



RESTORES[®]

LIVES ♦ FAMILIES ♦ COMMUNITIES

UNIVERSITY OF CENTRAL FLORIDA

ANNUAL REPORT 2025



RESTORING HOPE



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A LETTER FROM THE EXECUTIVE DIRECTOR

UCF
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Dear Friends and Supporters,

When I look back at 2025, I see a year of **connecting the dots**.

For nearly 15 years, UCF RESTORES has been building something remarkable – piece by piece, program by program, innovation by innovation.

First, we developed an intensive treatment model that achieves **unprecedented results**. Then, we expanded that model to reach **new audiences**. We've created peer support platforms that reach **hundreds of thousands**. We train first responders and clinicians **across the country**, and we respond to Florida's **worst disasters**. In 2025, we launched "Stronger Together" – a resource series built by first responder spouses and partners, for first responder spouses and partners – extending our commitment to **whole-family wellness**. Also in 2025, we welcomed the 2nd Alarm Project – a Panhandle-based, grassroots organization dedicated to enhancing first responder behavioral health and resilience – into our organization as the UCF RESTORES 2nd Alarm Project, **adding new capabilities** and **deepening our reach** within Florida's public safety community.

“

For nearly 15 years, UCF RESTORES has been building something remarkable –

**PIECE BY
PIECE,
PROGRAM
BY PROGRAM,
INNOVATION
BY INNOVATION.**

”

Each achievement is significant on its own, but is made even more powerful as part of **a larger picture**. Our research drives treatment innovations. Those treatment insights shape our training programs. That training builds peer support networks. Our crisis response applies everything we've learned to prevent trauma before it takes root. Our community resources ensure resilience extends beyond the individual to the entire household. And, through the UCF RESTORES 2nd Alarm Project, our behavioral health navigation and capacity-building expertise helps agencies across Florida develop the infrastructure needed to sustain mental wellness programs long-term.

Together, these components form **an interconnected, comprehensive system**, with each one strengthening the next. This system has crystallized through our team's lived experience:



The 2016 **Pulse nightclub** tragedy taught us that effective trauma care couldn't stop at treating veterans and active-duty military; we needed to serve first responders and survivors, too.



The 2021 **Surfside collapse** – where we provided psychological first aid sitting on curbs and surrounded by debris – showed us that crisis response required proper infrastructure.



That insight led to our **Resiliency Command Center**, unveiled in 2025: a brand-new mobile facility that gives first responders the privacy and dignity they deserve when seeking support at disaster scenes.

And our years of close collaboration with first responders, their families, and their agencies revealed ongoing gaps in support – from resources for spouses and children navigating the stressors of public safety life, to navigation and capacity-building assistance for rural professionals and departments. Our rollout of **family-focused programs** and integration of the **2nd Alarm Project** help address those needs.



***Each challenge revealed a gap, each gap sparked an innovation,
and each innovation connected to everything else we'd built.***

In 2011, UCF RESTORES was established with the goal of treating trauma. Today, we've evolved beyond that original goal to build **an ecosystem of full-spectrum mental wellness management** that serves veterans, active-duty military, first responders, and trauma survivors. Over this past year, we've focused on making that ecosystem visible, redefining our structure to reflect how our components actually work together. You'll see this new structure reflected across the pages of this annual report and on our refreshed website (www.ucfrestores.com).

The UCF RESTORES Ecosystem

At the heart of everything is the **UCF RESTORES Research Center**: the engine driving innovation across every program. It's the foundation upon which all our other work is built, and its influence threads through every component you'll read about in the pages ahead.



That research foundation enables the **Rosengren Trauma Clinic at UCF RESTORES** to deliver exposure therapy treatment that exceeds national standards.



The **UCF RESTORES Training System** extends that impact, equipping thousands of first responder peer supporters and clinicians nationwide.



The **UCF RESTORES RescueLine Suite** – Redline, Blueline, and Goldline – connects those trained professionals with hundreds of thousands of first responder users annually.



The **UCF RESTORES Critical Incident Response Division** deploys expertise directly to disaster scenes, with the support of our Mobile Resiliency Command Center.



The **UCF RESTORES 2nd Alarm Project** delivers capacity-building support, behavioral health navigation, and crisis response across Florida's Panhandle.



The **UCF RESTORES Community Outreach Program** breaks down barriers through education, engagement, and media relations.

IN 2025:



Our clinicians provided **2,100+ hours of evidence-based** care across 1,500+ appointments, serving more than 175 individuals;



We trained **450+ first responders** through 34 peer support trainings across 85 agencies;



We supported **65+ agencies** through capacity-building initiatives;



We equipped **175 clinicians** through our newly-launched online courses for supporting first responder wellness and our hallmark TMT training course;



Redline Rescue, Blueline Rescue, and Goldline Rescue enabled peer support access for **700,000+ first responders** cumulatively;



We **facilitated critical incident debriefings** while continuing to serve on Florida's Mental Wellness Incident Management Team; and,



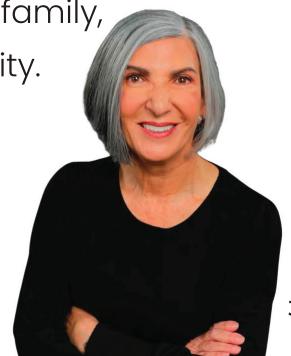
We reached **250+ individuals** via mental health awareness sessions and dedicated **1,300+ hours** to community engagement while collaborating with media across the nation.

