

# Mission Six: First Responder Therapy Program



## "We've Got Your Six"

Mission Six, our Partial Hospitalization Program (PHP) for First Responders, is designed specifically to provide intervention and stabilization for emergency personnel by culturally competent staff. During the day, patients receive therapeutic programming and medication management and return home in the evening. This structure allows for a balance between establishing connection with other peers and safety/support with staff while also maintaining connection with loved ones in the community.

## Program Benefits include:

- A structured, therapeutic environment, Monday through Friday from 8:30 AM to 2:30 PM. Lunch is included.
- Psychiatric care, including a mental health evaluation, medication management, and treatment.
- Extensive group therapy, with other first responder peers, that focuses on stress & trauma, emotion regulation, resiliency, substance use, sleep hygiene, nutrition, mindfulness, suicidal thoughts, and relationships.
- Physical activity is incorporated into the schedule daily.
- Multidisciplinary treatment team and discharge planning.
- Average length of stay is three to four weeks, but is dependent on the needs of the individual.

*Our mission: To be committed to the overall wellness of the first responder community and their families through treatment and education.*



**For more information,  
call West Pines at  
303-467-4080**

# Frequently Asked Questions

## What is a Partial Hospitalization Program?

Individuals receive the same level of therapeutic activity and medication management provided through inpatient care but return home in the evenings/weekends. This allows individuals to stay connected with loved ones and their community while providing the safety and support they need to manage their mental health.

## What does a typical day look like?

Though the schedule may vary depending on group dynamics, a typical day will likely be reflective of the following schedule:

8:30-9:45 AM: Check-in  
10:00-11:00 AM: Process group  
11:00-12:00 PM: Therapeutic skill building  
12:00-1:00 PM: Lunch  
1:00-2:00 PM: Physical activity  
2:00-2:30: Wrap up group  
2:30-3:00: Case management meetings as needed with families, couples, or individuals

## Can I carry my firearm on the premises?

No. West Pines does not permit firearms on the grounds.

## Does PHP work with my department?

With permission, we can speak directly to your department about your treatment and share only aspects that you approve to be communicated.

## How is privacy/confidentiality assured?

We do not release any HIPAA-protected information to anyone, including department, family, friends, etc. unless specific permission is granted by the individual.

## Will you accept my insurance?

We accept most major insurances as well as private pay.



## Program Values

**Mental Health:** We recognize that mental health is an essential piece to living a functional, healthy, and balanced life.

**Collaboration:** We understand that the most effective approach to treatment includes not only the responder themselves, but also their families, support system, and treatment team.

**Compassion:** We believe that one of the key ingredients to success is having compassionate, culturally competent staff who understand the unique needs of the first responder community.

**Integrity:** We value honesty and openness and demonstrate this through our ability to be reliable, trustworthy, and genuine.

**Positivity:** During times of challenge or peace, we demonstrate the value of maintaining a sense of resiliency and optimism.

**Respect:** Through a sense of mutual respect, we strive to highlight and reinforce each individual's strength and value them for who they are.

### West Pines

3400 N Lutheran Parkway  
Wheat Ridge, CO 80033  
P: 303-467-4080