

Cognitive Fitness

Includes one's mindset, attitudes, and practices that help them deal with various stressors that impede overall performance.



TPD Peer-to-Peer

Program Manager- Erin Bitting 918-695-5291

Peer-to-Peer provides safe, non-judgmental and confidential support so that TPD officers and dispatchers may engage in a genuine conversation and obtain resources for recovery.

TPD Critical Incident Response Team (CIRT), Peer-to-Peer Team 5

Chad Murtaugh – 918-830-5476

CIRT specializes in “use of force critical incidents.” A use of force critical incident is an event involving the immediate risk of death or injury to an officer or others in which an officer used force resulting in great bodily injury or death, or an officer with significant involvement in the same incident, requiring a greater than normal degree of emotional adjustment on the part of the officer. This also includes officers involved in an incident which results in great bodily injury or death of another not caused by the direct actions of the officer (i.e. intoxicated person stumbling into the road and struck by an officer obeying traffic laws).



First Responder Support Services

<https://frsupport.net/>

FRSS offers counseling services to police officers, firefighters, public safety communicators, emergency service personnel, and their immediate family members. Our counseling team aims to support your mental health and well-being, recognizing the unique challenges you face in your roles.



First Responder Wellness

<https://www.firstresponder-wellness.com/>

First Responder Wellness is an NFOP Approved Wellness Provider. FRW provides wellness programs for mental health and substance use struggles, specifically geared towards first responders. This program is covered by Community Care and incorporates treatment for a variety of mental health issues, detox, family program, and outpatient support post completion of the residential stay.

“At First Responder Wellness, we have carefully designed our program to help public safety professionals recover from trauma while increasing their overall well-being. We are committed to providing confidential, trusted, and effective treatment. This approach ensures that our clients will have a safe transition back to their careers and personal lives.

We use a comprehensive approach to treatment and believe in incorporating family systems support. First Responder Wellness provides trauma-based mental health treatment designed by our experienced and culturally competent team where all clients can feel at ease knowing that they are surrounded by their peers. We specialize in trauma treatment and you do not need a substance abuse diagnosis to enter our program.”



Concerns of Police Survivors (COPS)

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

“Rebuilding shattered lives of survivors and co-workers affected by Line-of-Duty deaths.” COPS provides programs for survivors and training /assistance to LE agencies nationwide on how to respond to the tragic loss of a member of the LE profession.



Copline

An Officer's Lifeline

<https://copline.org/>

COPLINE® offers a CONFIDENTIAL 24-hour hotline answered by retired law enforcement officers who have gone through a strenuous vetting and training process to become an active listener. CopLine® retired officer listeners provide assistance with the successful management of various psychosocial stressors that impact a significant number of law

enforcement officers and their families. Should the caller need further assistance the retired officer listener has access to vetted clinical referrals to therapists and programs throughout our callers regions to further assist with ongoing stressors.



Harbor of Grace

<https://harborofgracerecovery.com/>

Harbor of Grace Enhanced Recovery Center is proud to provide professional and confidential treatment for various life challenges that may affect the personal well-being of First Responders to include treatment for substance abuse and alcoholism.

“Our First Responder treatment program includes counseling for work-related stress and trauma, and alcohol and substance abuse treatment that includes both inpatient and Intensive Outpatient treatment. A thorough initial assessment will result in assignment to the proper Harbor of Grace therapist, who will follow the patient throughout their progress in the program. Our unique staff make-up includes several career and volunteer first responders that know first-hand the many challenges and understand the stress that every firefighter, EMS provider and police officer encounters on a daily basis. Harbor of Grace’s First Responder Peer Program includes individual counseling, group therapy, and long-term monitoring for those afflicted with work-related stress and trauma.”



Never Suicide

<https://neversuicide.org/>

Provides Suicide/Health Crisis line and additional resources for those experiencing crisis. This resource also provides Veteran specific crisis line and prevention.



Oakwood Springs

There's hope. There's help.®

Oakwood Springs

<https://oakwoodsprings.com/>

This resource provides mental health, addiction, and First Responder specific treatment. Mental health treatment programs include emergency mental health services, inpatient mental health treatment, and outpatient mental health treatment. Addiction services include programs to treat drug and alcohol addiction through detox programs, inpatient rehab, and outpatient rehab.

