

ASAP

ACUTE STRESS ADAPTIVE PROTOCOL

*First responders carry a different kind of trauma.
Their care should reflect that.*



SCAN TO WATCH
6-MINUTE VIDEO

44%

reduction in post-traumatic
stress symptoms*

66% TO 22%

participants meeting the clinical
PTSD threshold: before vs. after*

1 SESSION

measurable relief
reported by participants*

■ What ASAP is

ASAP is an EMDR-based intervention designed for first responders and led by trained peers and chaplains. It is designed to help your mind and body process job-related stress and trauma before the effects take root.

■ Private and confidential

No identifying record of attendance or incident details is kept. You never have to describe what happened; the facilitator guides the process. Because incident details are not discussed, ASAP may be appropriate during active investigations.

■ When it helps

- Everyday stress - process it before it builds up.
- After a critical incident - ASAP may be used as soon as three days after an officer-involved shooting.
- One-on-one or group - choose what feels right, at no cost.

OPTIONAL BIOFEEDBACK

See your stress response change.

For one-on-one sessions, NeuroSmart tracks heart rate and skin response in real time, showing change as you process.

- + Real-time visual feedback
- + Supports self-regulation
- + Private and optional

AT A GLANCE

- ✓ No cost or insurance billing
- ✓ No need to retell the event
- ✓ Led by trained peers and chaplains
- ✓ Group or one-on-one options

**Program-reported outcomes; results vary. Source details available on request.*

TAKE THE FIRST STEP

Schedule a free ASAP session

Call 503.819.9481 | Leo@HopeChaplain.com

HOPECHAPLAIN

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