

**HELP!**  
**BY LOU CAMPIONE**  
Updated 1-6-2014

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 Law Enforcement Health Benefits. All of these recommendations were adopted and we continue to develop programs according to the needs of our membership.

These programs include:

- The Law Enforcement Peer 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](http://www.lepsn.org). The following organizations operate under the LEPSN;
- First Responder Addiction Treatment (FRAT) Program
  - Livengrin Foundation has been treating Philadelphia Police Officers Since 1966. This program was designed and run by one of our own Lodge 5 members. The staff of the FRAT program is a mixture of active and retired law enforcement, peer and professional counselors. They can help with all addictions or a combination of addiction and mental health concerns. Both inpatient and outpatient needs are addressed with this program. The FRAT program can help get police officers back on the street with better coping skills and more resources to cope with job related stress.
  - FRAT HOTLINE- **855-372-8435**
  - Web Page [www.responderaddiction.com](http://www.responderaddiction.com)
- Gambling Treatment

We have received requests for help regarding gambling. We have sought assistance from Charles Mirarchi who is a Certified Compulsive Gambling Counselor. He offers this insight into gambling addiction. If you have a gambling problem, it can affect every facet of your life. It can change your perception, strain your relationships and interfere with your obligations and responsibilities. You may think you can stop any time you want. However, you just can't seem to do it. Compulsive gambling is an addiction which can be successfully treated if you have the right help.

Understanding Gambling Addiction and Problem Gambling which is Pathological gambling the clinical term for compulsive gambling. It is recognized in the DSM-V as Gambling Disorder, an Addiction, over time it gets worst. Left untreated, it can be devastating. It can ruin your marriage, your family, your career, and your life. You

can become someone that you thought you would never become, obsessed with the thought of gambling, you begin to chase your losses. You neglect everything that is near and dear to you. You do not want to be this person, but you think you have no choice. You rationalize, just one more, the next bet can make everything better, and my whole world can change with taking just one more chance. If you or someone you love is struggling with a gambling problem or any other addictions, we can help you. C.P.Mirarchi, Counseling Center, LLC 1526 Wolf St. 215-370-9700  
[www.thegamblingcounselor.com](http://www.thegamblingcounselor.com)

- 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](mailto: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, the Fraternal Order of Police 11630 Caroline Road
  - Information can be obtained from the website, [www.bottlesandbadges.org](http://www.bottlesandbadges.org) or by calling the LEPSN Hotline 888-91-LEPSN (53776).
  
- Psychologist Dr. Paul Dikun
  - The Doctor is in on Fridays starting a 6:00AM at Law Enforcement Health Benefits at 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 Monday 7:00 P.M. at the Fraternal Order Police
  - 11630 Caroline Road. This is a support group open to anyone who has been involved in a shooting. Yvette Clark and Jonathan Josey have led this charge. Yvette Clark at 215-669-1321

- Any questions concerning the Shooters Support Group please contact, Jonathan Josey 267-235-1539, or Andy Callahan at 215-806-9894, or Yvette Clark 215-669-1321.
- If you have questions concerning any of these programs contact Lou Campione at 215-823-9828.

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](http://www.focusonthefamily.org).
- New Life Resources
  - Dealing with life and addictions.
  - Contact 1-800-New-Life or [www.newlife.com](http://www.newlife.com)
- Family Life Today
  - Resources for marriage and family.
  - Contact 1-800-FLTODAY or [www.familylife.org](http://www.familylife.org).
- Project Rachel
  - Post abortion healing
  - Contact 215-587-5640

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