

WHO is the On-Site Academy?

The On-Site Academy has a skilled staff of licensed clinicians, CISM advanced-trained peers, national trauma consultants, and additional support staff from Law Enforcement, Fire, Emergency Medical Services, Military and family of first responders.

For more info...

We know you have questions. Please do not hesitate to contact us!

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Fx: (978) 874-0770

info@onsiteacademy.org

www.onsiteacademy.org

www.facebook.com/onsiteacademy

Want to talk to someone that has been through the program? We have many graduates willing to talk to you about their experience with On-Site Academy! They remember what it was like to walk through these doors.

"A place to go to get away from the everyday stressors of life, start the healing process, and deal with the incident that put you out of service in the first place."

*-Stowe, MA. Firefighter, E.M.T., and
Navy veteran of the U.S.S. Iowa
explosion*

We take your confidentiality very seriously! Please make an appointment before arriving.



On-Site Academy

P.O. Box 1031;
Gardner, MA 01440
219 Bragg Hill Road;
Westminster, MA 01473

(978) 874-0177

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On-Site Academy

"Serving Those Who Serve"



Training and treatment for emergency personnel working on critical incident stress management and/or substance abuse.

Emergency personnel:

Firefighters, Law Enforcement, Emergency Medical Personnel, Military Personnel and other first responders.

Phone: (978) 874 - 0177

Pager: (781) 553 - 0542

Critical Incidents / Trauma

Emergency Personnel have extraordinarily high coping abilities and deal with events, almost daily, that would be highly stressful for any "normal" person. No matter what uniform is worn, he or she is a human being first. Beyond personal histories of traumatic events are work related incidents known to be critical incidents such as:

- Line of duty death/injury
- Suicide of a working colleague
- Serious injury/death of a child
- Prolonged failed rescue
- Mass casualty
- Victim known to responder
- Safety jeopardized
- Administrative betrayal
- Excessive media coverage

These events can overwhelm even the most experienced veteran. In addition, the cumulative effects of years of experience and coping in the field can also be overwhelming. Nightmares, flashbacks, fear of the event happening again, appetite and sleep disturbances, nausea, anxiety and even interruptions in intimacy, are but a few of the possible reactions to stress/trauma.



Main Campus - Windy Hill

Substance Abuse / Addictions

There is a growing awareness of substance abuse in emergency personnel. Yet many civilian facilities are not equipped to treat emergency personnel in a residential setting in a way that creates safety and understanding for the population. At on-Site Academy emergency personnel work with other emergency personnel. This enables treatment to be open and honest without judgment.

Why Trauma and Addictions Together?

The integrated model of treating Trauma and addictions together is more and more often considered the treatment of choice as today's understanding of the two diagnoses continues to grow.

Becoming abstinent from substances does not 'fix' Trauma and, in some cases, may cause the symptoms to worsen. Creating a safe environment to treat both the Trauma and the substance abuse simultaneously allows for greater and lasting success.



Our main rooms are all set-up family style

Programs

Programs are tailored to best fit the individuals participating. Our most common programs include:

Intensive Intervention Program: Treatment and education focusing on Critical Incident Stress Management

RESTORE: 3-day program for combat veterans (from all time periods) returning to or entering emergency personnel jobs at home.

Extended Care Program: 30-90 day program for critical incident stress and addictions together.

Transition Program: Allows return to home and work while still receiving addictions support.

W.I.N.G.S. Widows/Widowers In Need of Grief Services following Line-of-Duty Death, Suicide, Accident and/or Natural Causes.

Family Education and Support: Non-residential services for loved ones affected by and/or concerned about an emergency personnel's career and/or symptoms.



Located on 29 acres of land; the rest of the world melts away.