Through their Help for Heroes program, this service provides care for trauma-related symptoms (PTSD, addiction, and other mental health concerns associated with trauma) through inpatient and outpatient treatment



Oklahoma Christian Counseling

Kimberly Rice, LPC, CFRC

Certified First Responder Counselor

<https://oklahomacc.com/meet-our-team-oklahoma-cc/>

“My strengths and training are in working with people deeply affected by both childhood and adult complex trauma, PTSD, substance abuse and addiction, domestic and sexual violence, as well as anxiety and depression. Based on my background I also have the experience to work with first responders on complex trauma; they see trauma daily but may not have a healthy outlet to process it. I take a person-centered approach to counseling, and utilize Cognitive Behavioral Therapy and/or Written Exposure Therapy to help bring healing. I believe ultimately God wants you to be your BEST you, and I would be honored to be part of that journey with you.”



On Call Project

<https://oncallproject.com/>

On Call Project is a non-profit organization established with the mission of supporting retired and transitioning First Responders in finding new avenues of employment.



Patriot Family Counseling

<https://patriotcounseling.com/>

Patriot Family Counseling Services is a crisis, trauma, and suicide prevention clinic for America Heroes and their families.



Silouan Green, author

<https://www.silouan.com/>

Silouan Green provides speaking/consulting/training after experiencing “rock bottom”. He chronicles his story in three books: *Who Am I?*, *Sycamore Hill* and *The Ladder UPP*.

“Inspired by my own long road to recovery, I created The Ladder UPP, a life skills program born from the lessons I learned in my darkest hours. It’s a blueprint for turning life’s trials and transitions into something meaningful, offering hope and a plan to people all over the world. In addition to The Ladder UPP, I speak and teach on leadership, peer support, PTSD, mental health, and how veterans and officers can navigate crises.

Over the years, I've had the honor of teaching and speaking to a wide range of organizations, from the New York Police Department to the National Park Service, the Department of Homeland Security, and the National Association of Hostage Negotiators. I've worked with the California Highway Patrol, Broward County Sheriff's Office, Chicago Police Department, and Bureau of Land Management, and at key institutions like Walter Reed Medical Center, Fort Bragg, the University of California, and Purdue University."



Suicide and Crisis Lifeline

<https://988lifeline.org/>

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.



Survive First

<https://survivefirst.us/>

"Survive First is a 501(c)3 whose mission is to reduce first responder suicide through quality education, peer support, and mental health and wellness resources, while fostering a greater sense of community and awareness amongst first responders and their supporters. Survive First will strive to eliminate the stigma often associated with seeking mental health treatment.

We are a resource for first responders and their families seeking information to help navigate the mental health challenges a career in public safety and health fields often bring."



Synergy Wellbeing

<https://synergytulsa.com/>

"Synergy Wellbeing brings mental health practitioners together with wellbeing services such as yoga, massage, mindfulness, nutrition, art and music therapy, and other innovative services to promote mental health and enhance wellbeing.

Our counselors partner with you, guiding you to discover solutions to your challenges. Our counselors offer an accepting, warm, welcoming, and safe environment for adults, adolescents, children, and families to work through anxiety, depression, loss, trauma, health concerns, family, relationship and parenting issues, and more. They are professionals who are expert at helping you work through whatever challenges you may be facing. You can discover

your happiness, gain peace of mind, alleviate crippling anxiety and depression, revitalize your most treasured relationships – and you may begin to feel better in the first few sessions.”



Veterans Crisis Line

<https://www.veteranscrisisline.net/>

This resource provides 24/7 support, live connection, and serves Veterans, their families, and friends.

“Care doesn’t have to end when the call, chat, or text is over. Our responders can connect you with resources, including your local suicide prevention coordinator (SPC). Available in each VA medical center across the country, SPCs ensure Veterans can access the counseling, services, and programs you need.”



VOA/ReST 4 First Responders

<https://rest4firstresponders.com/>

<https://www.voa.org/services/voa-rest-virtual-support/>

“VOA|ReST 4 First Responders are free, peer-to-peer small group support sessions designed to help First Responders process feelings of moral discomfort and distress while reclaiming strength and commitment to their profession.”



Warrior's Rest Foundation

<https://warriorsrestfoundation.org/>

“Through peer support teams, workshops, and educational tools, Warrior’s Rest is shifting the stigma that surrounds job-related trauma with programs that support healthy individuals and build infrastructure within agencies.”

This resource provides training, peer support, and post critical incident seminar resources to first responders.



Wounded Blue

<https://thewoundedblue.org/>

“It is the Mission of The Wounded Blue to improve the lives of injured and disabled Law Enforcement Officers by providing *Support, Education, Assistance and Legislative Advocacy.*”

** If you know of any resources not currently listed, please provide that information to Officer Erin Bitting at ebitting@cityoftulsa.org