None of this would be possible without you: our partners, donors, supporters, and those who have placed their trust in us.

Thank you for playing an indispensable role in carrying forward our mission, whether you serve as an advocate for a specific program or a donor who helps power our end-to-end operations.

We will **never give up** offering hope and effective treatment to anyone in need. And we will never give up on our vision for a world where mental wellness and resilience is restored to every individual life, every family, and every community.

Deborah C. Beidel, Ph.D., ABPP
Executive Director, UCF RESTORES





UCF RESTORES Clinician Tamara Nelson prepares for a VR exposure therapy session.

The Rosengren Trauma Clinic at UCF RESTORES

Delivering no-cost, evidence-based treatment with outcomes that exceed national standards

In 2025, the **Rosengren Trauma Clinic at UCF RESTORES** delivered **2,148 hours** of evidence-based trauma care across **1,510 appointments**, serving **178 individuals** through our Intensive Outpatient Program, individual therapy sessions, and clinical consultations. Our patients include veterans, active-duty military, firefighters, law enforcement officers, emergency dispatchers, healthcare workers, and civilian trauma survivors, with each receiving treatment tailored to their unique experiences and needs. This year in total, we delivered clinical services valued at **\$431,615**.

Since our founding, we've treated more than **2,150 individuals** – including nearly **600 military** members and **1,350+ first responders** – delivering clinical services valued at more than **\$4.35 million dollars**.

2,148
hours

1,510
appointments

\$431,615
service value

“ These numbers reflect our continued commitment to
eliminating financial barriers
while maintaining the clinical rigor that sets our outcomes apart ”

The Rosengren Trauma Clinic's treatment model remains anchored in **Trauma Management Therapy (TMT)**, an evidence-based protocol that combines exposure therapy with additional cognitive and behavioral interventions. Central to this approach is our pioneering use of virtual reality **(VR)-assisted exposure therapy**: a methodology developed at UCF RESTORES that allows clinicians to create immersive, customized environments reflecting each patient's specific traumatic experience.

This innovation continues to produce **results that exceed national standards for PTSD treatment**, with exceptionally low dropout and relapse rates demonstrating both immediate effectiveness and long-term sustainability.

How It Works

The Rosengren Trauma Clinic's treatment model is built on Trauma Management Therapy (TMT): a comprehensive protocol that addresses PTSD through structured **exposure therapy, cognitive restructuring, and skills-based interventions**.

What distinguishes our approach is the integration of customized VR technology, a technique we've refined at UCF RESTORES over more than a decade of clinical practice and research.

VR-assisted exposure therapy allows clinicians to create **immersive environments tailored to each patient's traumatic experience**. Whether recreating a combat patrol, an active fire scene, a line-of-duty shooting, a hurricane disaster site, or an emergency dispatch center, the technology enables patients to process their trauma in a controlled, therapeutic setting. Each session is designed collaboratively between patient and clinician, ensuring the virtual environment reflects the specific sensory details – sights, sounds, smells, and spatial elements – that trigger the patient's trauma response.



This precision matters. Traditional exposure therapy relies on imagination or static images; VR provides dynamic, multisensory engagement that activates more of the neural pathways associated with traumatic memory. The result is **faster processing, deeper engagement, and more complete resolution of PTSD symptoms.**

In our **Intensive Outpatient Program**, VR-assisted exposure sessions are delivered alongside group therapy modules addressing anger management, sleep disturbance, guilt, moral injury, depression, and social reintegration. This dual approach – intensive individual work paired with peer-supported skill-building – creates ideal conditions for sustained recovery. The outcomes validate our model's effectiveness:

PERCENTAGE OF PATIENTS WHO

NO LONGER MEET DIAGNOSTIC CRITERIA FOR PTSD

FOLLOWING UCF RESTORES 3-WEEK IOP



76%
of first responders



67%
of veterans and
active-duty personnel

In 2025, we also demonstrated that these outcomes can extend beyond our clinical center. Through a \$10 million Department of Defense-funded trial, we trained therapists at three military installations on the East Coast to deliver UCF RESTORES' treatment protocol to active-duty personnel. **The results were equally strong**, with 67% of participants no longer meeting diagnostic criteria for PTSD at treatment completion. This trial proved that our model works across trauma types (including military sexual trauma and training accidents), can be delivered effectively by independently trained clinicians, and achieves consistent outcomes regardless of setting.

At UCF RESTORES, VR amplifies clinical expertise, allowing our clinicians to meet patients precisely where their trauma lives. The technology accelerates the therapeutic process while maintaining the safety and structure essential to effective exposure work. As we continue refining our methodologies and expanding applications, we remain committed to **pushing the boundaries of what's possible** in trauma treatment. To learn more about UCF RESTORES' treatment services, visit www.ucfrestores.com/treatment.



The UCF RESTORES REACT Team joins the Hernando County Sheriff's Office for a peer support training session.

