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**NEWS RELEASE**

*For Immediate Release – July 8, 2024*

**Fort Worth Police & Fire Departments Seek Additional  
General and Mental Health Partners for R3 Wellness Program**

FORT WORTH, Texas – After announcing its new Wellness Unit and related initiatives just three months ago, Fort Worth Police and Fire Departments are seeking additional program partners to offer complimentary support services through its R3 - Respond, Restore, Resolve Wellness program.

Desired program partners include organizations who can offer “free of charge” or donated services in the areas of financial literacy, marriage and family counseling support, addiction/substance abuse, moral injury cumulative build-up counseling, and general physical health; and have a proven history of working with first responders and first responder-related issues and environments. Apply here: <https://www.r3program.org/>. The application window is open July 1-31, 2024.

Fire and Police have committed to building awareness of moral injury within the departments. Moral injury is the damage done to one’s conscience or moral compass when a person perpetrates, witnesses, or fails to prevent acts that transgress one’s own moral beliefs, values, or ethical codes of conduct.

“After starting up the Wellness Unit just 90 days ago, we are ready to start adding more program offerings to our entire team,” said Fort Worth Police Sgt. and Wellness Unit Supervisor Jason Ricks. “Providing varied resources to fit First Responders is a key component of the Wellness Unit. We are seeing positive impacts within our community, and conversations around mental health are happening – that’s a big deal.”

R3 focuses on a holistic approach to wellness by integrating mental, emotional, physical, and spiritual support to address moral injury. R3 offers training, access to non-clinical preventative care resources, and culturally competent counseling, all to eliminate stigma and increase the efficiency and effectiveness of departmental support.

“After attending R3’s American Warrior Association training, I can personally say, it’s been life-changing, and we are hearing similar stories from other program participants,” commented Fort Worth Fire Chaplain and Wellness Unit Lead Cliff Weaver. “It is critical that we continue to add impactful program options that provide short-and long-term benefits for as many First Responders who are interested.”

R3 offers benefits that extend across all fronts. First responders gain access to crucial tools and resources enabling them to address moral injury, ultimately fostering resilience and well-being. For departments and agencies, the program promotes a healthier workforce, leading to reduced absenteeism and improved overall performance and morale. Together, these efforts will directly benefit

the community by enhancing officers' mental strength to de-escalate situations; ultimately strengthening relationships between first responders and the communities they serve.

In addition to the American Warrior Association programming, the Wellness Unit offers support services from [Boulder Crest Boulder Crest Foundation - The Home of Posttraumatic Growth \(PTG\)](#).

**About AWA/R3**

The American Warrior Association (AWA) is a 501(c)(3) nonprofit organization. The AWA is dedicated to honoring our Nation's military, veterans, first responders, and their families in mind, body, and soul. R3 - Respond. Restore. Resolve. — [American Warrior Association \(AWA\) \(awa-usa.org\)](#).

**About FWPD**

The Fort Worth Police Department (FWPD), established in 1873, is in North Central Texas and part of the Dallas/Fort Worth (DFW) metroplex. The department has an authorized strength of 1,882 sworn peace officers dedicated to serving almost one million people. The department's motto is "Service with Respect, Dedicated to Protect."

**About FWFD**

The Fort Worth Fire Department, comprised of 45 stations and 1,049 uniformed firefighters, protects one of the fastest-growing metropolitan areas in the country covering 345 square miles, serving almost one million residents. Its mission is "To serve and protect our community through education, prevention, preparedness and response."

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