

## SYMPTOMS OF POST TRAUMATIC STRESS DISORDER

- Difficult Sleeping
- Irritability
- Isolation
- Intrusive images
- Profound sadness
- Substance abuse
- Hyper vigilance
- Excessive worry
- Relationship difficulties
- “No one understands”

Recapture vitality in your life.



**We can help**



## **HealthyMinds, LLC** *“For Vitality in Living”*

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## Caring Services for First Responder and Their Families

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# Caring for First Responders and Their Families



First responders and their families face unique challenges as a result of chronic exposure to the police, fire, and emergency medical services work. Chronic exposure to trauma can have profound impacts on the individual's life views and presents a significant danger to one's career, life, relational life, and functional coping strategies. It's been well researched and documented that first responders have a high incidence of anxiety disorders, including acute stress disorder, post-traumatic stress disorder, as well as a variety of mood disorders. Coincidentally, first responders are at increased risk for suicide and substance abuse/dependence.

HealthyMinds, LLC, with its state-wide network of affiliates, specializes in providing proactive prevention and follow-up treatment for first responders and their families through both incident specific stress management and ongoing treatment of the individual, couple, and family systems affected by the impacts of vicarious trauma.

## Our Services for Responder Agencies

### Employee and Family Assistance

Confidential problem assessment

Short term counseling

Referral for ongoing counseling or other resources

### Critical Incident Stress Management

Pre-incident education and training

On-site individual or group  
Defusings/Debriefings

### Follow Up Services

Individual, Couples and Family Specialized  
therapeutic approaches for Post-Traumatic Stress  
Disorder

Administrative and Organizational Consultation  
Life Management Skills Training and Coaching

## Andrew D. Peterson MS, LMFT

Psychotherapist EAP/CISM Consulting

### Founder and Owner

Andrew has a Master's Degree in Marriage and Family Therapy and extensive training in Organizational Psychology. He has over 20 years of experience in mental health including crisis intervention, forensics, suicide prevention, and victim assistance in cases involving traumatic death. He is expert in the treatment of post-traumatic stress disorder using EMDR and other trauma informed therapies. He is expert in the treatment of complicated grief and loss. He works in private practice with individuals, couple issues and family systems issues. He is extensively trained in Critical Incident Stress Management, Psychological First Aid and Life Skills Management for First Responders.

### State-Wide Affiliates

#### **Judy Roethe, MS, LPC, CAPSW**

Judy has a Master's degree in Counseling and is a Certified Advanced Practice Social Worker. She has over 20 years of experience in mental health including community crisis intervention, and a private practice specializing in trauma. Judy has practiced as a trauma specialist in hospital emergency room settings, performed extensive Critical Incident Stress Management (CISM) debriefings and responder assistance programs for the city of Madison Police, Fire and EMS services.



**HealthyMinds, LLC**