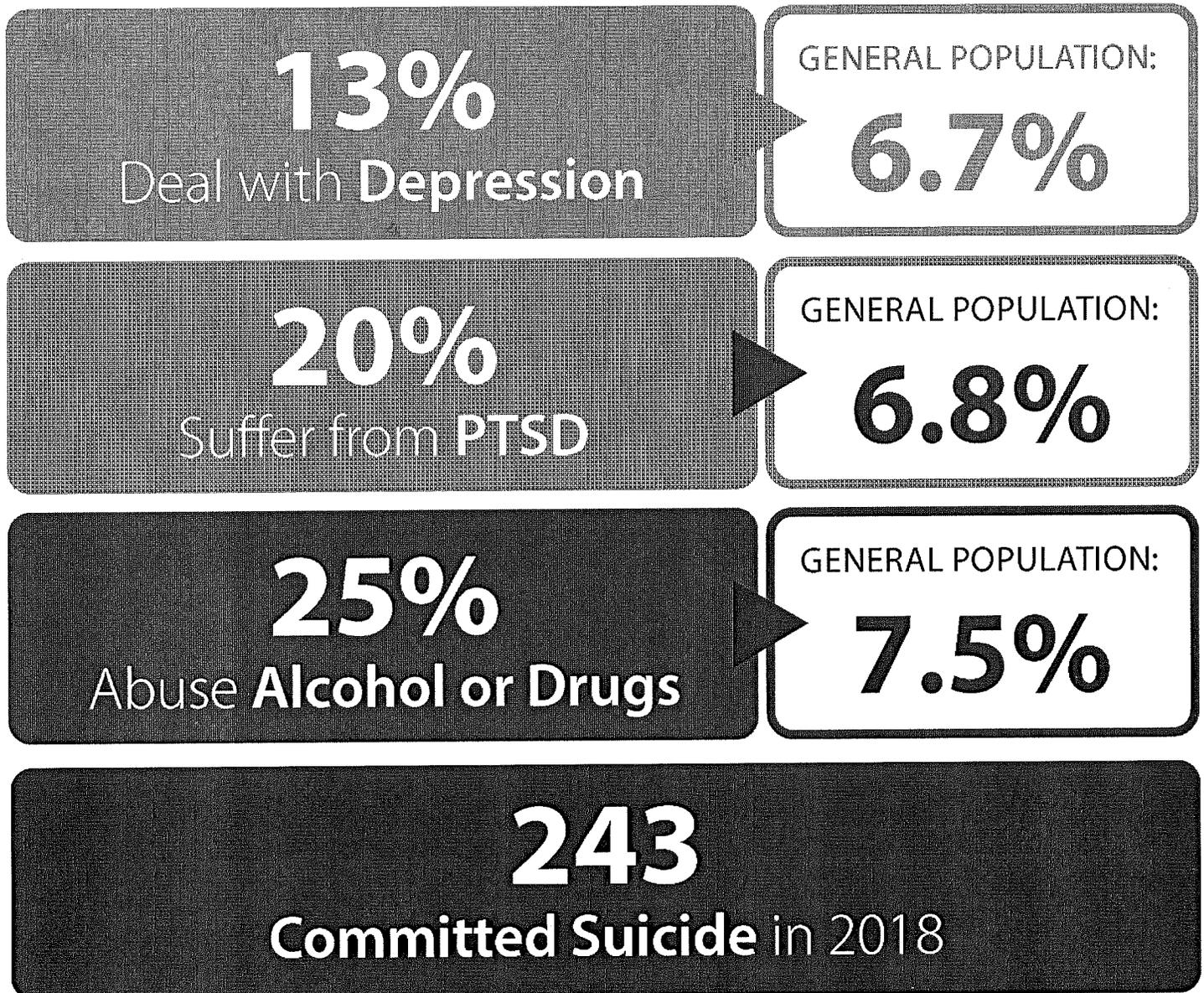


First Responders

Emotional Health

First responders face special challenges – including heightened stress and pressure that do take a toll on their mental and emotional well being. First Responders are dealing with depression, suicide, PTSD, substance abuse, marital and family problems, and violence. The Suicide rate in the First Responder community is continuing to grow to higher levels, resulting in more First Responder deaths by suicide than deaths by line-of-duty. Providing resources and access to treatment is crucial for the mental stability of First Responders and without the proper attention and services, First Responders will continue to struggle with these issues on a daily basis. When it comes to First Responders emotional health, Blomquist Hale is the First Responder solution.