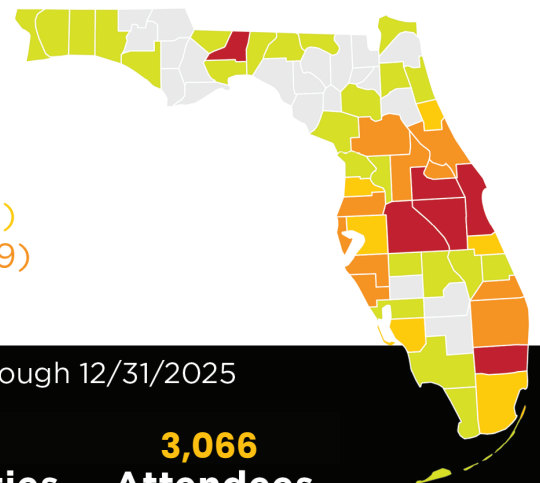
The UCF RESTORES Training System

Building a nationwide workforce for trauma-informed care

The **UCF RESTORES Training System** strengthens mental wellness infrastructure by equipping both frontline peers and licensed clinicians with the skills to recognize, respond to, and support individuals navigating trauma. In 2025, our training programs reached **450+ first responders** and **175 clinicians** nationwide, building sustainable systems of care that extend far beyond our clinical center.

REACT Training Program

(1-24)
(25-49)
(50-149)
(150+)



Through 12/31/2025

45
Counties

3,066
Attendees

REACT

In 2025, our **REACT** program – teaching public safety personnel to Recognize, Evaluate, Advocate, Coordinate, and Track peer mental health needs – trained **458 first responders** across **85 agencies** through **34 sessions** delivered statewide. In December, the program reached a significant milestone: **3,000 participants trained since its inception**, reflecting the growing recognition that peer support is essential infrastructure for first responder behavioral health.



One of 2025's most memorable training sessions took place in March, when UCF RESTORES partnered with the **Men At Arms Law Enforcement & Public Safety Motorcycle Club (LEMC)** for a specialized peer support event.

More than 30 motorcyclists – representing law enforcement officers, firefighters, and veterans – rode in from Indian River County for a two-day REACT session. This event underscored a growing trend of Florida first responders proactively seeking peer support training, recognizing that mental wellness requires both organizational commitment and peer-to-peer action.

REACT Peer Support Training

Our hallmark REACT training program — designed to help public safety personnel Recognize, Evaluate, Advocate, Coordinate, and Track the mental health needs of their peers — remained a cornerstone of our first responder training model in 2025.

In 2025 we trained...



108

civilian
personnel



163

law enforcement
personnel



187

fire service
personnel

Post-training satisfaction survey results reflect REACT's enduring impact:

94%

of participants say the training
gave them useful skills they or
their department can use.

93.9%

learned how to have
more supportive
conversations with peers.

93.2%

report improved
ability to recognize
stress in others.

93.5%

would recommend
the training to
other first responders.

On average, REACT-trained personnel report:

Using their peer support skills
with an average of **27 peers**
per month; and,

Referring **15 peers per month**
to additional support services

Over the past calendar year, our team hosted:

34

REACT trainings
for more than

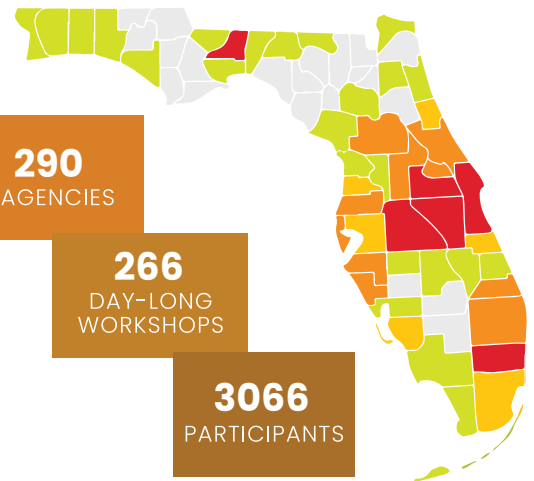
458

participants
across

85

agencies

REACT Training Impact To-Date



This year also marked the launch of **REACT Retiree**, a specialized training program designed by retired first responders for retired first responders. Retirement often brings abrupt disconnection from the identity, structure, and community that defined decades of service. REACT Retiree addresses this transition by equipping retirees to serve as peer support providers for fellow retirees, using a “train-the-trainer” model that creates sustainable support networks beyond active duty. To learn more about UCF RESTORES’ REACT training – and to explore hosting a session with your department – contact the REACT team directly at REACTPeerSupport@ucf.edu.

Clinician Training | First Responder Occupational Fluency

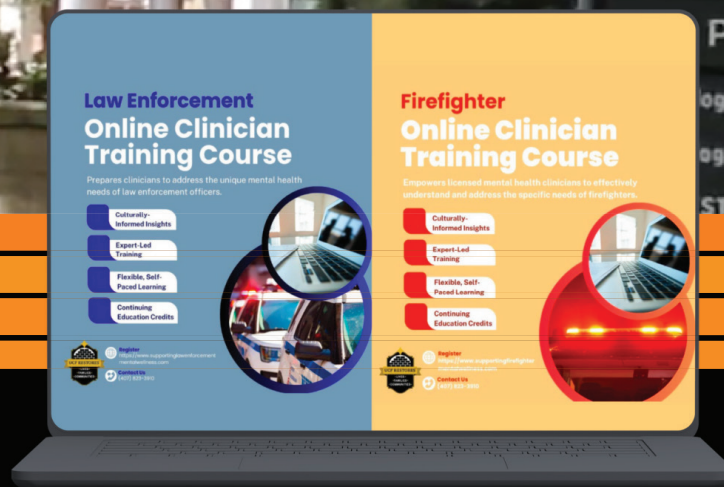
Supporting First Responder Mental Wellness

(1-4)
(5-9)
(10-14)
(15+)

Through 12/31/2025

42 **453**
Counties **Attendees**

UCF RESTORES' clinician training programs address **a critical gap in the mental health workforce**: the need for providers who understand the operational realities, cultural values, and occupational stressors specific to first responder communities. In 2025, we continued expanding access to specialized training through two online courses designed to build clinical fluency in fire service and law enforcement contexts.



