



SAVING THE LIVES
OF THOSE WHO SAVE OTHERS

CASE FOR SUPPORT





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Dear Supporter,

First Responder Support Network (FRSN) is a vital organization dedicated to helping the brave men and women who serve as first responders. Every day, firefighters, paramedics, law enforcement officers, and dispatchers put their lives on the line to keep our communities safe. However, the immense stress and trauma they experience often take a heavy toll on their mental and emotional well-being.

FRSN provides critical resources, including counseling, peer support, and specialized retreats, to help first responders and their families heal from the burdens of their service. Through their West Coast Post-Trauma Retreat (WCPR) program and Significant Others and Spouses Retreat (SOS), FRSN offers a safe and confidential environment where first responders and their significant others can work through trauma, regain focus, and restore their mental and emotional health. These life-changing programs help first responders recover, reconnect with their families and friends, and continue serving our communities with resilience and strength.

The First Responder Support Network relies on donations as a key part of its funding. We invite you to join an elite group of corporations and community leaders that want to help FRSN raise money and awareness and are looking to build a lasting relationship with the first responder community.

With gratitude,

A handwritten signature in blue ink, appearing to read "Doug Vogel", is written over the text "With gratitude,".

Doug Vogel
Development & Community Relations Director

SUPPORT FIRST RESPONDERS

FRSN is a not-for-profit organization that operates post-trauma retreats for first responders and their significant others based on a fee that can be paid by Workers' Compensation funds, by the employer, or directly by the individual. FRSN offers scholarships as well dependent on need.

Not all costs of running these retreats are paid for by the admission fees. We rely on generous donors to help us maintain our facility. Through donations last year, we were able to replace our kitchen ceiling, provide new deck furniture, and build a patio so that there is plenty of comfortable spaces outdoors for our attendees to relax and reflect.

Of the donations we receive each year, more than 87% goes directly to program services, with the remainder going towards fundraising and admin costs for operating the organization.

Last year, FRSN was able to raise approximately \$430,000, which was 35% of the organization's entire annual budget. With more donations, FRSN could provide more scholarships each year and be able to hold more retreats at satellite locations across the United States.





HOW TO GIVE

Sponsorships

Corporate sponsorships of programs or events. All marketing sponsorships are deductible dollar for dollar.

Grants

Opportunities for FRSN to apply to your foundation to support operating needs.

Employee Giving

Employees can give pre-tax directly through their paychecks.

Matched Gifts

Corporations are encouraged to create programs that match the donations of their employees.

POS Campaign

Businesses can hold point of sale campaigns that allow their customers to provide donations at the register or when paying their tab.

Internal Fundraising Event

Consider providing lunch for employees so that they can donate that day to a charity or holding competitions like bake sales.

In-kind Giving

Donate product or items that we can use at our retreats.

Volunteering

We have opportunities to help volunteer at events.

SPONSORSHIP BENEFITS

There are many attractive benefits for organizations that would like to sponsor FRSN:

Title Sponsor - \$20,000 (limited to 1 per event)

*All Chief Sponsor benefits, also includes:
Name on event as Title Sponsor
Dedicated press releases and media placement
Logo on event swag bag

Chief Sponsor - \$10,000

*All Deputy Sponsor benefits, also includes:
Upgraded full page ad in event programs
Invitation to VIP Dinner

Deputy Sponsor - \$7,500

*All Badge Sponsor benefits, also includes:
Upgraded half page ad in event programs
Article about sponsor in newsletter
Special offering opportunity by eblast to supporters
Ability to add branded items to event swag bags

Badge Sponsor - \$5,000

*All Honor Guardian benefits, also includes:
Quarter page advertisement in event programs
VIP access at events
Featured in newsletter to 5,000 participants
Dedicated recognition on social media

Honor Guardian - \$2,500

Logo recognition on website with click-through
Recognition on all event materials and email blasts
Recognition on annual report
Stage and sign recognition at events





200

...virtual support meetings were held throughout 2023 with first responders who experienced critical incident trauma. These meetings were guided by FRSN volunteer peer supporters.

99%

...of first responders who participated in FRSN 6-day residential retreats would recommend the WCPR critical incident trauma treatment program to their peers.

2,200+

...first responders and significant others have participated in FRSN trauma retreats since FRSN began in 2001.

