



# EMPOWERING MALE FIRST RESPONDERS & THEIR FAMILIES

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

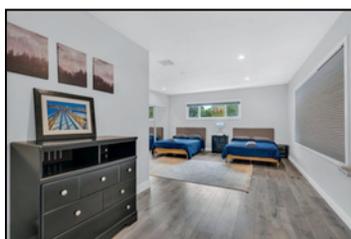
## What We Do

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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