



TINA CASOLA, LMFT

Founder & President

First Alarm Wellness

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Tina Casola is a behavioral health specialist in emergency services experienced in working with individuals who experience psychological distress as the result of witnessing and experiencing a variety of traumas.

As a former Staff Therapist with the San Diego Veterans Health Administration and UCSD, Ms. Casola understands the nature of these stress reactions in adults as well as the concerns people have about the possible effects on their careers.

An advocate for progressive behavioral health practices with emergency responders, Ms. Casola and the staff of First Alarm Wellness provide education to individuals, departments, businesses, and other organizations desiring a better understanding of PTS and emotional distress. She is trained and experienced in facilitating effective treatments for PTSD and other stress-related disorders with veterans, emergency service personnel, and civilians. Ms. Casola responds to critical incidents and consults with agencies to produce effective response strategies before and during events with a focus on supporting the most important asset, their people.

Ms. Casola is a graduate of the University of San Diego's Marriage and Family Therapy Program. She continued her training and honed her clinical skills while working with UCSD Medicine in the Outpatient Psychiatric Services Division, Mental Health Systems, Inc., Veteran's Medical Research Foundation (VMRF), and the Veteran's Health Administration: San Diego. She has affiliations with several emergency services departments in California and speaks across the country in support of first responder wellness. She has also served as the Disaster Mental Health Lead for the American Red Cross of San Diego and Imperial Counties.