



EMPOWERING MALE FIRST RESPONDERS & THEIR FAMILIES

Discover specialized mental health and substance abuse programs tailored for first responders and their families.

What We Do

Our Men's Program is dedicated to addressing the nuanced interplay between addiction and trauma through a gender-specific lens. Our mission transcends traditional treatment—it's about fostering a community where men can find understanding, regain strength, and emerge with the tools for long-term resilience and recovery.

Who We Are

After Action's Men's Program stands as a cornerstone for first responders, offering a gender-specific sanctuary designed specifically for men. Understanding the distinct challenges men face in high-pressure roles, our culturally aware, gender-specific initiative is led by a cadre of trauma-informed experts. We've cultivated a confidential, supportive space that respects the unique path men walk towards healing and resilience.

In-Network with most major Insurances



Our Men's Only Program



2-Week Reset

A focused program designed for immediate support to navigate acute stress and anxiety, ideal for quick recalibration.



30-Day Rebuild

An in-depth treatment plan for comprehensive healing, addressing long-term trauma, and substance use.



Who We Serve

First Responders, Border Patrol, Corrections Officers, Veterans, & their families. We aim to offer support and resources to all who dedicate their lives to responding when others are in need.

Treatment Modalities

- Sensory Modulation Therapy
- Recreational Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization Therapy (EMDR)

Why Gender Specific

- Intensive therapy designed to unearth and address the roots of trauma and addiction, tackling male-specific challenges like stoicism and societal pressures.
- A broad educational curriculum designed to enlighten and empower.
- Commitment to creating a secure environment where men can freely express vulnerabilities, and embark on a journey of recovery with the backing of understanding peers.
- Innovative sensory therapy and traditional therapeutic methods, complemented by group support and wellness activities, to promote holistic healing.

GET IN TOUCH

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