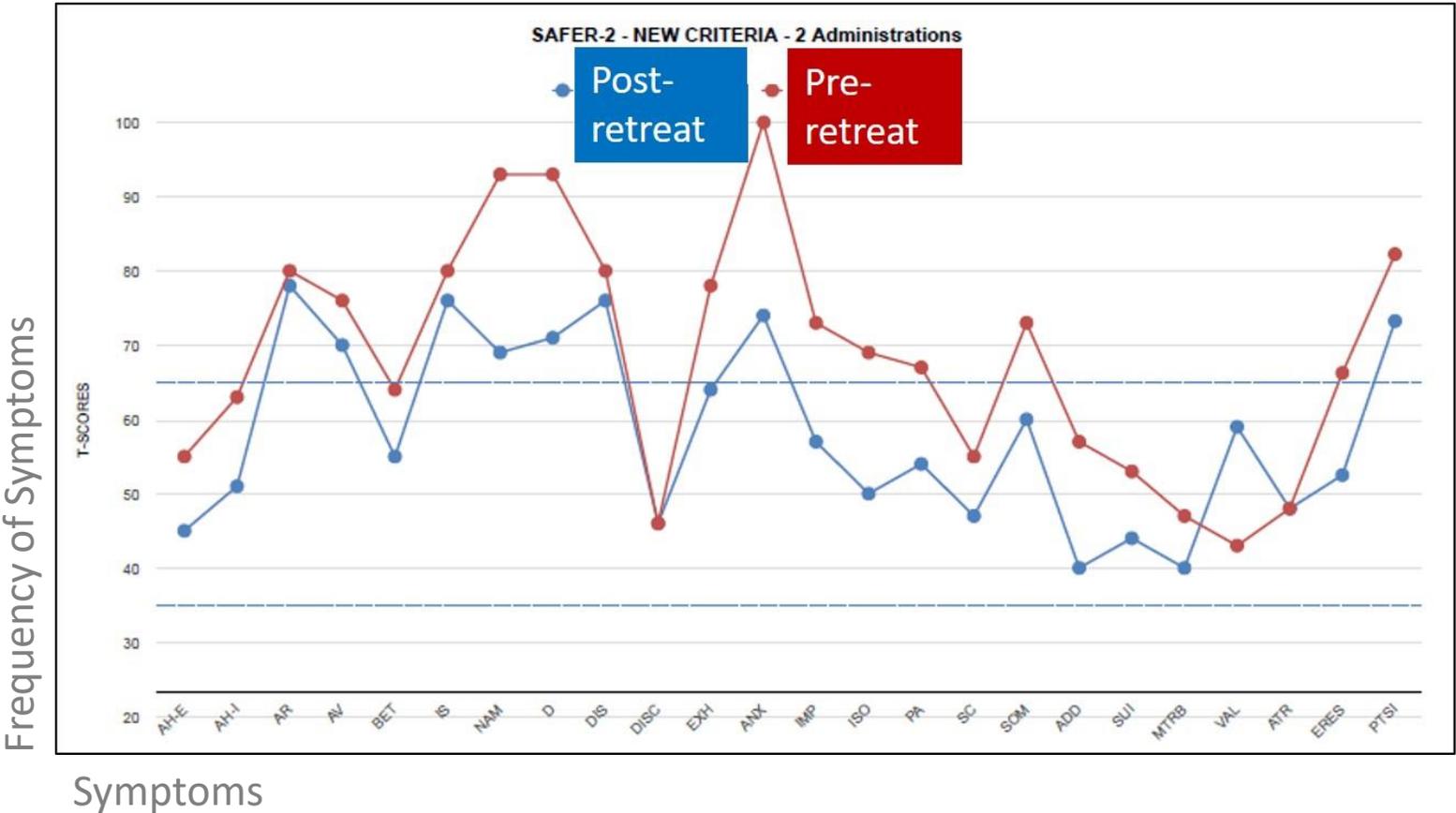
Research

- SAFER

- Measures symptoms

- PTGI

- Measures post-traumatic growth



Outcomes

255 WCPR retreats

37 SOS retreats

1,616 first responders

227 spouses/significant others

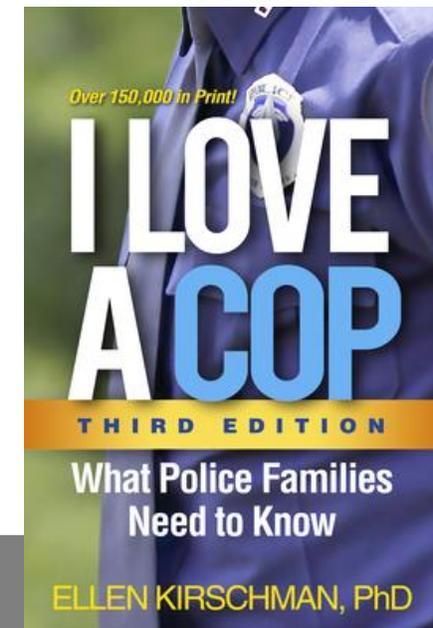
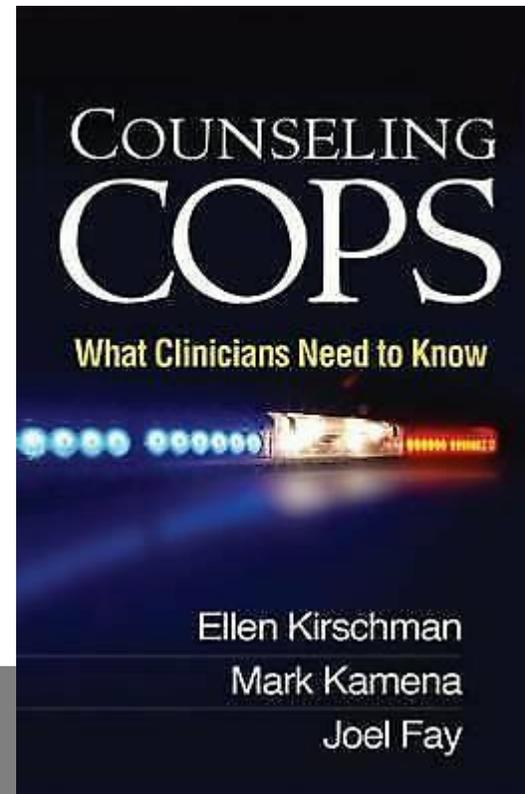
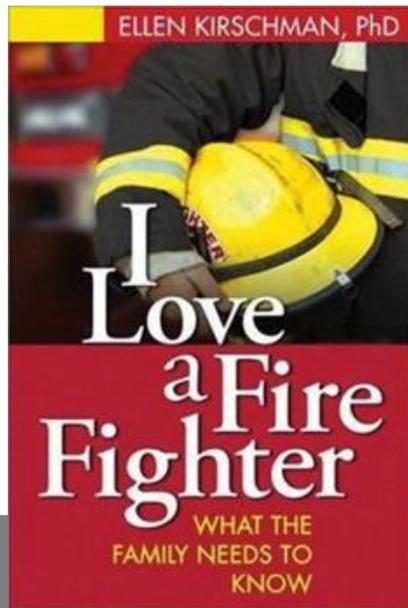
**Many participants say our
programs saved their lives**



Outcomes

Thousands reached through our trainings and outreach

Significant contributions to first responder, psychology, counseling and academic fields



Goals

- Reduce stigma around mental health access
- Encourage proactive help
 - Resilience training
 - Peer support
 - Early intervention
- Support culturally informed services
- Further understanding and treatment of traumatic stress in first responders and significant others/spouses of first responders
- Continue and expand services
 - Additional satellites in every region of the US



Helping First Responders and their Families Get Back to Life

We encourage you to contact us if you or someone you know is in need of assistance, or if you want to help first responders and their families by becoming a volunteer or supporter!



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