



**Date:** October 4, 2019  
**To:** All AMR San Diego Employees  
**From:** Mike Rice, Director of Operations  
**Subject:** Employee Mental Wellness Initiatives

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### **Focus Psychological Services**

Team,

AMR Management Team is excited to share with you that we now have a signed contract with Focus Psychological Services. Focus also provides services to the San Diego Fire-Rescue and Police Departments, in addition to several other departments in San Diego County. Focus services are open to all current AMR employees in San Diego County and their immediate family members. Their services are completely confidential and specifically geared toward the needs of the First Responder Community. For more information on Focus Psychological Services, or to set up an appointment for support, please visit their web site at <https://focuspsychservices.com/> or give them a call at 858-565-0066. They'll ask, but make sure you tell them you work for AMR. In addition to Focus please see additional resources below.

### **AMR Peer Support Team**

AMR has partnered with SDFD to provide a Peer Support Team for our employees. This team is made up of your coworkers who regularly attend specific Critical Incident Stress Management and Peer Support certification courses and training. At present, the team consists of AMR field employees from the City of San Diego Ops, but the plan is to expand this to all operations in the County soon. Until this is done, this team has committed to supporting all AMR employees in SD County. In addition to our own team, our employees will also have access to the SDFD and SD City Lifeguards Peer Supporters. Keep an eye out for more communications in the near future describing how best to access this resource.

### **Employee Assistance Program**

AMR provides up to 10 counseling sessions with various types of counselors through our pre-existing EAP Provider, Morneau Shepell. They recently added some counselors to their roster who do specialize in Trauma and First Responders, but they also work with issues like Family/Marriage Counseling, Addiction Counseling, Financial Counseling and much more. To learn more about their services, or to request counseling, please visit <https://www.workhealthlife.com/?explicitSoftLogin=true> or call 1-800-272-2727.

### **Other Resources**

As always, any employee may feel free to reach out to any member of management for direct assistance, or to be directed toward the appropriate resources. Your Labor Representatives are also a valuable resource to direct you to any help that you might need. In the not-too-distant future, our Therapy Dog program will be up and running with Baxter providing support. Also, we are exploring the possibility of starting a Chaplain Program. More to come as we further develop our support network.