



**Hugo Catalan Jr., AMFT, CATC IV**  
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Hugo Catalan Jr., AMFT, CATC IV, is an associate Marriage and Family Therapist, a doctoral candidate in psychology, and the Chemical and Behavioral Addictions Manager with United Firefighters of Los Angeles City (UFLAC). Hugo is a credentialed substance abuse clinician in the state of California and has treated many first responders and their family members throughout the years while working within substance abuse treatment facilities. Hugo is the type of clinician who brings his own humanness into therapy. He also recognizes that he is only as good as his team and attributes the program's successes to the efforts of all the clinicians at the center. We are all human and need to be humanistic in our work. This perspective has succeeded in their department, and that approach has kept them busy. As the chemical and behavioral addictions manager, Hugo treats firefighters struggling with all sorts of addictions. He oversees the long-term rehabilitation of firefighters mandated by the department to ensure continued employment. In addition, Hugo treats members in his role as a therapist, where the focus is on a wide range of mental health concerns, such as grief and loss, trauma, and relationship counseling, to name a few. Hugo has an "open-door" policy that invites members and their families to utilize his help in a confidential and compassionate environment. This approach, coupled with his empathetic personality, has proven highly effective in allowing members a safe space to obtain the support they so desperately deserve. A genuinely person-centered approach ensures that the treatment addresses the person, not the problem. The clinicians at UFLAC Center for Health and Wellness work in conjunction with the Peer Support Program, which consists of almost 180 members, that provide "boots on the ground" services to their peers. For many years, mental health has been overlooked, and until recently, it has been recognized as a crucial component that influences an individual's overall health and wellness. As a result, funding for the mental health of the first responders is of the utmost importance. Hugo and the team of dedicated clinicians at UFLAC Center for Health and Wellness have successfully exposed numerous members to therapeutic services for the first time and helped in their healing journey. These successes could not have been realized without the continued support and trust of the UFLAC Executive Board, many of whom are here today.