300

...volunteer first responder peers are trained each year to provide support not only during FRSN residential retreats, but throughout the year for ongoing resiliency support.



37%

...of first responders have experienced suicidal thoughts – that is 10 times more than the typical American adult (source: SAMSHA)

1/3

...of first responders develop behavioral health conditions such as depression and post traumatic stress (source: National Library of Medicine)

MAGIC MOUNTAIN

FRSN headquarters provides a serene healing environment honoring heroes from the past and providing hope for heroes of today

In the heart of Northern California lies a special place of healing. For nearly 20 years, first responders from around the country have passed through its doors to find a safe, serene place of healing.

The FRSN headquarters provides an idyllic respite for first responders who begin the often difficult journey of recovering from the effects of critical incident traumatic stress. Evoking feelings of a rustic retreat nestled in the trees, FRSN headquarters offers a dorm setting for first responders and significant others who participate in the programs, an ideal setup for bonding with peers and taking the first steps toward long-term healing.

Thousands of first responders, peers and other volunteers have found resiliency on what has been dubbed “magic mountain” by retreat attendees. Maintenance and upkeep of this property is only possible thanks to the dedicated FRSN staff and volunteers who have donated hours upon hours throughout the years.

Over the past few years, improvements such as new stairs to the outbuilding, siding repair, and a new paver patio are just a few of the projects brought to life by FRSN volunteers and staff. Thanks to their dedicated TLC, this beautiful building and property will serve first responders from throughout North America for decades to come!



FRSN headquarters
in Northern
California.

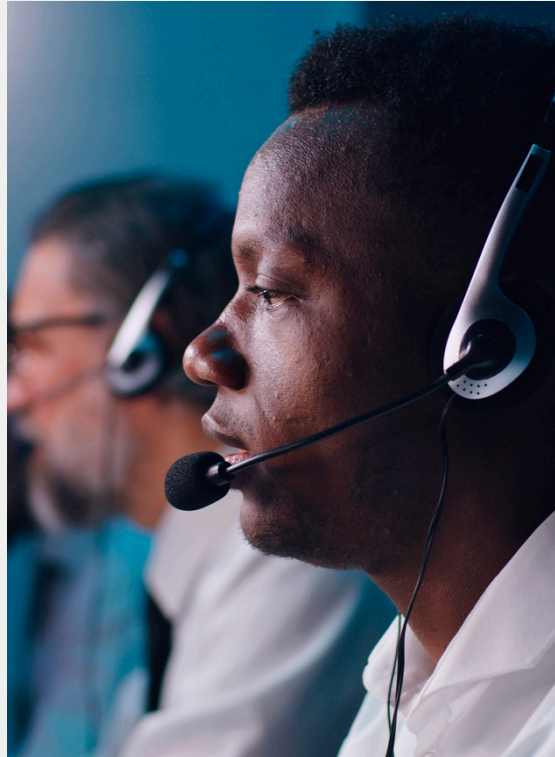
A PATH TO HEALING

West Coast Post-trauma Retreat (WCPR)

A jumpstart towards recovery and health, WCPR offers intensive six-day retreats. During the week, first responders receive group and individual therapy, process critical incidents, and learn tools and skills for managing stress. Licensed clinicians, trained peers, and chaplains live side-by-side with the clients, facilitating groups and providing 24/7 support.

Each WCPR retreat is a unique, immersive experience helping first responders process their traumatic incidents. Six first responder clients are supported in healing by up to 25 volunteers during the week, and usually long after the retreat has ended. Many peers who have attended as clients come back again and again to help their fellow first responders and to support their own ongoing recovery.

