



## Our Goal

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Our goal is to provide first responders and their families tools to reduce the effects of traumatic stress and develop resiliency. The key programs of FRSN are the 6-day residential treatment for first responders, also known as the West Coast Post-Trauma Retreat (WCPR), and the 6-day program for Significant Others & Spouses (SOS).

FRSN is a collaboration of first responder peers, SOS peers, culturally competent clinicians, chaplains, and other volunteers and supporters.

## Get Involved

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Our programs are successful because of dedicated volunteers and charitable contributions. Contact us to get involved or become a supporter!

FRSN is a non-profit organization under 501(c)(3) tax ID 73-1628834. Any donations are tax deductible.



## First Responder Support Network

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## First Responder Support Network

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## Our Mission

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The mission of the First Responder Support Network (FRSN) is to provide educational treatment programs to promote recovery from stress and critical incidents experienced by first responders and their families.

## How FRSN Began

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In 1999, a handful of Northern California first responders, clinicians and chaplains came together to discuss how to help fellow first responders overwhelmed by the effects of critical incident stress. Some from this group attended the On-Site Academy in Massachusetts to help with their own post-traumatic stress symptoms. Having experienced firsthand the positive changes in their lives due to On-Site, they knew that there was a need for a similar program on the West Coast.

This handful of passionate and dedicated individuals created the West Coast Post-Trauma Retreat (WCPR). The first WCPR retreat was held in 2001. Soon after WCPR's inception, the Significant Others and Spouses (SOS) program was started.

In addition to treatment, FRSN continues to help first responders and their families heal and find support through training, outreach and research.

## West Coast Post-Trauma Retreat

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The West Coast Post Trauma Retreat (WCPR) is for First Responders whose lives have been impacted by their work experience and critical incident stress. This six day residential treatment program provides education, support and healing designed to help active, former, and retired First Responders develop recognition and resilience around post-traumatic stress and post-traumatic growth.

## Significant Others & Spouses

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The Significant Others and Spouses (SOS) program provides support to the spouses or partners of First Responders who have been affected by critical incidents experienced by their loved ones, resulting in secondary or vicarious traumatization. The program addresses depression and anxiety symptoms, trauma histories, and promotes resiliency skills.

## Training & Outreach

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FRSN provides basic and advanced peer support trainings and is available to present on topics such as critical incident stress, peer team development, and inoculation training.

FRSN is available to speak with responders, their families, and anyone seeking to assist a responder or their significant other. There is no charge for the outreach and the call is confidential (unless someone is in danger).

## Research

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FRSN is committed to furthering the understanding and treatment of traumatic stress in first responders and their families. To that end, FRSN pioneers research, including evaluation of the efficacy of our programs.

