

PRESS RELEASE

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FOR IMMEDIATE RELEASE

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SONOMA COUNTY, CA—First Responders Resiliency, Inc.™ and the Law Enforcement Chaplaincy Service in Sonoma County create partnership, share common goal—supporting first responders.

First Responders Resiliency, Inc. (FRRI) and the Law Enforcement Chaplaincy Service in Sonoma County (LECS) are excited to announce their partnership, combining resources and expertise to further support and assist first responders in preventing and mitigating the effects of trauma and Post Traumatic Stress (PTS).

Both organizations put first responder well-being at the forefront of operations. LECS is committed to “being there” by responding when law enforcement, firefighters, emergency medical personnel, their families, and members of the community find themselves amid tragedy and loss. FRRI is a cutting-edge, PROACTIVE training program that helps first responders, and their families address and mitigate the issues of stress-related burnout, depression, illness, injury, disability, and suicide. Although FRRI does not have any religious affiliation, they are proud to offer access to resources such as the Law Enforcement Chaplaincy Service.

“Building goodwill and trust within the first responder community is our top priority, by championing one another and through a strategic alliance our organizations will be stronger, more effective, and positively impact more first responders in the long run. Our friendship and cooperation will allow us to do more together than we could alone,” says Rita Constantini, Executive Director of the Law Enforcement Chaplaincy Service in Sonoma County.

It is estimated that 8% of the population experience Post Traumatic Stress in their lifetimes compared to 30% of first responders. PTS can have several adverse effects on the body and brain including sleep deprivation, substance abuse, inflammation, anxiety, depression, suicide, and cancer.

Susan Farren, FRRI founder states, “When first responders are able to mitigate PTS and alleviate the effects of trauma, they are better able to serve the communities in which they work and live balanced professional and personal lives. Never has this preventative work been more important than it is now. First responders have been on the front lines throughout the COVID-19 pandemic, a situation that compounded the amount of stress first responders are under.”

LECS will be present at 3-day conferences and other training events held by FRRRI to provide encouragement and support.

About First Responders Resiliency, Inc.

Founded and operated by first responders, First Responders Resiliency, Inc. (FRRRI) is an evidence-based, proactive non-profit organization dedicated to the psychological, neurological, physical, emotional, and relational well-being of first responders and their families. To learn more or make a donation, visit www.resiliency1st.org.

About the Law Enforcement Chaplaincy

Since 1999, the Law Enforcement Chaplaincy Service in Sonoma County (LECS) has provided support to law enforcement, firefighters, emergency medical personnel, their families, and members of our community who find themselves in the midst of tragedy and loss. LECS serves Sonoma County law enforcement officers in cases of suicides, SIDS, death notifications, homicides, automobile accidents, Every 15 Minutes programs, school crisis teams, and correctional support team. To learn more, apply to become a chaplain, or make a donation, visit www.sonomacountychaplains.org.

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