INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

ADVANCED RECOVERY SYSTEMS

IAFF Center of Excellence for Behavioral Health Treatment and Recovery

IAFF CENTER OF EXCELLENCE FOR BEHAVIORAL HEALTH TREATMENT AND RECOVERY

RESIDENTIAL TREATMENT FACILITY

PTSD | ADDICTION | DEPRESSION

YOU ARE NOT ALONE – HELP IS CLOSER THAN YOU THINK



EXCLUSIVELY FOR IAFF MEMBERS

24/7 CALL CENTER | (855) 900-8437

WWW.IAFFRECOVERYCENTER.COM

EXCLUSIVELY FOR IAFF MEMBERS

Asking for help can be difficult, especially for those who spend their days helping others. By calling the IAFF Center of Excellence, you can take comfort knowing you're reaching out to a facility created by fire fighters for fire fighters.

The IAFF Center of Excellence is the only dually licensed mental health and substance use treatment center exclusively for IAFF members.

Specialized care means you'll be surrounded by other fire service professionals who can offer:

- Support in knowing you aren't alone in your struggles
- Perspective on mental, emotional, or relationship obstacles
- Encouragement as you pursue lifelong recovery



SERVING THOSE WHO PROTECT OTHERS

According to a 2021 survey that collected 8,000+ IAFF member responses:

- 37% had positive screening for alcohol use disorder
- 21% had positive screening for PTSD
- 17% had positive screening for major depressive disorder
- 28% displayed increased suicidal risk

> **"I was met with a handshake [and] a hug and a 'You're in the right place, brother.' It was amazing how relatable everyone's story was. I wasn't the only one struggling."**
>
> –Steve Hernden
> Cape Coral, FL Local 2424

Mental health conditions and addiction don't have to cost you your family, career, or life. Whether you're struggling with addiction, PTSD, complicated grief, depression, anxiety, or another behavioral health condition, the IAFF Center of Excellence can provide the treatment you need to get back to the life, work, and community you love.

A CONTINUUM OF COMPASSIONATE CARE

The IAFF Center of Excellence uses evidence-based treatment methods to address trauma, addiction, depression, anxiety, and other behavioral health issues that impact fire fighters and rescue workers.

Once admitted, clients move through multiple stages of care, including:

- Medical detox
- Residential
- Partial hospitalization
- Intensive outpatient
- Aftercare monitoring and support



Many modalities of care are offered through individualized treatment plans to help clients progress through each stage of recovery:

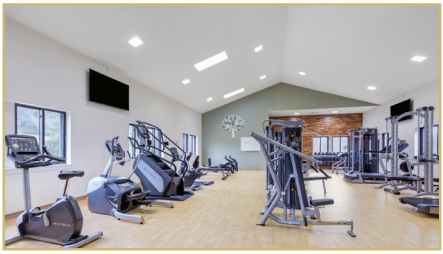
- Individual and Group Treatment
- Cognitive Behavioral Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Motivational interviewing
- Psychoeducation and life skills
- Pain management
- Biofeedback (off-site)

DESIGNED WITH FIRE FIGHTERS IN MIND

Shared living spaces and a firehouse-style kitchen help foster a familiar sense of community. With accommodations in one of four station houses, clients form bonds forged on a mutual understanding of life in the fire service.

The 64-bed facility also includes many on-site features that encourage physical and mental wellness:

- Full service gym
- Pool (open summer months)
- Walking trails
- Basketball court
- Volleyball & pickleball courts
- Fire pit gathering



"The Center of Excellence took care of me from day one. It saved my life."

-Luis Jimenez
Bethlehem, PA Local 735

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The IAFF Center of Excellence is accredited by The Joint Commission.

IAFF Center of Excellence
13400 Edgemeade Road
Upper Marlboro, MD 20772

The IAFF Center of Excellence is an Advanced Recovery Systems facility.