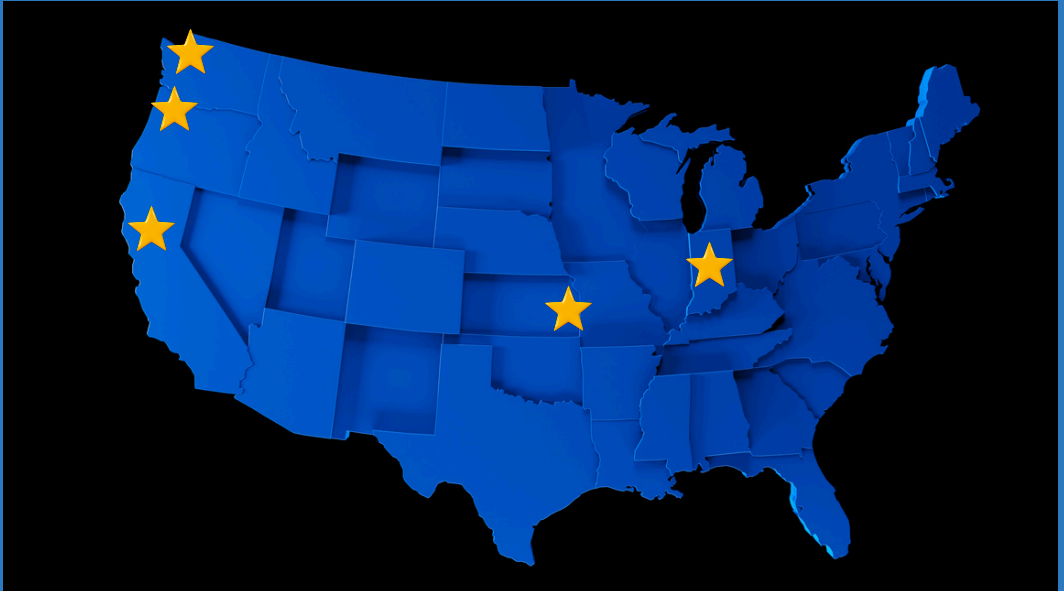
Through intensive debriefing and peer support, first responders at WCPR retreats work through traumatic experiences, learn to understand their reactions, and develop skills to deal with painful memories, as well as gain tools to handle new critical incidents. They leave the retreat with new insights, positive coping skills, and a focus on resilience.



FIRST RESPONDER SUPPORT NETWORK

First responders and their significant others throughout the United States can attend 6-day residential WCPR trauma treatment retreats in one of five locations: at the FRSN headquarters in California; or at FRSN satellites in Oregon, Washington, Kansas and Indiana.

FRSN RETREAT LOCATIONS



FOLLOW-UP

FRSN peer support is game-changing for clients

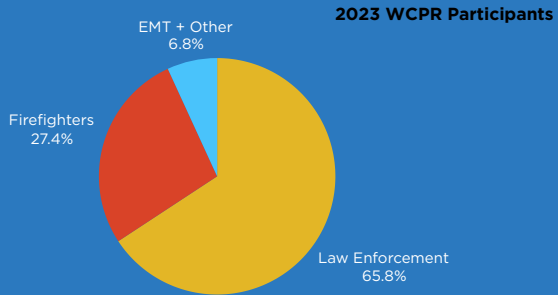
Keeping in lockstep during client recovery is a team of dedicated Peer volunteers. These vital volunteers give their time in service of first responders' and significant others' recovery from post-traumatic stress and help ensure the ratio of staff to clients is always 2 to 1, or better, at all FRSN retreats. When retreats have concluded, FRSN Peers remain connected, offering ongoing support and connection for long-term resiliency.

FRSN also offers online support meetings at least once per week to previous retreat attendees. Volunteers and staff members give their time to provide the ongoing assistance and encouragement needed to sustain healthy behavior and resiliency, especially for those in areas where in-person support meetings are not available. This wider community of peer support sustains many first responders all over the country.

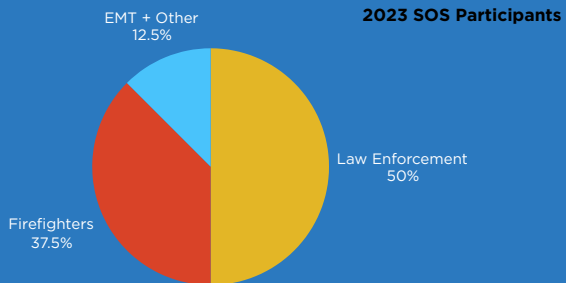
FRSN offers AB 1117-compliant, California POST-approved Basic Peer Support Training classes, as well as Advanced Peer Support Training. The courses provide students with an understanding of peer support skills, Critical Incident Stress Management (CISM), and intensive hands-on peer support experience.



Nearly 150 first responders participated in WCPR retreats around the country in 2023.



SOS trauma retreats help support the significant others and life partners of first responders who have experienced critical incident trauma. These unsung heroes are a vital element of the first responder family and their resilience and mental well-being is crucial.





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First Responder Support Network (FRSN) is a 501(c)3 charitable organization.

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