A CULTURE OF SILENCE

95% of firefighters and **78%** of police reported experiencing critical stress on the job

90% of police and **87%** of firefighters said that stigma in the workplace keeps them from getting help for their symptoms

85% of police and **81%** of firefighters fear being seen as weak or unfit for duty if they talk about their symptoms

78% of firefighters and **76%** of police believed that seeking help would endanger their career progression or reputation

77% of firefighters and **76%** of police believed themselves to suffer from unresolved work-related issues

65% of firefighters and **61%** of police reported being haunted by memories of bad calls

25% of police and **19%** of firefighters had thoughts of suicide

Source: NBC4 I-team surveys of Fraternal Order of Police and International Association of Fire Fighters members, 2017

"The FLOW program gives me a sense of ease and shows there are others who care for our mental well-being. Even if it's just to talk and release things on my mind dealing with the job or everyday life, it feels helpful just to be able to talk to someone who can relate to the stresses of the job and teach you healthy ways of coping."

First Responder/FLOW Participant

POST TRAUMA RESOURCES, LLC

"*Solutions for life's toughest problems*"

www.posttrauma.com

40th anniversary 1982 2022

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Email for support to FLOW@posttrauma.com

Post Trauma Resources' *FLOW* wellness program was created by a former first responder to address the many unique stressors affecting first responders and their families.

Whether you have been on the job for many years or are just starting out, helping does not have to hurt. *FLOW* can help.

Post Trauma Resources, LLC

FLOW

A Wellness Program for First Responders and their Families

WHAT IS *FLOW*?

First responder wellness efforts cannot focus only on the impact of critical incidents. It is equally important to build resilience for all of life's hardships so that you have the resources needed to keep going when times are tough. *FLOW's* goals include:

- Enhancing **INDIVIDUALS'** wellness through education, early identification, and effective intervention.
- Empowering **FAMILIES** in a supportive role through education and involvement.
- Encouraging organizational wellness by creation and facilitation of a system of positive, trauma-informed **PEER** support.

HOW IS *FLOW* DIFFERENT FROM OTHER PROGRAMS?

FLOW takes a proactive approach to first responder wellness. While we are available to provide a quick and effective response after a critical incident, *FLOW* is designed primarily to address the other aspects of life that make first responder work challenging—the effects of cumulative trauma exposure, the impact of past or childhood trauma, relationship concerns, behavioral health issues, and much more.

FLOW targets the individual needs of each participant and provides tools and effective interventions that promote health and resilience. Over time, we work to create a shift in the first responder "culture of silence" so that seeking support is seen as a strength rather than a weakness.

CONGRATULATIONS!

In May 2022, Amy Lutz was selected as one of *The State's* 20 under 40 Leaders in recognition of her work with the FLOW program!



AMY LUTZ
PROGRAM DIRECTOR

It is difficult to understand the complexities of the first responder lifestyle without having lived it, and Amy Lutz has done so as both a law enforcement leader and a law enforcement spouse. In addition to holding a Master of Social Work (MSW) degree and clinical licensure, Amy brings the wisdom of a 13-year law enforcement career with a wealth of specialized service experience to include:

- Team Leader, Special Response Team (SRT/SWAT)
- Team Leader, Negotiators
- Sergeant, Internal Affairs and Uniformed Services
- Investigator, Larcenies and Special Victims Unit (SVU)
- Undercover, Narcotics
- Medal of Valor recipient, 2011.

She knows the importance of self-care and growing beyond the culture of silence to remain healthy and productive as a first responder.