



INTERNATIONAL ASSOCIATION  
OF FIRE FIGHTERS



ADVANCED RECOVERY

S Y S T E M S

an advanced approach to patient care

# IAFF CENTER OF EXCELLENCE FOR BEHAVIORAL HEALTH TREATMENT AND RECOVERY

Residential Treatment Facility  
PTSD • Addiction • Substance Abuse • Mental Health

**YOU ARE NOT ALONE — HELP IS CLOSER THAN YOU THINK.**

Exclusively for IAFF members  
24/7 Call Center | (855) 900-8437  
[www.IAFFRecoveryCenter.com](http://www.IAFFRecoveryCenter.com)

# SERVING THOSE WHO PROTECT OTHERS

The stresses you face as a fire fighter or paramedic throughout your career, including fatal fires, community violence, natural disasters, mass casualty events and the inherent dangers of firefighting, can have a cumulative impact on your mental health and general well-being.

According to a survey of IAFF members conducted by the IAFF and WNBC:

- 77% have lingering or unresolved emotional issues from their work
- 95% have experienced critical stress on the job
- 27% said that critical stress has led to substance abuse
- 19% have had thoughts of suicide

Mental health conditions and addiction don't have to cost you your family, career or life. Whether you're struggling with addiction, PTSD, complicated grief, depression, anxiety or another behavioral health condition, the IAFF Center of Excellence can provide the treatment you need to get back to the life, work and community you love.

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*“This was the hardest thing I’ve ever done.  
But it changed my life.”*

— Stephen Raclaw, South Shore, WI Local 2939

*“I was met with a handshake [and] a hug and a  
‘You’re in the right place, brother.’ It was amazing  
how relatable everyone’s story was. I wasn’t the only  
one struggling.”*

— Steve Hernden, Cape Coral, FL Local 2424

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# EXCLUSIVELY FOR IAFF MEMBERS

Asking for help can be difficult, especially for those who spend their days helping others. By calling the IAFF Center of Excellence, you can take comfort knowing you're reaching out to a facility created by fire fighters for fire fighters.

The Center of Excellence was developed through a partnership with Advanced Recovery Systems, a leader in behavioral health care management and addiction treatment. Located in Upper Marlboro, Maryland, it is the first dually licensed mental health and addiction treatment center exclusively for IAFF members.

Specialized care means you'll be surrounded by other fire fighters and EMTs who can offer:

- Support in knowing you aren't alone in your struggles
- Perspective on mental, emotional or relationship obstacles
- Encouragement as you pursue lifelong recovery



*“Calling the Center of Excellence was the toughest — and best — call I ever made.”*

— Joe Kovalsky, Danbury, CT Local 801



# A CONTINUUM OF COMPASSIONATE CARE

Accredited by the Joint Commission and dually licensed by the state of Maryland, the IAFF Center of Excellence uses evidence-based treatment methods to address addiction, PTSD, anxiety, depression and other behavioral health disorders that impact fire fighters.

Once enrolled, clients may move through multiple stages of care, including:

- Clinically managed detox
- Intensive outpatient
- Inpatient
- Outpatient
- Partial hospitalization
- Aftercare monitoring

Tailored treatment plans\* help clients gain personal insight, coping strategies and skills as they progress through each stage of recovery.

## Individual and Group Treatment

- Cognitive behavioral therapy (CBT)
- Cognitive processing therapy (CPT)
- Eye movement desensitization and reprocessing (EMDR)
- Motivational interviewing
- Psychoeducation and life skills
- Pain management
- Biofeedback (off-site)

## Alternative Recovery Approaches

- 12-Step meetings
- SMART Recovery concepts
- IAFF peer fitness training
- Family outreach
- Recreational therapy
- Equine therapy (off-site)
- Yoga
- Faith-based support



*\*See IAFF Center of Excellence Clinical Guide for more information.*

# DESIGNED WITH FIRE FIGHTERS IN MIND

Shared living spaces and a firehouse-style kitchen help foster a familiar sense of community. With accommodations in one of four station houses, clients form bonds forged on a mutual understanding of life in the fire service.

The IAFF Center of Excellence's mission is to address the unique medical, psychological and social needs of IAFF members facing behavioral health crises.

The 64-bed facility also includes many on-site features that encourage physical and mental wellness:

- State-of-the-art gym
- Walking trails
- Pool (open Memorial Day through Labor Day)
- Basketball court

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*“The Center of Excellence took care of me from day one. It saved my life.”*

— Luis Jimenez, Bethlehem, PA Local 735

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SYSTEMS  
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The IAFF Center of Excellence is accredited by  
The Joint Commission.

**IAFF Center of Excellence**  
**13400 Edgemoade Road**  
**Upper Marlboro, MD 20772**

The IAFF Center of Excellence is an Advanced Recovery Systems facility.