Both programs reflect a shared, core principle: effective treatment requires more than general trauma expertise. Clinicians must understand the **language, values, and lived experiences** of the populations they serve. By removing geographic and scheduling barriers through online delivery, UCF RESTORES is building a **national workforce of providers** equipped to deliver care to first responder communities.

[\(www.UCFRESTORES.com/training/supporting-firefighter-mental-wellness/\)](http://www.UCFRESTORES.com/training/supporting-firefighter-mental-wellness/)
[\(www.UCFRESTORES.com/training/supporting-law-enforcement-mental-wellness/\)](http://www.UCFRESTORES.com/training/supporting-law-enforcement-mental-wellness/)



RescueLine Subject-Matter Expert / Indian River County Fire Rescue Lieutenant & Chaplain Dustin Hawkins joins clinicians for an occupational fluency training course.

The UCF RESTORES RescueLine Suite

Connecting first responders with trained peers through specialized platforms

For first responders navigating trauma or mental health challenges, the decision to seek help is rarely straightforward. **Cultural stigma, distrust of civilian providers, and the practical challenge of finding clinicians** who understand the job can create real barriers to care for those in need.

The **UCF RESTORES RescueLine Suite** addresses these obstacles by connecting first responders with trained professionals who understand the language, culture, and lived realities of public safety work.

Each platform – [RedlineRescue.org](https://redlinerescue.org) for firefighters, [BluelineRescue.org](https://bluelinerescue.org) for law enforcement, and [GoldlineRescue.org](https://goldlinerescue.org) for emergency dispatchers – provides **24/7, confidential access** to peers trained through UCF RESTORES' REACT program.

These peer supporters provide **immediate guidance**, help users assess and navigate their situation, and connect them to appropriate resources, whether that's departmental support, family services, or clinical intervention.

When more intensive intervention is needed, users can access a **directory of clinicians** who have completed UCF RESTORES' specialized first responder mental wellness training. Recognizing that public safety careers impact entire households, **resources for spouses and family members** are also available.

In 2025, the RescueLine platforms collectively reached **722,268 users** – representing firefighters, law enforcement officers, emergency dispatchers, and family members – offering confidential, 24/7 access to support delivered by individuals who understand the language, culture, and lived realities of public safety work.

Together, these platforms represent the nation's **only comprehensive peer support network** purpose-built across all three core public safety disciplines.



Redline Rescue™

Our flagship peer support platform serving firefighters and their families – recorded **530,760 visitors** in 2025, underscoring its continued relevance and engagement.



Blueline Rescue™

Launched in late 2023, for law enforcement officers and their families – welcomed **134,723 visitors** in its second full calendar year, signaling strong early adoption and potential.



Goldline Rescue™

Introduced in early 2024 and designed specifically to meet the unique challenges of emergency dispatchers and their families – welcomed **56,785 visitors** in 2025.



First responders assess site damage following the collapse of Champlain Towers South in Surfside, FL.

The UCF RESTORES Critical Incident Response Division

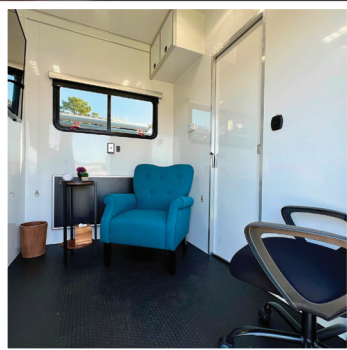
Deploying trauma-informed care directly to disaster scenes

The **UCF RESTORES Critical Incident Response Division** provides immediate psychological support to first responders and communities facing traumatic events. Whether responding to natural disasters, mass casualty incidents, or line-of-duty fatalities, our team delivers critical incident debriefings and Psychological First Aid designed to **reduce acute distress** and **prevent long-term** trauma from taking root.

These debriefings support agencies as they navigate the aftermath of officer-involved shootings, firefighter fatalities, and other high-impact incidents.

