

FIRST RESPONDER SERVICES



Treating the First Responder Community

Serving the community as a police officer, firefighter, or emergency medical service provider can give individuals a profound sense of pride and purpose. At the same time, these First Responders often experience overwhelming emotional and physical stress that results from continued exposure to potentially life-threatening situations and trauma.

First Responders regularly face high-risk and dangerous situations, while also bearing witness to sometimes heart-wrenching events. Over time, these stressors can cause sleep disturbances, depression, anxiety, and burnout. Additionally, continual exposure to seeing, hearing, and sympathizing with trauma experienced by others may result in compassion fatigue, which can mimic posttraumatic stress disorder (PTSD) symptoms.

The cumulative physical, emotional, and psychological effect of exposure to trauma, combined with the stress of everyday life, can lead some people to cope through alcohol and drugs. Often, this can result in the development of a substance use disorder.

Our Philosophy

Bayside Marin understands the effects traumatic experiences can have on a person's life, both personally and professionally. Our services for First Responders are uniquely tailored to assist and support members of this community in beginning the process of healing from substance misuse and behavioral health concerns.

We accomplish this by recognizing and respecting the additional obstacles and experiences that are unique to First Responders. Bayside Marin understands that there is a level of honor and expectation that defines these professions, so we strive to help reduce the stigma of substance misuse while being careful to protect our clients' confidentiality so that they feel safe and comfortable during treatment.

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Our Staff

Our multidisciplinary team includes clinical and medical professionals who have extensive experience in treating First Responders.

- Board-certified medical director
- Nurse practitioners and physician assistants
- 24/7 registered nurses (RNs) and licensed vocational nurses (LVNs)
- Clinical psychologists
- Master's level clinicians and certified addiction counselors



Our Treatment Approach

Starting with a preliminary phone assessment, Bayside Marin works with clients through each step of the treatment process.

Admissions counselors will verify insurance benefits and help determine if our program will meet the needs of the First Responder. In addition, we will schedule a formal intake appointment so that all parties can understand the full scope of the individual's concerns.

During treatment, First Responders will work with their therapist to develop a customized treatment plan that includes both individual and group therapies. Bayside Marin also offers holistic and movement therapy opportunities, both of which are specifically tailored to benefit the First Responder population and encourage healing. All clients also have access to our private, fully equipped gym, steam room, sauna, and pool.

Seeking Safety

Our Seeking Safety curriculum strives to increase self-awareness by teaching effective coping skills that are necessary for long-term recovery. It addresses those deeper emotional concerns that are related to trauma and PTSD so that the individual can develop a stronger and more stable emotional foundation.

Family Program

At Bayside Marin, we believe recovery is a community effort. We offer biweekly, two-day intensive Family Program workshops, and throughout the course of treatment, we seek input from family, friends, significant others, colleagues, and employers when appropriate.

Continuing Care & Ongoing Support

Bayside Marin assists with monitoring agencies, Employee Assistance Programs (EAPs), and employers to document progress and submit necessary paperwork for return-to-work plans. We also offer weekly alumni meetings, as well as access to the Recovery Choice® Alumni Outreach Program to provide support, resources, and promote frequent connection during the first year of recovery.