

Transforming Deep Struggle into Strength and Growth



28,000+ First Responders Trained | 28 States | 500+ Agencies

Struggle Well is a training program that teaches first responders to metabolize the stress faced in the day-to-day line of duty. Built on the science of Posttraumatic Growth (PTG), the program focuses on turning struggle into strength, a departure from traditional mental health approaches.

The Crisis An estimated 30-40% of our nation's first responders face significant mental health challenges, with traditional approaches often proving inaccessible or ineffective. More first responders are lost to suicide each year than in the line of duty – a reality demanding innovative solutions.

The Program Struggle Well uses the five phases of PTG (Education, Regulation, Disclosure, Story, and Service) as the basis for our trainings, built on an environment of Trust and Connection. Class options include a 1-day foundational sessions, 2-day intensive workshops, and 5-day comprehensive programs. A digital Struggle Well app supports continuous learning, ensuring long-term success and participant wellbeing.

Why It Works Struggle Well shifts the mental health paradigm for first responders, moving beyond coping to thriving through the process of PTG. The program normalizes mental health discussions, integrates wellness throughout careers, builds trust, and develops robust support networks for sustainable cultural change.

Transformative Results The program's success is measured in two ways: through a detailed training satisfaction assessment and by using the expanded PTG Inventory. Training satisfaction consistently exceeds 97% across all measures. On average, participants experience a 51% increase in PTG after attending training.

One participant at Tucson Police Department noted:

"I absolutely think this changes how we deal with the public, each other, our families...It changes the way that you interact with people and the way you see people and your appreciation for the struggle that they might be engaged in."

Partnership Model Successful implementation of Struggle Well relies on mutually beneficial partnerships with agencies and organizations.

- 1. Partner:** Committed leadership engagement
- 2. People:** Nominate internal candidates to become instructors and champions
- 3. Place:** Suitable training spaces
- 4. Provisions:** Provide meals to facilitate community building
- 5. Proof:** Collaborate on comprehensive data collection and assessment
- 6. Philanthropy:** Sustainable funding strategies



The program operates through regional hubs across five key regions (New England, Mid-Atlantic, Carolinas+, Southeast, and Southwest) and aims to expand nationwide to serve all 50,000 police agencies and fire departments.

Get Started

To bring Struggle Well to your department or learn more about our program:

Visit: www.bouldercrest.org/struggle-well

Email: training@bouldercrest.org



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