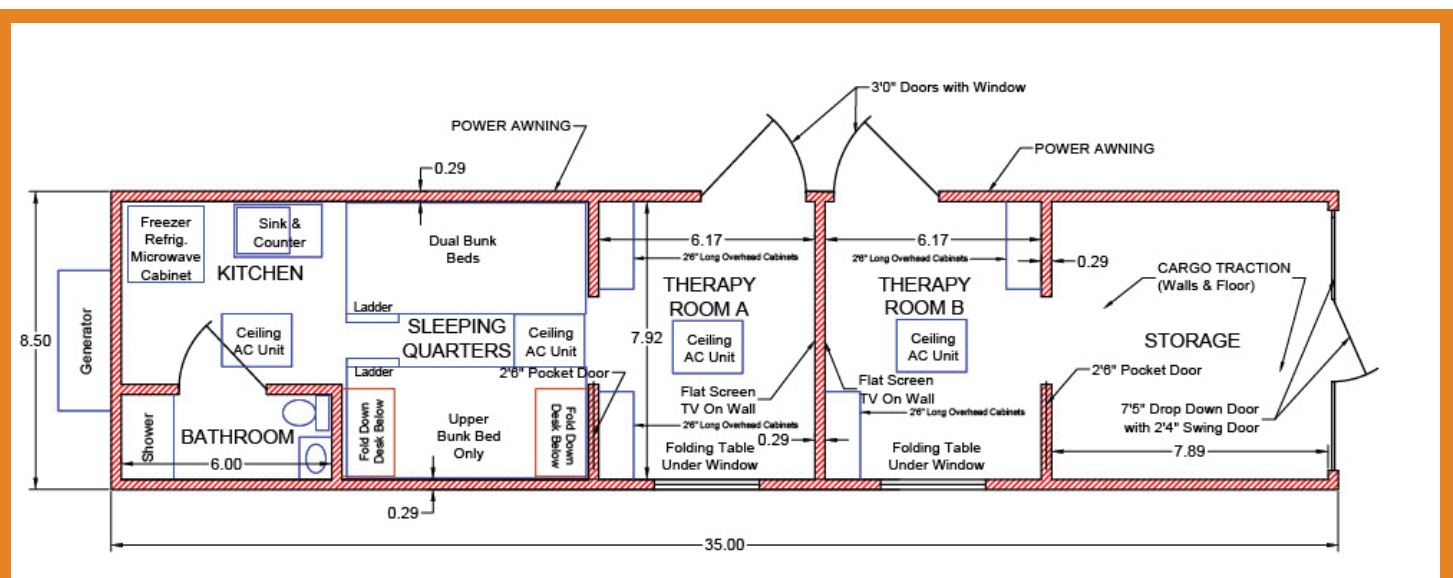
Additionally, during the devastating Texas floods in July 2025, UCF RESTORES consulted with the deployed Search & Rescue units regarding best practices for self care throughout their rescue operations.

IN 2025 **16** **critical incident debriefings**
we conducted **across six counties**



This year marked a transformative advancement in our crisis response capabilities: the official unveiling of the **UCF RESTORES Resiliency Command Center**.

Funded by the Florida State Legislature and built in partnership with Lockheed Martin, the mobile unit addresses a longstanding operational gap: providing a **dedicated, private space for delivering Psychological First Aid** at disaster scenes.





Historically, our team relied on makeshift spaces provided by partner agencies – often busy, high-traffic areas lacking the privacy individuals need to process traumatic experiences.

The Resiliency Command Center eliminates that challenge.

The 30-foot mobile facility features two private therapy rooms, a kitchen, sleeping quarters for extended deployments, and clearly marked exterior branding that signals its purpose: a safe space for first responders seeking support.

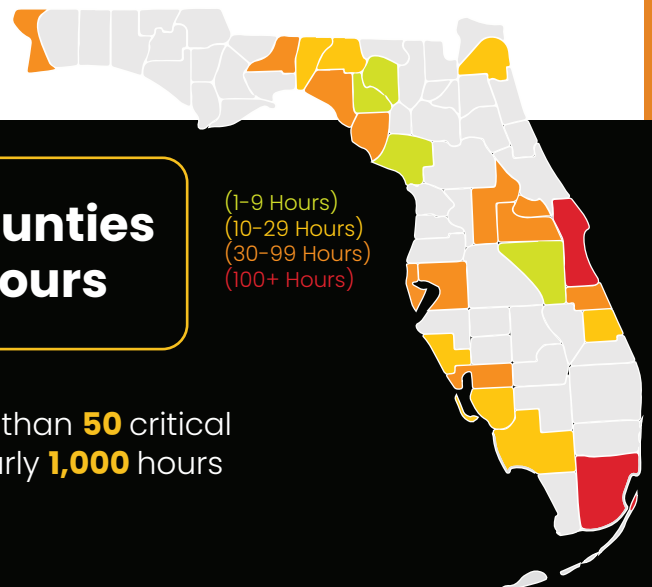
The unit reduces confusion, protects confidentiality, and ensures that psychological care is delivered with the same professionalism and infrastructure as medical triage. Check out a video tour of the Command Center [on our Facebook page.](#)

As Florida continues to face hurricanes, wildfires, mass casualty events, and critical incidents, the Resiliency Command Center positions UCF RESTORES to respond with **greater speed, capacity,** and **dignity** by meeting first responders directly in the field during their times of need.

**TO-DATE
IMPACT
BY THE
NUMBERS**

24 Counties
963 Hours

(1-9 Hours)
(10-29 Hours)
(30-99 Hours)
(100+ Hours)



Since 2019, UCF RESTORES has responded to more than **50** critical incidents across the state of Florida, investing nearly **1,000** hours in the post-traumatic health of our communities.



First responder spouses and partners join UCF RESTORES for a “Stronger Together” workshop.

The UCF RESTORES Community Outreach Program

Expanding awareness and access to life-saving resources

Building public understanding and professional awareness of trauma-informed care remains essential to UCF RESTORES' mission. The **UCF RESTORES Community Outreach Program** extends our impact beyond clinical treatment and training by supporting industry initiatives, engaging media, and participating in events that break down barriers to mental wellness across Florida and beyond.



“Stronger Together” + Family Support Resources

In 2025, UCF RESTORES launched **Stronger Together**, a comprehensive resource series developed by first responder spouses and partners for first responder spouses and partners. The program addresses a reality often overlooked in mental wellness conversations: public safety careers profoundly impact entire households, not just the individual wearing the badge or uniform.



