



## **First Alarm Wellness, A Family Counseling Corporation Who helps the Helpers? We do!**

### **Our Story**

First Alarm Wellness, A Family Counseling Corporation is a specialty behavioral health practice providing services to the first responder (Fire, Law Enforcement, Medical, and Disaster) community.

It all started after one call for help... “We have two different people saying that they can’t come back to work, and we don’t know what to do!” Our founder, Tina Casola, jokingly states, “that’s when you all hijacked me from the VA”. Recognizing the lack of education, understanding, and clinically effective resources offered to local First Responders, Tina made it her duty to inform the community of this unrecognized epidemic. She set out to create educational content that was approachable and cost effective, and bring out evidence-based interventions she knew worked so well within the military community. Over many years, Tina and her programs have become a valued and trusted resource with departments throughout California and across the United States.

It is important that we are available to you when you need us; providing access through phone, email, and video platforms enables us to stay better connected and to provide the highest quality of care. In addition to training, consultation for program design/implementation, and crisis response services, Clinicians affiliated with First Alarm Wellness provide clinical services in person, via Telehealth, and HIPAA-compliant and secure video conferencing.

### **Our Services**

We are not your typical therapy practice where you have an assigned date and time every week. Consider us full-service, concierge care...we are with you every step of the way as a teacher, advocate, supporter, and friend providing you with the following services:

- Clinical Oversight of existing programs or creation of new programming
- Clinical Counseling Services
- Individual, Couples, Family, and Group Counseling (In-Person and via Telehealth)
- Crisis Response Services; Acute and Long-term (on site and via Telehealth)
- Peer Support Training and Consultations
- Department Level Consultations
- Family Education
- Evidence-Based Interventions such as:
  - Prolonged Exposure Therapy (PE)
  - Cognitive Processing Therapy (CPT)
  - Eye Movement Desensitization and Reprocessing (EMDR)
- Community Outreach and Education
- Conference and CE Presentations
- Continuing Education Classes

122 Civic Center Drive #101, Vista, California 92084  
Office@FirstAlarmWellness.com  
VM: (760) 650-4128      Confidential Fax: (888)464-4455



## First Alarm Wellness, A Family Counseling Corporation Who helps the Helpers? We do!

### Selecting the “Right” Clinician

#### A sure way to selecting a Clinician:

- Consider your specific needs.
  - What’s your concern and goal for the time spent in sessions?
- Evaluate the Clinician’s experience and specializations.
  - Schooling, additional education and supervision, time in service with the population or working with similar concerns
- Judge how well the therapist can relate to you.
  - Is this someone I feel like I can talk to? Have they worked with others like me?

#### The Various Licenses:

- Licensed Marriage and Family Therapists
  - Provide more than couples or family therapy; adept at assessment, diagnosis and interventions as well, often with an eye to the system and how we work together.
- Licensed Clinical Social Workers
  - Assessment, diagnosis, and clinical intervention; often skilled in resource utilization and coordination of care.
- Licensed Professional Clinical Counselors
  - Assessment, diagnosis, and clinical intervention
- Licensed Clinical Psychologists
  - In addition to counseling services, have additional training to administer certain cognitive testing such as some Pre-Employment Exams or Qualified Medical Examinations (QMEs)
- Licensed Psychiatrist
  - A medical doctor, primarily for pharmacological interventions

#### Differences in Training:

- Clinical Skills
- All license types have had rigorous education and training in assessment and counseling technique, are required to have completed thousands of hours under supervision, and pass state licensing exams.
- Training and experience in evidence-based intervention
- Continuing education
- Understanding of community and cultural influences

### First Responder Testimony

*“As for Tina Casola, I really enjoyed hearing her speak. Her cutting-edge knowledge of this topic was riveting. She spoke to, but not at us with what appears to be a genuine caring for us. She was enthusiastic and eager to share her experiences as well as a hope for a better method to help and treat our Brothers and Sisters in the future. It appears that this enthusiasm has ignited a mental health discussion between not only the individuals who were able to attend her lecture but also the crews who have heard about it from their officers. I look forward to her continuing involvement in our department in the future.” -Lieutenant Fire Service*

122 Civic Center Drive #101, Vista, California 92084  
Office@FirstAlarmWellness.com  
VM: (760) 650-4128 Confidential Fax: (888)464-4455



## **First Alarm Wellness, A Family Counseling Corporation Who helps the Helpers? We do!**

*“You’re like a genie. Is this what therapy is?! I walk away feeling great every time. I came in for work stuff but we’re also talking about this other stuff, and I just want to keep coming back!” – Firefighter to one of our exceptional clinicians who know the culture, but more importantly- they know their jobs!*

### **It’s Not All About PTSD**

---

We understand the concerns of a First Responder’s family and that life itself throws curveballs on a regular basis. Whatever your concern, you can feel at ease knowing that we will understand every aspect...not just the label of the job.

Interpersonal conflict, infertility, pregnancy loss, grief, family concerns, and substance misuse are just some of the other reasons why people reach out. Whatever is on your mind...we are here to help!

### **Progressive approach to Workers Compensation**

---

It takes a village! This is a concept well known and advocated by all of us at First Alarm Wellness. Collaboration is key to success in the wellness world. Over the last several years we have developed relationships with agencies to provide effective interventions for an individual while being mindful of our fiscal responsibility to the agency and community. We are happy to be pioneers in developing efficient processes and partnerships in supporting mental stress related claims.

Want to know more? Contact Tina Casola directly at (760) 275-1469 or [Tina@FirstAlarmWellness.com](mailto:Tina@FirstAlarmWellness.com).