

# FAQ



1

## Who is Mission: Share the Load available to?

Hopkins County first responders (including dispatch and ambulance, as well as volunteer firefighters), veterans and service members.

2

## How do I access services?

Visit the website, click on the "Services" tab and reach out to the provider who seems best suited for your needs. You must make the appointment yourself (in order to ensure confidentiality). Telehealth options are available with Kentucky-based providers.

3

## Is Mission: Share the Load confidential?

100%. No one with the Patrick Rudd Project will be given the name of any person accessing services. Your provider will assign you a unique client ID. This will be the only identifier used on invoices to PRP. This may sound like lip service, so feel free to ask your provider to go over their confidentiality requirement at your first appointment. Also, no one from the City, County, or any agency will have access to any client information.

4

## How is Mission: Share the Load different than my City/County EAP?

PRP has done the leg work for you by vetting mental health professionals (MHPs) who have extensive experience working with your population. Our current providers collectively have 60 years of experience working with first responders, veterans and/or military service members. You also get to choose (from our current list of five vetted providers) with whom you make an appointment. Your EAP is still a great resource for marriage, family, financial and general therapy.

# FAQ



5

## Do I have to provide my insurance card or say where I work?

No. When making your appointment, you will provide your name and let your provider know if you are a Hopkins County first responder, veteran or service member. You will be asked if you are dispatch, emergency service, fire, law enforcement, military or veteran (\*this info will be used for required grant reporting). No other identifying criteria will be given to PRP. Your provider will bill PRP using your unique client ID.

6

## How many sessions with a provider will the Patrick Rudd Project pay for?

Currently, PRP will pay for up to five sessions with one of our vetted MHPs. If the client and MHP agree that additional sessions are needed and funding is available, PRP will cover additional sessions at the MHP's recommendation.

7

## Five sessions don't sound like very many. How will this program be helpful to me?

Most responders/veterans can achieve resolution in as little as 2-3 sessions by utilizing EMDR (see bottom of "Resources" page to learn more about EMDR). All of our partner providers are required to offer EMDR to clients (\*you are not required to utilize EMDR but your MHP will explain it to you in detail to let you decide).

# FAQ



8

## Why is Mission: Share the Load needed?

- We lose 20 veterans a day to suicide.
- We lose more first responders every year to suicide than in the line of duty.
- Up to a quarter of 911 dispatchers have symptoms of PTSD.
- Over 93% of our needs assessment respondents stated they've experienced a traumatic or extremely distressing event while on a call.
- Over 60% of respondents stated they have experienced depression during their public service career.
- 55% of respondents stated they have experienced PTSD during their public service career.
- 74% of respondents stated they have experienced anxiety during their public service career.
- 14% of respondents stated they have had thoughts of suicide during their public service career.
- 49% of respondents stated they would consider utilizing resources if a confidential, third party paid for them.

9

## The Patrick Rudd Project doesn't have experience as public servants, military service members or as mental health professionals. Why do you think this is what our population needs?

Through six months of research (including interviews with current and former first responders, veterans and mental health providers who have extensive experience with these populations, as well as observing successful EMDR sessions), we've created Mission: Share the Load using pieces from other organizations and seminars that have proven successful.

# FAQ



10

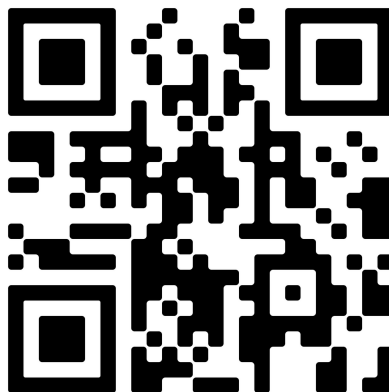
## I've seen a MHP who has done great work. How can they become a partner provider with Mission: Share the Load?

Scroll to the bottom of the "Services" page. Our mandatory checklist for partner providers is located there.

11

## How can I learn more about this program, EMDR, or hear success stories?

We have two more awareness sessions in the coming weeks led by our partner providers to fully explain the resources available to you. Your department should have this information, but please contact [patrickruddproject@gmail.com](mailto:patrickruddproject@gmail.com) if you need the date/time/location.



[missionsharetheload.org](http://missionsharetheload.org)