

WELCOME

The Larimer County Criminal Justice Services Peer Support Team (PST) welcomes you. Whether you are a new employee, or a seasoned veteran, the PST stands ready to assist you in times of stress, crisis, or problems in everyday living.

Members of the PST are specifically trained in Peer Support, and are available to all employees and volunteers of the Larimer County Criminal Justice Services .

Should you or your family need any type of personal support, please contact us directly. You may talk with whomever you choose, and you don't need prior approval from a Supervisor. There is **NO COST** to utilize a PST member or any of the FRTC Clinicians. PST members are available all hours, day or night, 24/7.



PEER SUPPORT TEAM MEMBERS

Charmaine Bendzsa
970-214-9869
(Coordinator)

Sydney Thompson
303-594-1482
(Coordinator)

Joanne Rupert, MA
LPCC, NBCC, DCS
970-217-8885
Assigned Clinician

For Appointments

Kharis Johnston
970-222-4193



911OVERWATCH.ORG

“We Get It”

National Suicide Prevention Lifeline
1-800-273-TALK
(8255)

Text “BADGE” to
741741

Should you need an **ASAP** response from us;
PAGE 888-218-7820—We respond as soon as possible

First Responder Trauma
Counselors

19 Old Town Square
Fort Collins CO 80524
Phone: 970-222-4193
Fax: 970-416-1119
E-mail: info@911overwatch.org



LARIMER COUNTY CRIMINAL JUSTICE SERVICES



**PEER SUPPORT
OVERVIEW**

“No One Fights Alone”



PEER SUPPORT

Traditionally, emergency services personnel have turned to each other for support. Peer Support is based upon the philosophy that often the best person to help is another person in the same career. Members of the Peer Support Team (PST) are specifically trained in peer support and are available to all employees of the Department.

PST CONFIDENTIALITY

Issues discussed during peer counseling, on scene support, and other PST interactions are considered confidential within the limits of C.R.S. 13-90-107(m). *Who may not testify with consent* and other applicable statutes. The safeguarding of information acquired in such settings, is deemed a primary obligation of PST members. PST members reveal information involving others ONLY with the consent of the person, except when:

1. A person is mentally ill and presents an imminent danger of suicide or homicide, or a person is gravely disabled,
2. A person is intoxicated and there is an immediate danger to self or others,
3. There is actual or suspected child or elder abuse or neglect, or actual or suspected crimes against at risk persons,

Confidentiality is the primary requirement of each and every PST member to the individual whom they support. PST members do have an obligation to discuss information involving Peer Support interactions with the Assigned Clinician/ Clinical Supervisor or of the Peer Support Team.

THE PEER SUPPORT TEAM

The PST is ready to assist you. They can help you with any issue, including critical and traumatic incidents, chronic work stressors, relationship & family issues, substance abuse & addiction difficulties, sleep & shift problems, suicidal thoughts or feelings and other work or personal concerns.

You may call, contact in person, text or email any member of the Peer Support Team.

HOW TO FIND HELP

No one can live through a situation for you however, you do not have to go through it alone. Allow your family, friends and peers to help. As a member of the Larimer County Criminal Justice Services,, you may utilize any of the following resources:

Directing Clinical Supervisor

Joanne Rupert MA, LPC, NBCC
joanne@911overwatch.org
970-217-8555

Employee Assistance Program (EAP)

CompPsych 1-800-272-7255

RESOURCES INCLUDED IN EMPLOYEE HEALTH INSURANCE PLAN

Independent counseling and support services covered under the EPD insurance providers:

Meritain Health (Aetna Network)

1-800-318-2023

Wellness Clinic

970-980-2425

Your Peer Support Team is available to you and your immediate family members 24 hours a day, 7 days a week.

IF YOU ARE NEEDING EMERGENCY MEDICAL OR BEHAVIORAL HEALTH ASSISTANCE CALL 911 IMMEDIATELY



See sister site 911Lightenup.com for mindfulness & Relaxation ideas

“All Badges, All Uniforms”