Recovery Centers of America

Recovery Centers of America (RCA) has created a confidential addiction recovery program for first responders and military members, named Recovering Emergency Service Community United (RESCU). The RESCU program has been implemented in multiple locations, including Indianapolis. Visit the RCA website for more information: Recoverycentersofamerica.com/substance-abuse-treatment/first-responders

Spend Time with Loved Ones
Do things that make you happy. Small things like taking a walk or playing a game can improve mental health. Make an effort to surround yourself with loved ones.

Utilize Support Services
Family and Social Services Administration
IN.gov/FSSA
Mental Health America
MHAI.net
Substance Abuse and Mental Health Services
SAMSHA.gov
Ask your agency what additional support services are available.

Perform a Well-being Test
Have you experienced feelings of irritability? Exhaustion? Sadness?
The self-assessments available via the University of Minnesota’s “Taking Care of your Health & Wellbeing” may help you evaluate your current state.
Take yours today at: Takingcharge.csh.umn.edu

Try Something New
Don’t be afraid to go outside of your comfort zone. Meditation, yoga and combat sports are great ways to expand your life circle. Breathing exercises can also be helpful.

Establish a Life Beyond the Job
Having friends and people you can associate with outside of your workplace is crucial to expanding your life experiences.

Please contact IndianaTrauma@isdh.in.gov for more information.