

HELP!
BY LOU CAMPIONE

In October 2007 President McNesby asked for a review of all that the F.O.P. and Law Enforcement Health Benefits was doing with regard to our Behavioral Health programs.

Together we reviewed all of our programs and made a series of recommendations to President Mc Nesby and to Tom Lamb, administrator of L.E.H.B. All of these recommendations were adopted and we continue to develop programs according to the needs of our membership. Please make note the FOP is located now at 11630 Caroline Road.

These programs include:

- Green To Blue
 - This is a support group for our members who also serve in the military. It is open to all military personnel components.
 - For information contact Alfeia Goodwin alfeia.goodwin@us.army.mil, or call her at the 3rd District 215-686-3030, or contact Lou Campione or Roosevelt Poplar 215-629-3000.

- Bottles and Badges AA Support Group
 - Meetings are every Wednesday at 7:00pm, located at the F.O.P., .
 - Information can be obtained from the website, www.bottlesandbadges.org

- Psychologist Dr. Paul Dikun
 - The Doctor is in on Fridays starting a 6:00AM at LEHB headquarters 2235 Spring Garden St.
 - To make an appointment contact Helen Miller at LEHB 215-763-8290.

- Internal Employee Assistance Program (Peer Officers)
 - Available by contacting 215-685-9940

- External E.A.P. (Professional Counseling)
 - External Employee Assistance is provided by Penn Behavioral Health. They are a part of the University of Pennsylvania Health System. Combined with our Law Enforcement Health Benefits network, Tom Lamb, Administrator. We have available, more than eleven hundred Psychiatrists, Psychologists, Counselors and Social Workers.
 - They can be reached at 1-888-321-4433, 24 hours a day.

- Shooters Support Group
 - The group meets every other Thursday, (opposite of payday) at the Fraternal Order of Police. at 7:00pm.
 - This is a support group open to anyone who has been involved in a shooting. Yvette Clark and Jonathan Josey have led this charge.
 - Any questions concerning the Shooters Support Group please contact, Jonathan Josey or Andy Callahan at 1-888-915-3776
 - The Law Enforcement pier support network (sponsored by the F.O.P.) is available 24 hours, 7 days a week, by contacting our hot line at 1-888-91-LEPSN (53776) or on the web at www.lepsn.org.

In addition to the above listed programs we have asked for assistance from outside agencies and they have provided tremendous help to us.

These programs include:

- Retrouvaille
 - A weekend program for hurting marriages, with follow up sessions to assist in continuing the healing and renewal process.
 - Contact 1-800-470-2230.
- Focus on the Family
 - Resources for marriage, family and parenting.
 - Contact 1-800-A-Family or www.focusonthefamily.org.
- New Life Resources
 - Dealing with life and addictions.
 - Contact 1-800-New-Life or www.newlife.org.
- Family Life Today
 - Resources for marriage and family.
 - Contact 1-800-FLTODAY or www.familylife.org.
- Project Rachel
 - Post abortion healing
 - Contact 215-587-5640

F.O.P. Chaplain Joe Cella assists with coordinating spiritual counseling. He can be reached by contacting the FOP at 215-629-3600. Chaplain Cella is our liaison with more than seven hundred clergy of all faiths. There have been more than two thousand studies that have concluded a strong spiritual foundation helps us in every aspect of life. One study concluded that the divorce rate for those families that pray together each day and attend weekly services was 1 out of 1052 as compared to 1 out of 2 for those who do not have a spiritual component. There is an old saying “The family that prays together stays together.” If you have any questions regarding any of these programs you can contact Lou Campione at 215-823-9828. HELP was updated on 2-28-2013.