FHEHealth

Job Protection

Your State is Opening up... You Should Too!

FHE Health is Here for you During this Critical Time

Have you been battling an untreated behavioral health or addiction issue that has gotten worse during the past several months? If you have, it may be time to put off a return to "normalcy" and get out of the pattern.

Fear and uncertainty will not disappear without treatment and a return to balance. You need to be your best in the months ahead.

We assist union members with:

- Drug, alcohol, sex & gambling addictions
- Depression & other behavioral health issues
- Stress & anxiety disorders

*We work in conjunction with your Union, **utilizing state and federal laws** to protect your job and your LIFE! If you find yourself in a pattern of progressive discipline at work, you may have underlying behavioral health issues and there are federal laws that may be able to protect you.*

Call for 24/7 CONFIDENTIAL Assistance

(866) 395-6790

Visit Our Website for Information on Our Exceptional Safety Record & Policies

(866) 395-6790

www.FHEHealth.com

Our Specialty Programs

COMPASS is designed for working professionals who have addiction/behavioral health or mental health issues that have created significant impairments in their functioning and has led to consequences necessitating treatment. These clients have demonstrated an ability to progress in life in certain areas (family, work, self-supporting) but these gains are impacted by poor choices, lack of self-care, and self-defeating behaviors that lead them to recognize that they need treatment to get back on track. The program is designed to educate, help clients to gain insight into their self-defeating behaviors and learn to develop new coping skills, social supports, and to make healthy choices consistently and appropriately.

THE *RESTORE* MENTAL HEALTH PROGRAM is designed to meet the needs of clients diagnosed with a primary mental health issue such as depression, anxiety, bi-polar disorder, schizoaffective disorder, and others. The program includes DBT skills, mental health education, and mental health focused process groups to target specific concerns. Supportive community setting helps clients deal with the stigma and emotions around having a mental illness. Clients learn practical coping skills and clinical services are offered alongside psychiatric, psychological, and neuro services designed to treat the whole person. May also be appropriate for clients with co-occurring disorders where clinical staff identify that Mental Health issues are a significant concern.

THE *THRIVE* BEHAVIORAL HEALTH PROGRAM is designed to provide the education & skills necessary to create a supportive and structured environment for clients to learn recovery skills that they have not yet been able to demonstrate. The program is designed to help those who have struggled with making healthy life choices make a commitment to recovery and demonstrate independent living skills, self-care, & gain meaningful insight into their addictive or mental health issues in order to course correct.

***SHATTERPROOF* @ FHE** combines therapy methods to address special needs of the First Responder population which includes; Firefighters, Police Officers, EMT's, Corrections Officers, Military (all branches to include Army, Navy, Air Force, Special OP's, Coast Guard, etc.), to address presenting problems related to mental health diagnosis, addictive behaviors, long-term traumatic exposure, cultural barriers and how it relates to various addictions manifesting in these communities.

***EMPOWER!* WOMEN'S PROGRAM** is founded on the belief that women best heal from mental health, relationship, or substance dependency in an honest, supportive, caring group that supports their health and well-being. Our program work is designed to encourage empowering relationships with other women to help build a strong social support network while learning and demonstrating the skills needed to live the best lives possible. The program addresses low self-esteem, shame, fear, trust issues, trauma, and depression as well as addictive disorders.