



The Oklahoma First Responder Wellness Division was unanimously passed and written into Oklahoma State Statute in 2022. We are the only Full-Time state funded PEER program committed to supporting the physical, mental, and spiritual well-being of our first responders. Here's a brief overview of services we offer:

- **Stress Management Massage Chairs:** Specially designed for anxiety relief.
- **Sleep Treatment Beds:** Aimed at addressing sleep-related issues from trauma exposure.
- **Hyperbaric Chamber:** Providing therapeutic benefits for mental well-being and cognitive health.
- **Brain Mapping/Neuro Feedback:** Utilizing advanced techniques to develop targeted therapeutic interventions & strategies to address trauma related issues in a non-invasive manner. **Coming 2024!**
- **EMDR Therapy:** Known for its effectiveness treating trauma by helping First Responders process & overcome trauma. **Coming 2024!**
- **First Responder Financial Classes:** Courses are built and led by professionals to help manage debt, investing, budgeting & retirement.
- **Statewide physical fitness & nutritional program:** There is something for everyone regardless of your condition from Functional Fitness, Ruck/Walk groups, & Yoga for First Responders.
- **Critical Incident Stress Management:** We offer one-on-one and group peer support as well as defusings & debriefings after a traumatic incident(s).
- **Mental Health Training:** Specifically designed for First Responders & the battles faced throughout your career.
- **Statewide Services:** We are located in OKC, but our Team is embedded across our State.

Our OKC office is staffed with certified peer members & trauma counselors, ensuring dedicated and trusted support. If you've experienced sleep deprivation or noticed a change in your behavior after a critical incident or a combination of incidents, our offerings are designed to help combat those symptoms.

We can bring all our mental & physical training to you and your agency. All services are **FREE**, and your privacy is protected under **Oklahoma State statute 12:2506.2**.

It is completely normal to have been affected by our career choice and what comes with it, but it **DOES NOT** have to define you. Every OKFRWD Team member has been there, and together we will help find a positive outcome for you and your FAMILY.

At your service,

The Oklahoma First Responder Wellness Division Team

For appointments, training request, or to learn more please contact Hannah Henshaw at hannah.henshaw@dps.ok.gov or call (405)482-2731.

