



ROOT TO BRANCH

Program Eligibility Criteria 2026

Who We Serve

Root to Branch connects individuals to highly trained therapists working within specific model protocols of EMDR (Eye Movement Desensitization and Reprocessing) for adults experiencing acute stress reactions or post-traumatic symptoms following a recent traumatic event.

This program model is designed to be short-term work, and reduce the risk of long-term post-traumatic stress and to support early stabilization and recovery.

What Makes an Appropriate Referral?

Root to Branch provides short-term, trauma-focused therapy funding for individuals who meet all of the following criteria areas:

1. Age & Location
 - a. Adults (18+)
 - b. Residents of Pennsylvania
2. Community Eligibility
 - a. Referred to Root To Branch through one of our Community Partners as a member of one of the following four communities:
 - i. First Responder (i.e. police, ems, fire)
 - ii. Active Military or Veteran
 - iii. Experienced Acute Medical Trauma or Cancer Diagnosis
 - iv. Experienced Community Violence and/or Natural Disaster
3. Recent Traumatic Event Criteria
 - a. Experienced a recent traumatic event within the past 6 months (see below)
4. General Stability & Readiness for Trauma Work (see below)

Recent Traumatic Event Criteria (#3)

Funding is specifically intended for individuals who have experienced a recent traumatic event within the past 6 months that is directly related to their role, identity, or experience within one of the four communities above. This program is designed to address acute trauma responses, not general life stressors, childhood events, or other mental health concerns unrelated to the recent traumatic event.

Examples of Qualifying Events

- *Responding to/being involved in a particularly disturbing or violent call, incident, or mission that is now impacting ability to return to work or function day-to-day.*
- *Experiencing or witnessing a critical incident in the line of duty that has led to new trauma*



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symptoms.

- *Receiving a new cancer or serious medical diagnosis, major relapse, or undergoing a life-threatening medical event (ICU stay, emergency surgery, etc.)*
- *Experiencing or witnessing a recent violent event, disaster, or community trauma that has led to acute trauma-related distress*

While we wish our funding and resources were unlimited, Root to Branch funding is not intended for:

- *Ongoing or longstanding trauma that is not connected to a recent event*
- *General mental health concerns such as relationship issues, everyday work stress, anxiety, or depression when not linked to a recent qualifying traumatic event*
- *Therapy needs unrelated to a qualifying incident within the past 6 months*

Readiness for Trauma Work (#4)

To ensure clients are able to fully engage in trauma-focused therapy, referrals must also be:

- Generally stabilized (not in active crisis)
- Not experiencing active suicidal ideation or self-injurious behavior
- Not currently struggling with active substance use or eating disorders

This program is designed for individuals who are ready to begin recent trauma processing in a safe and supportive environment, but who also understand it is not long-term therapy.

Have a Referral Who Doesn't Meet the Referral Criteria?

Individuals seeking support who may not be eligible for current Root To Branch initiatives are encouraged to pursue traditional outpatient therapy options, and referrals can be provided!

We would also encourage individuals to sign up for our free [Community Library](#) that has additional resources that can be used at any time. Individuals can still join Root to Branch online and access our free Community Library to support their healing journey, including:

- Educational tools
- Self-paced activities
- Supportive content and community spaces

Learn more or refer someone to apply for services directly at www.root-to-branch.org!