1. Building Resilient Relationships Introduction

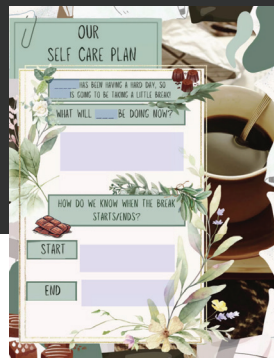


2. Law Enforcement Roles and Community



3. Firefighter Roles and Community

Stronger Together provides **in-depth video content**, **presentation slides**, and **facilitated workshop options** that explore the unique challenges facing those who support first responders – from managing unpredictable schedules and missed family events to navigating secondary trauma and the cultural dynamics of public safety life. The content is created by people who have lived these experiences, offering **authentic insights** and **practical strategies** for those navigating life alongside someone in public safety, whether they're just beginning that journey or have been in it for decades. Agencies and organizations can access the no-cost materials independently [on our website](#) or request that UCF RESTORES facilitate a custom workshop tailored to their community's needs.



Complementing this work, UCF RESTORES also introduced the **First Responder Family Resource Pack**, a collection of tools designed to strengthen household resilience during challenging times. The packs include **stress management guides** for children, teens, and adults, along with **"rainy day plan" templates** to help families navigate the disappointment and disruption that comes when a first responder parent must unexpectedly miss important events due to duty. Agencies interested in distributing these resources to their personnel can contact RestoresTrainings@ucf.edu to request packs.

Zero-Suicide Prevention Framework Strategic Action Forum

In August 2025, UCF RESTORES was honored to participate in the **Florida State Fire Marshal's Zero Suicide Prevention Framework Strategic Action Forum**. The forum brought together fire service leaders, peer supporters, clinicians, and stakeholders to adapt the nationally recognized Zero Suicide Prevention Framework specifically for Florida's fire service. UCF RESTORES contributed clinical expertise and operational insights to help shape a culturally relevant, implementable framework designed to prevent suicide through system-level strategies and evidence-informed protocols. This collaboration reflects our commitment to advancing prevention efforts that extend beyond individual treatment to address organizational culture and infrastructure.

Awareness & Advocacy

In 2025, UCF RESTORES led **14 mental health awareness trainings**, reaching **259 attendees**

through presentations designed to educate community members, agency leaders, and allied professionals on trauma recognition, peer support strategies, and pathways to care. Our team also dedicated **1,340 hours** to **257 public service events**, including outreach booths, informational sessions, and collaborative engagements with fire departments, law enforcement agencies, healthcare organizations, and civic groups. These efforts strengthen relationships, build trust, and ensure that mental wellness remains a shared priority across disciplines and communities.



UCF RESTORES Exec. Director Deborah Beidel addresses first responders, legislators, partners, and UCF leadership at the Resiliency Command Center unveiling event.

Accolades

In 2025, UCF RESTORES leadership received state and national recognition for excellence in trauma care and first responder mental wellness.



UCF RESTORES Deputy Exec. Director Kellie O'Dare accepts the 2025 Florida Fire Chiefs' Association Safety, Health and Wellness Award of Excellence with Joanne Rice, Director of the Florida Division of State Fire Marshal.



UCF RESTORES Exec. Director Deborah Beidel

In October, **Kellie O'Dare, Ph.D.** received the Florida Fire Chiefs' Association Safety, Health and Wellness Award of Excellence – an honor recognizing individuals who demonstrate ongoing commitment to safety, health, and wellness within Florida's fire rescue, and EMS services, or who have made significant contributions to wellness programming within their organizations and the service as a whole. Dr. O'Dare's work through the 2nd Alarm Project and UCF RESTORES has empowered departments statewide to build peer support infrastructure and develop sustainable mental wellness programs tailored to their communities' needs.

In December, **Deborah C. Beidel, Ph.D., ABPP**, was named Big 12 Conference 2025 Faculty of the Year – an annual honor highlighting exceptional researchers, innovators, and difference-makers at each of the athletic conference's 16 universities. The recognition acknowledged Dr. Beidel's pioneering development of virtual reality-assisted exposure therapy, which consistently produces PTSD treatment outcomes exceeding national benchmarks, as well as this year's launch of the Resiliency Command Center bringing on-site psychological support directly to disaster scenes across Florida.



MEDIA ENGAGEMENT

Men at Arms LEMC Vice President Will Harris speaks with media ahead of a specialized UCF RESTORES REACT training session.

In 2025, our team supported **18 feature placements** across digital, print, and broadcast platforms, **reaching more than 27.5 million** readers, viewers, and listeners across the nation. Notable coverage included:



"The Courage of First Responders Can Only be Imagined – But at What Cost to Them?" WFSU's Margie Menzel discussed the merger of 2nd Alarm Project into UCF RESTORES, highlighting the need for first responder behavioral health resources across the state.
([WFSU Public Media](#))



"UCF RESTORES Expands Resources to Help Florida First Responders During Natural Disasters" Spectrum 13's Emma Delamo joined UCF RESTORES Executive Director Dr. Deborah Beidel for a tour of the recently unveiled Resiliency Command Center.
([Spectrum News 13](#))



"Behind the Rescue: UCF Expert on the Mental Toll of Disaster Response" Following the tragic floods in Texas, UCF's Chad Binette interviewed Dr. Beidel on the "invisible toll" felt by first responders who rush to the scenes of our nation's worst disasters.
([UCF Today](#))



State Rep. David Smith and State Senator Tom Wright present UCF RESTORES with \$500,000 from the Florida State Legislature.