First Responder Statistics



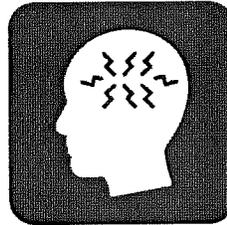
Why Blomquist Hale?

Blomquist Hale is the entity that is meeting the immediate needs of the First Responder community. Over the years, Blomquist Hale has worked closely with a number of organizations that employ fire fighters, first responders, law enforcement and military personnel. We recognize the unique needs and the importance of ongoing understanding, training, and the right therapists partnered with those professionals. Blomquist Hale impact First Responders by providing resources and access to treatment early on. Doing this not only impacts the mental stability of First Responders, but can also save lives.

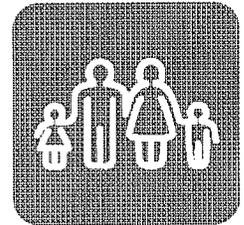
Our experienced therapists provide support to First Responders and their families. Not only do our therapists have the skills to work with First Responders, we currently employ therapists who serve as Fire Fighters, Police and Military personnel. In addition, all Blomquist Hale therapists have been trained in Mind Shield for Brain Burn. Our therapists know the specific needs of First Responders.



Critical Incidents
(Exposure to a Traumatic Event at Work)



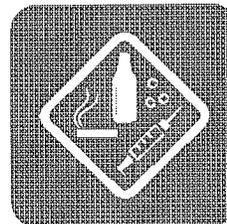
**Managing Stress,
Anxiety & Depression**



**Relationship &
Family Problems**



PTSD



Substance Abuse



Suicide Prevention

Peer Support

Blomquist Hale understands that Peer Support programs require dedication and attention in order to be successful. Our goal is to make an impact within the Peer Support community.

A Blomquist Hale therapist will be assigned to the Peer Support group, and will assist in helping the Peer Support leader. It is said that 92% of First Responders say stigma is a barrier to seeking behavioral health treatment. At Blomquist Hale, we are breaking down those barriers. The therapist partnered with the Peer Support Program will make regular station visits, communicating and gaining trust within each location. By building relationships with the First Responders on a more personal level, the First Responders will feel more comfortable to reach out for help. In addition, the partnered therapist will be a point of contact for the Peer Support Supervisors and will have on-going educational campaigns. If the Peer Support Supervisor has a situation that he/she needs guidance on what to do, they will have the direct contact information for the partnered therapist.

Blomquist Hale's Peer Support Program helps departments work with the Peer Support Law (UCA 78B-5-901) and are well versed on the IAFF requirements and training surrounding the intent of the law. We also have supplementary training to enhance the effectiveness of CISM within the departments.

Crisis Response

Blomquist Hale ensures that we have a licensed therapist available around the clock specifically dedicated to crisis events. Over the years Blomquist Hale has responded to a number of critical needs for other fire departments and police agencies. We are willing to identify specific clinicians to respond to crisis situations. These clinicians will be well trained to critical incident response and the needs of First Responders. Blomquist Hale will introduce these identified clinicians to First Responder leaders to strengthen confidence and partnership.

First Responders with PTSD are
6 Times More Likely to Attempt Suicide

Cost Proposal for Retired Fire Fighters

Blomquist Hale will provide its high engagement First Responder Solution services for all Retired Fire Fighters for \$42.00 per retiree, per year. This fee includes the following:

Pricing For Your Complete First Responder Solution

Blomquist Hale First Responder Solution services for
Retired Fire Fighters:

\$42.00 per retiree, per year.

For additional information or questions:

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