



Penn Medicine
Princeton House Behavioral Health

First Responder Treatment Services



Princeton

Inpatient



Princeton House is an acute inpatient facility with psychiatric services specifically designed to treat individuals with psychiatric illnesses such as post-traumatic stress, depression, and anxiety and co-occurring substance use disorders. We recognize the significant sacrifices first responders make to keep us all safe, and have created enhanced services to address their unique needs.

First Responder Treatment Services are available for police, corrections officers, firefighters, paramedics, emergency medical technicians, active duty military personnel, and veterans. Staffed by veteran military, law enforcement officers, firefighters, and EMTs, First Responder Treatment Services understands that the chronic state of heightened awareness and exposure to tragedy can have a devastating impact.



*“Under our uniforms,
we are human beings. The stress and
demands of our job are not always physical
in nature. Princeton House Behavioral Health
provides the support and resources our
career firefighters, EMTs, and dispatchers
need to overcome the challenges of mental
stressors and addiction.” —Ed Donnelly,
President, NJ Firefighters Mutual
Benevolent Association*

**Inpatient Admissions:
888.437.1610, option 1**

princetonhouse.org/firstresponders

Treatment at Princeton House is approved by most insurance plans, including Tricare, Medicaid, and Medicare. Transportation may be available for partial hospital programs.

Inpatient care includes:

- Comprehensive evaluation
- Assessment and treatment of co-existing medical and psychiatric conditions
- Individualized treatment plan
- Individual and group therapy
- Family therapy and psychoeducation
- Evidence-based on a harm reduction model. Traditional 12-step recovery based programs are also offered.
- 24-hour, 7-day-a-week nursing coverage
- Psychotropic medication management, as needed
- Nutrition counseling
- Expressive therapies (such as art or music)
- Fitness gym



“The First Responder Team is amazing. I felt I could actually open up and share, which got me better.”

—Former Patient



When it's time to ask for help

First responders are unaccustomed to asking for help, after all, it's their job to rescue and protect others. Here are some signs you may need help:

- Marital discord
- Domestic violence
- Financial difficulties
- Parenting and relationship issues
- Emotional numbness
- Substance use as a coping mechanism
- Inability to sleep
- Excessive alcohol use
- Disconnecting from spouse, children, family
- Hyper-vigilance when off the job
- Workplace reprimand
- Suicidal thoughts

As with any medical problem, the sooner you reach out for help, the earlier you can begin treatment. You do not need to be “in a jam” before seeking help. Early intervention—whether from a brother or sister first responder, family member, or supervisor—can help you interrupt the problem and lead to new ways to cope with on-the-job stress.

You will not be alone as you take this important first step. We listen to your concerns without judgment. We will help you heal and move forward with confidence.



Confidential services

Our First Responder Treatment Services are confidential and completely private from the beginning of treatment until you return to your work and home. Your supervisor and brothers/sisters at work will not have to know that you have turned to us for treatment.

Your return to work and community

Every First Responder is a valued member of his/her department. When it's time for a First Responder to return to his/her community, a recommendation will be made for follow-up care. We also refer to community outpatient providers and can help First Responders locate a 12-step program or "Bottles & Badges" support group near his/her home.

We coordinate each First Responder's return to work with a telephone call to his/her department, corps, or union liaison to ensure that all requirements for a smooth transition are met.



Whether returning home from deployment, running into a burning house fire, investigating a gruesome homicide, or handling a motor vehicle accident or a prisoner assault on an officer, first responders engage the danger when others seek safety.

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“For me, as a first responder, that group was a huge help and part of my recovery... I was able to completely open up and identify the real issues as I had a network that understood me.”

—Former Patient

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“I will never forget that you saved my life.”

—Former Patient

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Princeton

905 Herrontown Road
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Call us

We want to answer your questions.
Call us directly.



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