2025 Funding Impact

Fueling innovation and sustaining our ecosystem

UCF RESTORES operates at the intersection of clinical excellence and financial pragmatism.

While our outcomes rival those of well-resourced national programs, our work depends on a patchwork of grant funding, legislative appropriations, and private support – each essential to sustaining operations, expanding reach, and maintaining the **no-cost access** that defines our mission.

Through the **Florida Department of Children and Families' First Responder Regional Support Grant**, UCF RESTORES served as one of only five Regional Support Centers statewide from May 2022 through June 2025, delivering no-cost peer support training, clinician education, and suicide prevention resources across a 12-county region of Central Florida.

THIS THREE-YEAR FUNDING ENABLED:



75+

**REACT
Training Sessions**



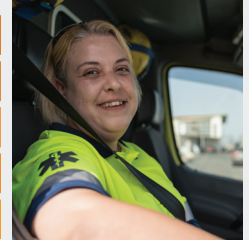
550+

**First Responders
Reached**



60+

**Public Safety
Agencies**



350+

**Clinicians
Trained***

** via "Supporting Firefighter Mental Wellness: A Clinician's Guide",
"Supporting Law Enforcement Mental Wellness: A Clinician's Guide"*

While this revenue stream has expired, the infrastructure it helped build – trained peer supporters, equipped clinicians, and strengthened agency partnerships – continues to serve Florida's first responder communities. UCF RESTORES remains committed to sustaining these programs through legislative appropriations, private donations, and future grant opportunities.

LEGISLATIVE SUPPORT

The **Florida State Legislature's \$500,000 appropriation** for fiscal year 2025–26 provides the foundational funding that keeps UCF RESTORES operational, supporting clinician salaries and program administration. This investment enabled our clinicians to restore hope to **178 individuals** – including 27 military members and 138 first responders – across **2,148 hours** of trauma-focused care in 2025. We remain deeply grateful for the Legislature's sustained confidence in our mission and its recognition that effective trauma care requires long-term investment, not short-term intervention.



From left: Florida State Senator Tom Wright, UCF RESTORES Executive Director Deborah C. Beidel, Florida State Representative David Smith



Lockheed Martin representatives at the UCF RESTORES Resiliency Command Center unveiling event.

PRIVATE DONOR SUPPORT

Grant funding sustains our research initiatives, and legislative appropriations support clinical operations, but neither typically covers the full cost of innovation, equipment replacement, or emergency response readiness.

Private donors bridge that gap. Individual contributions and philanthropic partnerships fund clinical scholarships for patients facing financial barriers to treatment, technology upgrades that keep our VR platform at the cutting edge, and operational reserves that allow us to deploy crisis response teams without hesitation.



UCF RESTORES team members manage a regional training event.

To-date, UCF RESTORES has delivered **millions in clinical services** while operating on a budget that would be considered modest in academic medical centers or large nonprofit health systems.

Every dollar is leveraged for maximum impact, but **sustainability requires continued support from all three funding streams.** As we work to expand programming, increase patient capacity, and respond to Florida's evolving trauma landscape, the partnership between public investment and private generosity remains essential to our mission.

Introducing The UCF RESTORES 2nd Alarm Project



Dear Friends, Old & New –

When I founded the 2nd Alarm Project in 2019, I recognized **a critical opportunity to strengthen the systems that support first responders across Florida**, particularly in rural and under-resourced communities. While agencies in major metro areas had accessible and robust mental health resources, those same supports weren't consistently reaching departments outside urban centers. But these communities possess **deep local commitment, strong interpersonal trust, and a shared sense of responsibility** for one another – and building on those strengths would become our guiding principle.

From the beginning, we set out to build something grounded in evidence-based practices and sustainable systems. Through the 2nd Alarm Project, we've trained peer supporters, responded to critical incidents, created toolkits agencies could actually use, and helped departments build their own mental wellness infrastructure. This work has been intentionally grassroots and relational, building on the strengths of close-knit departments where leadership, peer support, and trust allow meaningful change to take root quickly.

In early 2025, the 2nd Alarm Project integrated with UCF RESTORES to become the **UCF RESTORES 2nd Alarm Project**. UCF RESTORES delivers clinical rigor, research-backed methodologies, and statewide infrastructure, while our team brings trusted frontline relationships, deep regional knowledge, and a proven record of supporting first responders, their families, and their agencies. **Together, we're stronger and better positioned to serve.**

As part of UCF RESTORES, we will continue delivering the training, crisis response, and hands-on support that Panhandle-area agencies have come to rely on – now strengthened by the clinical expertise and research infrastructure of **Florida's leading trauma research and treatment center**. This integration ensures that first responders and their families, in every corner of the state, have access to the comprehensive support they deserve.

To everyone who has supported the 2nd Alarm Project from the beginning, **thank you** for believing in us. And to the UCF RESTORES community, **thank you** for your partnership and shared commitment as we carry this work forward together.

