

## Police Resource List

### Addiction:

AA for First Responders:

North Haven, CT ~ contact Dave Beaton (203-314-2202)

~ in-person and on Zoom

Danbury, CT ~ contact Pete Elste, Danbury PD (917-566-9306)

AWARE Recovery Program – In-home addiction treatment; First Responder track run by Rob Rudiewicz (ret. Hartford PD) (860-301-6365); Anthem insurance

Geisinger-Marworth Uniformed Professionals Program in PA

Brattleboro Retreat Uniformed Services Program in VT ~ temporarily closed due to the pandemic

### Books: (\* = most recommended)

\*Lansing, K. The Rite of Return: Coming Back from Duty-Induced PTSD

\*Gilmartin, K. Emotional Survival for Law Enforcement

\*Conroy, D. & Orthmann, C. Surviving a Law Enforcement Career

Digliani, J. Contemporary Issues in Police Psychology

Kirschman, E., Kamena, M., & Fay, J. Counseling Cops: What Clinicians Need to Know

Kirschman, E. I Love a Cop, 3<sup>rd</sup> Edition: What Police Families Need to Know

Violanti, J. Dying for the Job: Police Work Exposure and Health

Conn, S. Increasing Resilience in Police and Emergency Personnel

Marx, J. Armor Your Self: How to Survive a Career in Law Enforcement

### Other:

FCTRT (Fairfield County Trauma Response Team) ~ [www.fctr.org](http://www.fctr.org)

\*ALL therapists trained in EMDR and comfortable working with FRs

Peer to Peer Support Group for ALL FRs - co-led by Stacy and Bonnie  
Every Friday 10-11:30 on Zoom. Flyer attached.

Significant Other Support Group for ALL FRs - co-led by Bonnie and Linda.  
Refer to flyer for dates/times.

CABLE (CT Alliance to Benefit Law Enforcement) ~ [www.cableweb.org](http://www.cableweb.org)

A nonprofit with a focus on training in mental health issues: Peer Support, Crisis Intervention, Mindfulness & Resiliency, etc.

Honor Wellness Center in Manchester, CT ~ [www.honorwellness.org](http://www.honorwellness.org)

A nonprofit mental health organization for FRs (individual & group therapy, etc.)

Responder Wellness Inc ~ [www.responderwellness.org](http://www.responderwellness.org)

A nonprofit which provides safety equipment and wellness services to FRs

(Police vests, Fire boots, Yoga classes, Gym memberships, Massage GCs, AA books, etc.)