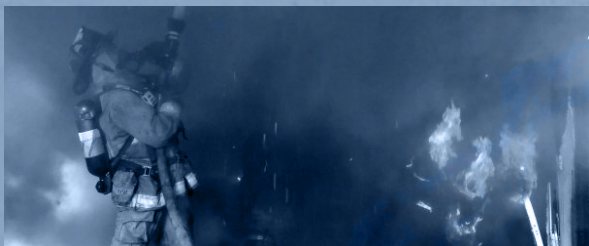


### WHO ARE WE?

We are a group of current and former emergency service workers who understand the benefits of a peer supported facility. Our volunteer staff members come from numerous public safety disciplines including:

- LAW ENFORCEMENT
- FIREFIGHTERS
- PARAMEDICS
- DISPATCHERS
- NURSES
- CORRECTIONAL OFFICERS
- MILITARY MEMBERS
- CHAPLAINS

WCPR is a unique program fortunate to have psychologists on staff who are current or retired career first responders. This provides an elevated level of cultural competence, which is called upon throughout the participant's stay at the program. In other words, they "get it."



## FREE INITIAL CONSULTATION

If your emergency responder organization has experienced a critical incident, contact WCPR for a free telephone consultation.

### WHO ATTENDS WCPR?

Emergency service providers everywhere are experiencing critical incident stress and posttrauma reactions. Sometimes these incidents affect their jobs, relationships with loved ones and the overall quality of their lives. Most responders are able to recover and continue working with the help of friends, debriefings and professional counseling in their community.

The WCPR participant has often received treatment in their community but has not responded favorably or sufficiently. Most of our participants have difficulties functioning at work and/or at home as a result of their involvement in one or a number of critical incidents. Our participants are often diagnosed with depression, anxiety, adjustment, eating, sleeping, and/or substance-related disorders. About half of our participants are diagnosed with Post Traumatic Stress Disorder.

The WCPR residential program provides an avenue towards recovery via a therapeutic and educational experience designed to help participants recognize the signs and symptoms of work related stress in themselves and in others, and help them return to work better prepared to deal with such incidents.

## MISSION

To provide a safe and confidential environment for the promotion of healing and education to those dedicated to the emergency service profession.



4460-16 REDWOOD HWY #362  
SAN RAFAEL, CA 94903  
415.721.9789 | WCPR2001.ORG



## WEST COAST POST-TRAUMA RETREAT

A SIX DAY  
RESIDENTIAL PROGRAM  
FOR EMERGENCY RESPONDERS  
SUFFERING FROM SEVERE  
CRITICAL INCIDENT STRESS

ENDORSED BY THE CALIFORNIA  
POLICE CHIEFS ASSOCIATION AND  
THE INTERNATIONAL CONFERENCE  
OF POLICE CHAPLAINS



“ IF WCPR HADN'T BEEN THERE FOR ME, I HONESTLY DON'T KNOW WHAT WOULD HAVE HAPPENED. I DON'T THINK I WOULD BE HERE TO TALK ABOUT IT. ”

“ I CAME AWAY WITH A BETTER UNDERSTANDING OF WHAT CAUSES AND HOW BETTER TO DEAL WITH PTSD, PLUS DEALING WITH OTHER ISSUES FROM 23 YEARS OF LAW ENFORCEMENT RELATED 'BAGGAGE.' I HIGHLY RECOMMEND THE RETREAT TO ANYONE THAT HAS DEALT WITH OUR PROFESSION'S 'DILEMMAS' AS WELL AS PERSONAL ISSUES. ”

# WEST COAST POST-TRAUMA RETREAT

## WEST COAST POST-TRAUMA RETREAT

WCPR's residential treatment facility is staffed by:

- Active & retired emergency responders (Police, Fire, etc.)
- Licensed clinicians & mental health specialists
- Chaplains
- Family members of emergency responders

WCPR provides culturally competent staff members who understand the many demands and struggles in the lives of emergency service professionals and their families.

Our staff members have the knowledge, education and experience to assist you in getting through a difficult situation. Many of our staff have been where you are and have attended the 6 day program as clients and now volunteer their time to help others.

## ARE YOU EXPERIENCING ANY OF THESE SIGNS AND SYMPTOMS OF EXCESSIVE STRESS?

### PHYSICAL:

- Dizziness
- Chest pain
- Headaches
- Elevated Blood Pressure
- Rapid heart rate
- Grinding of teeth
- Difficulty breathing
- Etc...

### EMOTIONAL:

- Guilt
- Grief
- Denial
- Anxiety
- Irritability
- Loss of emotional control
- Depression
- Etc...

### SPIRITUAL:

- Diminished or enhanced belief systems

### COGNITIVE:

- Nightmares
- Hypervigilance
- Suspiciousness
- Poor concentration
- Blaming others for your problems
- Heightened or lowered alertness
- Etc...

### BEHAVIORAL:

- Withdrawn
- Antisocial
- Loss or increase of appetite
- Increased alcohol consumption
- Change in usual communications with family & friends
- Etc...

## IS MANAGING YOUR LIFE NO LONGER WITHIN YOUR ABILITY?

• IS YOUR **FAMILY LIFE AFFECTED BY YOUR JOB** AND A STOCKPILE OF CRITICAL INCIDENTS...OR PERHAPS ONE MAJOR INCIDENT?

• DO YOU OR YOUR COWORKERS, FRIENDS OR LOVED ONES NOTICE THAT YOU ARE **JUST NOT YOURSELF**?

YOU MAY BE EXPERIENCING DIFFICULTY WITH STRESS, DEPRESSION, ANXIETY AND/OR POST TRAUMATIC STRESS DISORDER

**IN THE AFTERMATH OF A CRITICAL INCIDENT** an emergency responder may find that they are unable to function at their normal level. The mission of WCPR is to help return emergency responders to their previous level of functioning, both personally and professionally, and reduce the symptoms associated with critical incident stress.

### DO YOU FIND YOURSELF ASKING QUESTIONS SUCH AS:

- What is wrong with me?
- Am I the only person who feels like this?
- When will I begin feeling better about myself, my life, my job?

Many clients come to WCPR asking these and other questions about themselves.

**THE PROCESS** The WCPR program starts on Sunday afternoon and concludes at noon on Friday. Over the six-day period clients participate in a critical incident stress debriefing process facilitated by peers, mental health professionals and chaplains in a residential treatment setting. The process is confidential and non-judgmental. It is not an evaluation of your job abilities. Participants have the opportunity to spend time with:

- Peers who understand what the client is experiencing
- Mental health experts who can explain why one experiences these stress reactions and how to manage them, and
- Chaplains for guidance and additional support.

## 6-DAY PROGRAMS ARE GENERALLY HELD MONTHLY IN THE SAN FRANCISCO BAY AREA.

During your stay, you will meet with other peer clients (usually no more than 6 clients per session) and receive individual and group counseling, educational information & the tools necessary to continue in your line of work. The program is reasonably priced and includes treatment, room and board. WCPR accepts various insurance company policies, worker's compensation benefits and credit cards.