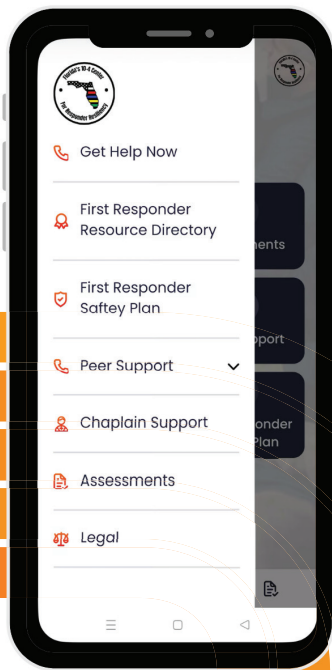
With gratitude and resolve,

Kellie O'Dare

Deputy Executive Director, UCF RESTORES
Founder, 2nd Alarm Project



Behavioral Health Access Program (BHAP) Toolkit



The **BHAP Toolkit** is one of the Project's signature contributions to the UCF RESTORES resource ecosystem: a comprehensive, freely accessible guide designed to help first responder agencies and individuals navigate Florida's behavioral health landscape. The toolkit is available as part of "The 2nd Alarm Project" mobile app, available on the [**Apple App Store**](#) and [**Google Play**](#).

Since its 2023 launch, the BHAP Toolkit has been downloaded nearly **1,000 times, with 350+ downloads** in 2025 alone.

Beyond the toolkit, the UCF RESTORES 2nd Alarm Project provides Behavioral Health Navigation services: personalized guidance helping individuals and agencies identify, access, and connect to appropriate care. Navigators work one-on-one with first responders and their families, supporting them from the point of recognizing a need through successful connection to services that are timely, responsive, and aligned with the realities of public safety work. Since the program's inception, navigation services have been provided **over 5,000 times**.

The UCF RESTORES 2nd Alarm Project partners with public safety agencies at varying stages of development, offering strengths-based, collaborative capacity -building and technical assistance. Working alongside agency leadership and peer support teams, the Project helps agencies identify and implement **evidence-based practices while supporting program design, policy development, and implementation planning** tailored to each department's culture, structure, and operational realities.

This collaborative approach supports agencies in building, strengthening, and sustaining comprehensive mental wellness frameworks, with particular emphasis on developing peer support teams and resources.

In 2025, the program supported **45+ departments** through capacity-building initiatives. Since the program's inception, over **100 agencies** have received technical assistance to enhance and maintain mental wellness programs across Florida's first responder community.

Training Programs

The UCF RESTORES 2nd Alarm Project expands the reach of the UCF RESTORES Training System by delivering **mental health awareness, suicide prevention, and posttraumatic growth training** to agencies. These programs equip first responders, agency leadership, and peer support team members with the skills to recognize and respond to behavioral health challenges, including trauma exposure, suicide risk, burnout, and cumulative stress, ensuring mental wellness education reaches agencies with limited access to specialized resources or instruction.

Mental Health Awareness Training provides foundational education on stress, trauma, suicide prevention, and available resources. In 2025, the program conducted **69** Mental Health Awareness sessions, reaching **1,354** first responders across **15** counties.

Firefighter Mental Health Awareness, "Train the Trainer," goes a step further, preparing agency members to deliver mental health awareness education within their own departments. In 2025, two Train the Trainer sessions equipped **46** individuals across **15** counties to serve as mental health educators within their agencies.



Applied Suicide Intervention Skills Training (ASIST) is an evidence-based, interactive training that teaches skills to recognize suicide risk, intervene effectively in the moment, and connect individuals to ongoing support. The Project facilitated the certification of **10** first responder ASIST trainers who are now positioned to train their peers across Florida.

Struggle Well® Training, in partnership with Boulder Crest Foundation, teaches the science of posttraumatic growth and helps first responders learn how to grow in the face of adversity. In 2025, the Project facilitated **24** StruggleWell sessions, training **400** first responders across **14** counties.



Critical Incident Response

The UCF RESTORES 2nd Alarm Project extends the reach of the UCF RESTORES Critical Incident Response Division, providing immediate peer support to agencies navigating line-of-duty deaths, officer-involved shootings, mass casualty events, and other traumatic incidents to the Panhandle region. By coordinating peers who understand operational realities alongside clinician-backed resources, this approach offers support that is both peer-driven and professionally supported.

In 2025, the UCF RESTORES 2nd Alarm Project facilitated response to **25 critical incidents** across the Panhandle, ensuring that departments – regardless of size or location – have access to timely, culturally responsive support during some of their most challenging events.



Join Us

Connect

Follow UCF RESTORES on social media to stay informed, amplify our mental wellness content, and engage with resources that educate and destigmatize trauma care. Your likes, shares, and comments expand our reach into communities where help feels out of reach.

Share

Many first responders, veterans, and trauma survivors don't know where to find help. Share UCF RESTORES' resources with people in your life who might need them. Forward links to the Rescueline Suite. Tag us in posts. Help us reach the people searching for answers in the middle of the night.



*Together, we're restoring lives,
families, and communities
across Florida and
beyond. Thank you
for joining us in
this mission.*



Advocate

If you lead a department, work in public safety, or serve your community in any capacity, you can advocate for mental wellness infrastructure where you are. Invite UCF RESTORES to deliver training. Request REACT education for your agency. Champion policies that prioritize mental health for first responders, veterans, and civilians.

Give

Financial contributions fund no-cost treatment, training programs, crisis response operations, and research that advances our capabilities. Every contribution matters; whether you give \$25 or \$25,000, your donation ensures we can continue eliminating barriers to care. To make a gift, visit <https://ucfrestores.com/about/give/> or contact Deborah.Beidel@ucf.edu to discuss philanthropic partnerships and planned giving.



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