



Our Goal

Our goal is to provide first responders and their families tools to reduce personal and family stress, encourage appropriate career decisions and reduce the effects of traumatic incident stress on an individual's life. The key components of the FRSN are the 6-day residential treatment for first responders, also known as the West Coast Post-Trauma Retreat (WCPR), and the 6-day program for Significant Others & Spouses (SOS).

Training & Outreach

The FRSN staff members are frequently called upon to teach and/or present on critical incident stress, peer team development, inoculation training, etc. Staff members are available to speak with anyone concerned about a First Responder or Significant Other or Spouse. There is no charge for the outreach. The call is confidential (unless someone is in danger). Call 415-721-9789 for more information.



First Responder Support Network

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First Responder Support Network



Our Mission

The mission of the First Responder Support Network (FRSN) is to provide educational treatment programs to promote recovery from stress and critical incidents experienced by first responders and their families.

How FRSN Began...

In 1999, a handful of Northern California first responders, clinicians and chaplains came together to discuss how to help fellow first responders overwhelmed by the effects of critical incident stress. Some from this group attended the On-Site Academy in Massachusetts, to help with their own post-traumatic stress symptoms. Having experienced firsthand the positive changes in their lives due to On-Site, they knew that there was a need for a similar program on the West Coast. This handful of passionate and dedicated individuals created the West Coast Post-Trauma Retreat (WCPR). The first WCPR retreat was held in 2001. Soon after WCPR's inception, the Significant Others and Spouses (SOS) program was started. Since 2001, the FRSN has helped over 900 people get help. In addition to the retreats, FRSN continues to help first responders and their significant others or spouses heal from the effect of critical incident stress through their training, consultations and outreach that are available.

West Coast Post-Trauma Retreat

The West Coast Post Trauma Retreat (WCPR) is for First Responders whose lives have been impacted by their work experience and critical incident stress. This six day residential treatment program provides education, support and healing designed to help active, former, and retired First Responders recognize the signs and symptoms of work-related stress, including Post Traumatic Stress, in themselves and in others.



Significant Others & Spouses

The Significant Others and Spouses (SOS) program is for the spouses or partners of First Responders who have been affected by critical incidents (resulting in secondary or vicarious traumatization) experienced by their loved ones. These significant others and spouses may also be experiencing their own depression or anxiety symptoms, and need to address their needs. In addition, these individuals may have their own trauma history, which is re-activated when his/her partner experiences a traumatic event.

