



# SHIELD Recovery Peer Support

## Steady Ground for Those Who Serve

*Created by Responders. Built for Recovery. Guided by Grace.*

### What Is SHIELD?

SHIELD is a peer-led recovery program built specifically for first responders, emergency personnel, and disaster workers. We recognize that trauma, addiction, moral injury, and burnout can affect anyone who shows up in hard places. SHIELD offers a steady path toward healing—together.

### What Makes SHIELD Different?

**Responder-Centered** – SHIELD was created by and for public safety professionals. Every part of the program reflects the realities of the job.

**Faith-Friendly, Not Forced** – The SHIELD steps draw from spiritual recovery roots, but participation is open to all. We welcome faith, doubt, struggle, and honesty.

**Structured Support** – Our peer meetings follow a consistent format, using a 12-step model tailored to the responder experience. No pressure to share—just a space to belong and begin again.

**Integrated with SC-RSI** – SHIELD is part of the South Carolina Responder Support Initiative. Participants are surrounded by a full wellness network, including peer supporters, chaplains, clinicians, and therapy K9s.

### Weekly Virtual Meetings

- Wednesdays at 7:00 PM (ET)
- Open to any responder seeking recovery, reflection, or steady support.
- Check our website or email us for login info.

### The SHIELD Promise

*“You don’t need to feel steady to be steady. You just need to show up.”*

### Connect with SHIELD

[shield@sc-rsi.org](mailto:shield@sc-rsi.org) | [www.sc-rsi.org](http://www.sc-rsi.org) | (803) 422-2257

*You’ve spent your life showing up for others. It’s time to let others show up for you.*

