



First Responders Mental Health & Addiction Treatment

Are you a First Responder struggling with Depression, Anxiety, or Post Traumatic Stress Disorder (PTSD)? Have you been self-medicating with drugs or alcohol to seek relief from the stress? Did you know that nearly half of all First Responders answer “Yes” to one or both of these questions? Rates of alcohol and/or drug abuse is significantly higher among police officers, firefighters, paramedics and EMTs than the general population. You are not alone –and taking care of your mental health concerns should feel as normal and necessary as seeking treatment of an illness or bodily damage following an injury.

Using a holistic and individualized approach which addresses healing of the mind, body and spirit, La Ventana’s expert and compassionate multi-disciplinary team facilitates a thorough evaluation and assessment to identify all issues. An individualized treatment plan is created utilizing a range of traditional, alternative and holistic therapies. We provide complete confidentiality and expert understanding around the barriers to seeking help, and we know the paralysis that often results from the associated stigma, shame and fear of losing one’s career. The result is a safe space to unburden and heal from the cumulative and isolating effects of trauma resulting from multiple stress-related, adrenaline surged experiences, devastated lives, violence and cruelty, physical pain from injuries and other career challenges associated with long hours, scrutiny, and navigating personalities and politics.



WE UNDERSTAND

- Drug and Alcohol Abuse
- Psychological Trauma and PTSD
- Anxiety and Panic
- Depression
- Anger, Irritability, and Oppositional Behavior
- Intrusive Memories and Thoughts
- Emotional Dysregulation
- Grief/Loss
- Withdrawal and Avoidance of People, Places and Things
- Hypervigilance
- Distressed Relationships
- Sleep Disturbance and Nightmares
- Physical Symptoms:
Racing Heart, Head Aches, Stomach Aches