

Q22 We would like testimonials to share with others regarding how and why this training is so beneficial for people to attend. Please provide 1-3 sentences that we can share with others. If you would like to share your first name and or occupation please include that information.

Answered: 38 Skipped: 77

#	RESPONSES	DATE
1	This was an amazing conference! Engaging and wonderful speakers and resources. I highly recommend this conference to anyone working in the first responder field or anyone married to one!	4/17/2019 7:21 PM
2	The thought of working with First Responders was intimidating until attending this conference.	4/16/2019 6:22 PM
3	" A truly inspirational and informative conference." It provided testimonial presentations from 1st responders that have overcome their worst fears.	4/14/2019 10:16 PM
4	Even though the information wasn't always new, the presenters had varying ways of delivering the info that made different parts of it hit home more than I expected. I've always looked after other people on my team to make sure they take care of themselves, but the conference made me realize I've been affected too.	4/14/2019 9:20 PM
5	This has been an eye opener for me and how large this group is spreading this information and there stories and experiences with the world. Great work everyone involved thank you so much for involving us.	4/14/2019 8:16 PM
6	Shawn and her team are creating a valuable resource for LEOs and First Responders at their conferences. The more knowledge about wellness and resilience we make available, the healthier our culture will be.	4/14/2019 5:24 PM
7	Such a great variety of speakers offering everything from financial to spiritual healing with everything in between. The first hand accounts of what some of these speakers have endured made it very real and really brought home that no one is immune to trauma and PTSD in this first responder world!	4/1/2019 3:33 PM
8	My 1st bout with death was at age 5, and it has continued throughout my life on a more regular basis than necessary. I realize I am blessed and thank the village of people who surrounds and care about me. Because of them, I am able to reach out to others in similar situations. Augustine - Police Secretary	3/27/2019 8:41 PM
9	This conference provided insight about how to recognize our inner struggles from a career long build up of bad things, and identify our potential need to seek outside professional help in order to keep ourselves and our careers healthy.	3/26/2019 9:25 PM
10	The first responder conference is such an important aspect of being a responder. Breaking the stigmas of mental health as a first responder and pushing past personal views. Such an amazing conference, thank you! Heather	3/26/2019 8:29 PM
11	Not At This Time	3/26/2019 6:24 PM
12	"I am absolutely blown away and in awe of our first responders and all they do so selflessly, reflexively, and immediately without hesitation. The mental injuries absorbed for these amazing people are real and severe. EVERY FIRST RESPONDER and their spouses should make every effort to attend the next 1st Responder Conference. It's worth every minute. Invest in your health." - Kendall, LEO wife	3/26/2019 5:59 PM
13	This conference is the single most important conference you will attend in your entire career. Our mental health and wellness must take a front seat to ensure that we not only survive this career, but thrive during and after the career. Do yourself, and your family and peers a favor and find a conference like this to attend at least once per year. And bring your co-workers with you!	3/25/2019 5:00 PM

