



Purpose-Built for Fire Service Personnel Purpose. Structure. Restoration.

➤ Who Is Compass?

Compass Integrative Recovery is a 30-day structured mental health and recovery program designed for high-functioning professionals carrying sustained operational stress, cumulative trauma, and the demands of high-risk service roles. The model is tailored specifically for firefighters, and fire service leaders who often do not respond well to traditional clinical or institutional environments.

Compass understands the culture, pace, and realities of firefighters. This is not a retreat and not a one-size-fits-all solution. It is an outcomes-driven environment that respects duty, accountability, discretion, and the responsibility that comes with protecting others.

➤ What Compass Does for Firefighters

Compass helps operators stabilize, recalibrate, and re-engage with clarity and purpose without stripping identity or agency. The focus is restoration, resilience, and sustainable performance, not symptom suppression or passive care. Common focus areas include operational burnout, anxiety and depression, substance misuse, sleep disruption, nervous system fatigue, and transition-related stress.

➤ How the Program Works

Participants remain engaged and accountable under professional oversight. Compass integrates licensed medical and behavioral health care, evidence-based clinical modalities, physical regulation, structured daily routines, and personal responsibility within a community-based accountability model.

➤ Proven Clinical Modalities

Participants leave with practical tools they can apply immediately and continue using long term.

- **Groundbreaking TMS** (Transcranial Magnetic Stimulation), a non-invasive, FDA-cleared treatment for depression and trauma-related conditions, shown to improve outcomes for individuals who have not responded to traditional approaches. Clinical studies report sustained improvement for most participants.
- **Individual and Group Therapy** using evidence-based approaches including Cognitive Behavioral Therapy (CBT), Internal Family Systems (IFS), and Interpersonal Neurobiology-informed care.
- **Personalized Brain Mapping and Neurofeedback** to support focus, emotional regulation, sleep, and stress response.
- **Integrative Family Support** to strengthen communication and long-term relational stability.
- **Equine-Assisted Services** to build emotional awareness, confidence, boundaries, and trust through horses.
- **Post-Program Continuing Support** to reinforce progress and long-term success.

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