



## SHIELD PEER SUPPORT

### Supportive Healing Initiative for Emergency, Line & Disaster Responders

#### WHAT IS SHIELD?

SHIELD is a confidential, peer-led support and recovery program created specifically for emergency responders, disaster responders, and those who serve alongside them — including family members.

Developed by the South Carolina Responder Support Initiative (SC-RSI), SHIELD recognizes that service-related trauma, moral injury, and cumulative stress often show up over time, affecting our health, relationships, faith, and sense of purpose.

SHIELD exists to create a safe, steady place where responders no longer have to carry that weight alone.

*This is not therapy. This is not a crisis line.*

*This is peer support, mentoring, and guided recovery.*

#### WHO SHIELD IS FOR

- Fire, EMS, Law Enforcement, and Communications
- Emergency and disaster responders
- Veteran responders
- Healthcare and public safety professionals
- Family members impacted by service-related stress

*You do not need to be in crisis. You do not need the right words.*

*Showing up — even quietly — is enough.*

#### HOW SHIELD WORKS

SHIELD is built around 12 recovery-focused steps adapted for service-related trauma. These steps are discussed over time in a facilitated, peer-supported environment.

Participants are invited to:

- Reflect on how service has shaped them
- Name what they've been carrying
- Learn healthier ways to cope and reconnect
- Build steady, supportive relationships
- Move toward healing at their own pace

*There is no pressure to share.*

*Listening counts. Showing up counts.*





## CONFIDENTIALITY & SAFETY

- All SHIELD facilitators are trained peer supporters
- Communications are protected by South Carolina's Peer Support confidentiality statute
- Online communication occurs through KeelMind, a HIPAA-compliant platform

What you share in SHIELD stays in SHIELD.

## HOW TO GET STARTED: KEELMIND

If you are new to SHIELD, the first step is simple: create a KeelMind account and connect with the SHIELD facilitators.

KeelMind allows for confidential mentoring, optional one-on-one peer support, and access to wellness resources. Even if you never attend a SHIELD meeting, KeelMind offers support you can use immediately.

### STEP-BY-STEP: CREATING YOUR KEELMIND ACCOUNT

1. Go to: <https://www.keel.digital/keelmind>
2. Select "Sign In" (top right)
3. Select "Get Started"
4. Enter Organizational Code: dMF3
5. Enter your information and verify your email (check spam if needed)

Once logged in:

- Select "I'm Seeking Assistance"
- Complete the brief survey questions

On the "Find a peer supporter" page:

- Select "Match by email"
- Enter: [tim@sc-rsi.org](mailto:tim@sc-rsi.org) – Select Tim Wojcik
- Add another peer supporter:  
[jamie@sc-rsi.org](mailto:jamie@sc-rsi.org) – Select Jamie Blair

Once connected, you're set.

## WHAT HAPPENS NEXT?

After you connect through KeelMind, we'll take it from there.

You'll receive information about SHIELD meetings, optional peer support opportunities, and responder-focused resources.

There is no pressure to participate beyond what feels right for you.

## CONTACT

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*You don't have to be ready. You don't have to explain everything.  
Just take the first step.*