First Responder Mental Health & Wellness Conference, Anacortes. WA

14	Physical health and strength are easy compared to mental health and well-being. First Responder Conferences are an amazing place to find information and support from people who are out there with you! Dana CBP	3/24/2019 11:20 PM
15	PTSD/D was presented in a manner that was easy to understand without being condescending. It was a great experience that would be valuable for families/friends of people that may have been through a traumatic event.	3/24/2019 7:56 PM
16	1st Responder Conferences is beneficial to all first responders and will teach./show the true effects of PTSD and how our day to day lives are affected by the things we deal with. We are all at risk of "filling our boxes" and need to learn strategies and methodology to cope.	3/24/2019 3:35 PM
17	Modern day Law enforcement/First responders, military and chaplains/peer support personnel are modern day superheroes. But we have families, bills and other real life issues to deal with. No retreating to the "Hall of Justice" after the bad guys are put down. Its important to us to realize that when we are broken that there are resources for help in repairing our minds, bodies and lives. Rory US Customs and Border Protection Officer Chaplain	3/24/2019 7:44 AM
18	This conference was eye-opening. When Matt Quackenbush was speaking and made us all answer those questions, it forced me to check in with myself and also think about others I work with. There are some changes that need to happen in how I deal with things and this conference felt like the catalyst. - Dispatch	3/23/2019 11:25 PM
19	In my 20 year Law Enforcement career, this was one of the best conferences I have attended. Each speaker had something relevant to offer and teach The attendees provided standing ovations to each personal story shared. It was touching and meaningful event. The venue and food was remarkable. The cost of the training was nominal for all the benefits. The leadership staff was very accommodating to attendees needs. The workbook, agenda, notebook, and schedule was spot on. I have already shared the resource list with 3 public safety agencies in the Northwest area. Natalie Summit Director of Heroes Recovery in Arizona (you can cut or add anything to make this a workable testimony for your publication). I want to support your efforts. I also am interest in speaking in the future. Thank you.	3/23/2019 6:46 PM
20	Can't wait to share the information I learned with my center, and specifically bring some much needed resources to my co-workers. Honestly was not sure what to expect from this training, but loved and appreciated every moment of it. Incredibly well put together and presentations were amazing.	3/23/2019 8:41 AM
21	As someone who has been in a number of critical incidents, including an OIS, I found the information to be helpful and the speakers to be engaging. I would definitely recommend this conference to other first responders and peer support members.	3/23/2019 4:38 AM
22	I too suffer from PTSD and need to find a way to heal/deal. Hearing the presenter's stories and how they came through, gave me hope.	3/23/2019 2:07 AM
23	Real-life situations are presented with real-life solutions and skills to battle the tough line of work we face.	3/22/2019 11:11 PM
24	Hearing real stories from 1st responders and seeing raw emotions takes strength to share with strangers. Telling your story doesn't make you weak, it gives strength and hope to encourage others to talk about things. Thanks for telling us your story.	3/22/2019 10:22 PM
25	Katelyn, 911 Law Dispatcher	3/22/2019 7:42 PM
26	The 1st Responder Conference was amazing. I was so proud to be there with all of the Customs and Border Protection personnel who attended. Many approached me over the two day period and talked about how good the information was that they received. The focus was on critical incident response, trauma and its impact, and compassion fatigue and learning how to take care of yourself first in order to be a better Chaplain or Peer Support. I feel like our 9 attendees came back equipped with some new tools in their tool box, and certainly some excellent resources for helping others.	3/22/2019 7:13 PM
27	Whilst we may know that help is out there, it can be daunting to know where to start. It's also hard to know what type of help is needed at times. So this conference helped us to know where to start on our journey to recovery. Also 1st Responder Conferences work hard to remove the stigma and shame of needing help. Those two elements, together with a lack of help and lack of understanding, cost me my job in LE years ago so it's wonderful to see this all coming together! Thank you for what you're doing.	3/22/2019 6:00 PM

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28	Every one of us needs mental health assistance of some kind in this profession. this conference addressed a lot of issues, most importantly the negative stigma that comes with those brave enough to ask for help and ignore that stigma	3/22/2019 5:43 PM
29	Eric Castro This event was so well put together! I fly in from San Diego, and wasn't sure how I was going to be received. I was also worried I didn't belong there. That all changed with a warm welcome smile from everyone. The conference got down to the main topic of the issue on PTSD. Thank you all so much for all the help and information. Extra thank you to a great women for all her help Shawn Thomas.	3/22/2019 5:37 PM
30	Our staff are our greatest asset. We do a great job training are staff on the physical aspects of our work, but often neglect the psychological aspect. This conference provides excellent information on the psychological effects of our work and ways to cope with stress and trauma. Shannon-Parole office supervisor.	3/22/2019 5:25 PM
31	The conference provides you resources and tools to recognize PTSD, while eliminating the stigma that responders have of PTSD. Highly recommend this conference for all responders, no matter their tenure in their agency.	3/22/2019 5:14 PM
32	Everyone in the first responder world needs this training, to remind, evaluate, and learn about their overall health. Life goes beyond the job...remember to live it to the fullest and if there is a setback, know where to look for some assistance.	3/22/2019 1:55 PM
33	Powerful messages just reinspire us to continue what we are doing. Reminds us that its important and appreciated and helpful. Seeing resources available to all of us really is helpful.	3/22/2019 1:32 PM
34	It is helpful to know that we are not alone and that our community is doing something to lessen the stigma of getting help.	3/22/2019 2:51 AM
35	The personal stories of the presenters were both educational and inspirational. It was amazing to see fellow first responders share their journey of personal growth in support of their peers.	3/22/2019 2:50 AM
36	I highly recommend this training for all peer support team members and supervisors	3/22/2019 1:48 AM
37	Completely worth every penny of the cost of admission - should be required training for all first responders!	3/22/2019 12:33 AM
38	In a climate where it's not ok to be weak, this conference a light in the darkness. You quickly realize that everyone is going through something. You are NOT alone! Liz EMT	3/22/2019 12:23 AM