



THIN LINE
ADVISORY

Reset Without Leaving the Job

A New Model to Help Officers Break Free from Addiction

The biggest problem with addiction is law enforcement isn't addiction. It's that our current system waits until your life is falling apart before it gives you a realistic way to get help.

After more than twenty years working alongside police officers, sheriff's deputies, corrections professionals, and military veterans, I've come to believe something that has fundamentally changed the way I think about recovery:

"Your resilience is one of your greatest hidden vulnerabilities."

Why? Because your resilience creates one of your biggest blind spots. **This isn't a flaw—it's why you're so good at what you do.** You're professionally good at compartmentalizing. You know how to put your own needs aside because someone else's emergency can't wait. You live in the exhaustion and continue to perform. You carry experiences most people could never imagine and still make clear decisions when someone else's life depends on you.

These abilities are the mark of true professionals. It's also why you can remain remarkably functional long after your personal life has started absorbing the cost.

You can still be the officer everyone trusts while your marriage is quietly unraveling. You can still be the one your partners depend on while alcohol has shifted from something you enjoy to something you rely on to shut your mind off after shift. You can still look strong to everyone around you while privately wondering when you stopped feeling like yourself.

"Addiction rarely announces itself all at once. Like a secretive side relationship with an affair partner who ultimately becomes controlling and abusive, it slowly takes up more territory while your resilience keeps you operational."

Then one day, you realize you're no longer in control of your own life.

Maybe you've had a close call. Maybe your family has started asking questions. Maybe your work has been affected. Maybe you've simply looked honestly at your relationship with alcohol or drugs and thought, *This isn't who I want to become.*

At this potential pivot point, this is the time when the system often fails you.

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It often feels like you only have two choices: Keep going and hope it gets better or pull the ripcord. Step away from the job. Ask your brothers and sisters to cover your shifts. Wonder whether your position will still be there. Wonder whether people will see you differently. Wonder whether you will still belong to the tribe the same way.

This is a bridge too far for many officers, even when they realize they're under the control of an addiction. Your identity isn't something you leave in the locker at the end of shift. It's woven into your purpose, your relationships, your financial security, your confidence, and your place within a team that has become family.

When getting help feels like risking all of that, many people wait until they have no choice—and this is usually when their life is in crisis.

And this is exactly what we need to change.



Our current Addiction Model is an “Airbag Model”

Right now, addiction recovery is often designed like an airbag. Airbags are extraordinary inventions. They save lives. But anyone who has responded to a serious crash understands the limitation: an airbag only deploys after the collision has already happened. The impact has already been absorbed, and the damage has already occurred.

That's how our current system of care approaches addiction treatment. We wait until the marriage is in crisis, the career is at risk, or consequences have already arrived. Airbags are incredible tools, but they're a terrible blueprint for a recovery system.

“You deserve something better than this. You deserve the opportunity to change course before the collision.”

Imagine a program built specifically for law enforcement where you can continue working while getting the support you need. A place where you're surrounded by people who understand operational life. A place where you can eat chef-prepared meals, train in a gym, and learn healthier ways to regulate your nervous system through movement, cold plunge, red light therapy, hyperbaric oxygen therapy, sleep restoration, and recovery practices designed for the realities of the job.

Alongside that physiological reset, you learn the psychology of addiction—based on my experiences over two decades of work as a trusted Doc with protectors and defenders. These insights are woven into a program designed to help you understand why addiction takes hold, how to rebuild self-command, and embrace a mindset and new skillset that will support lasting freedom. All while you continue to work.



This isn't a civilian treatment model with a few law enforcement words like “resilience” and “grit” added to “adapt” it for you.

This program is rooted in *WARRIOR Psychology*, built specifically for people who do things others can't or won't do in the service of values they hold sacred. People of action who yearn to be tested and who hunger to take on a new challenge. People who don't get a job, but who pursue a “calling” that is deeply integrated with their identity and purpose. That's you. That's who I built this program for.

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Maybe your command staff wants to support a great officer or deputy instead of losing them. Maybe a trusted peer supporter quietly connects you with a confidential resource. Or maybe no one knows except you.

If you are within commuting distance of Silicon Valley, you can continue to work while you reset your physiological system and learn the insights you need to break off your side relationship with addiction.

You use the benefits you've already earned. You stay on the line and part of the team. You protect your privacy. You rebuild before addiction chooses the next chapter for you.

This model now exists.

I helped build the psychological framework for key elements of this program because I wanted law enforcement professionals to have access to the insights I've gained over twenty years working alongside protectors and defenders—combined with biological recovery tools and an environment designed specifically for operational life.

And if Silicon Valley is not within commuting distance, you can access the same program as a full-time residential program too.

I invite you to send me a message via the contact form on my website—[THIN LINE ADVISORY](#)—if you want to learn more. I don't get a bonus for any referrals I send—it's nothing like that. Since I helped build this, I would be happy to connect you with the team I trust to get it right.

Even if you're just exploring options, they'll invite you to schedule a private virtual conversation or come out to see the space.

You may discover it's exactly what you've been looking for. Or you may discover it's the place someone you care about has been needing all along.

Because recovery shouldn't begin when everything is lost. It should begin the moment you decide your future is worth protecting with the same commitment you've spent your career giving everyone else.



ABOUT DOC SPRINGER

Dr. Shauna "Doc" Springer is a psychologist, bestselling author, and Human Risk Discernment

Advisor who excels in working with law enforcement agencies and other high-stakes organizations. Through [THIN LINE ADVISORY](#), she advises command staff and [public safety leaders](#) on the human factors that influence risk, judgment, behavior, trust, and performance under pressure. Her work helps agencies recognize hidden risk earlier, understand what may be driving concerning behavior, and develop practical, prevention-focused strategies before manageable problems become costly crises.