

**Q23 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: 32 Skipped: 60

#	RESPONSES	DATE
1	The stigma is real. I have been in this business for over 25 years and suck it up buttercup has been the preferred method of dealing with emotional and disturbing calls. It's about time to come out of the darkness. Lieutenant Joe Ramirez, Nampa Police Department.	9/27/2019 4:37 PM
2	This training allows first responders to recognize that we are just human and will experience trauma through our callings. It also teaches us that our true victories will come from how we address these traumas for ourselves and our partners.	9/24/2019 5:28 PM
3	Paul r watkins. Ff/paramedic cascade rural fire. It show we are all people real feelings and are reluctant to show them. The conference shows use everyone has demons and we are not alone in the fight	9/22/2019 3:27 PM
4	The 1st Responder conference is for everyone. It's crucial for us to have valuable resources to provide to our fellow man who needs it. Life is too valuable not to!	9/22/2019 2:31 AM
5	This training was beneficial in showing that it isn't just the people on the front lines that experience PTSD. It is also important to ask for help and also if you see co-workers struggling to speak with them about it. We have to help each other as we are all on big family! Arielle, Probation/Parole Officer	9/21/2019 5:45 PM
6	This conference helped me answer a question I had wrangled for several years: "I know something is wrong, but what is it?" The conference gave helped me make the connection between the job I (still) love and the struggles I'd been having, gave me support by showing me I was not alone, and gave me the tools I needed to begin the process of fixing the damage done while still being effective and passionate about my career. --Ike, RN/Paramedic	9/19/2019 9:52 PM
7	It's hard to describe the many reasons to attend, but if you love/like yourself and those around you, this will be the training that can help you care for yourself and others. Knowledge is power and this training will give you plenty of it. The brave men and women that share their stories will resonate and stay with you for a very long time. Thank you 1RC!	9/19/2019 2:12 PM
8	After attending the conference it made me realize that I had not dealt with a fatality crash that happened six years prior and I was able to talk about it with my counselor and start EMDR	9/19/2019 1:52 PM
9	This was a very powerful presentation trying to wake up 1st responders to mental health wellness and it is okay to get help.	9/19/2019 1:20 PM
10	The passion everyone put into the conference was awesome. The speakers were raw and real. The passion everyone of you put into the conference was awesome. But for me, a mom with a broken heart .. You all did super Great ☺ Stopping the cycle of suicide, learning from my mistake that I made with my son . Talk Talk Talk Being real and Raw .	9/19/2019 5:07 AM
11	First Responders are subjected to traumatic events on a daily basis, and there is still a stigma attached to asking for help. As a community, we need to get past that stigma and start taking care of our brothers and sisters. This conference is a great first step towards changing our culture. Joe, Full-time Correctional Officer, Reserve Police Officer	9/19/2019 3:47 AM
12	Exposure to what trauma people go through Provides exposure to treatment and assistance that is out there Provides the knowledge of what to look for in yourself and others when they are struggling	9/19/2019 3:46 AM
13	I believe every first responder needs to attend this conference. This training will save life's.	9/18/2019 11:33 PM

## Event - First Responder Mental Health & Wellness, Garden City, ID on 09/16/2019

14	Impressive array of presenters with diverse backgrounds and content. The Mental Health of responders is critical and 1st Responder Conference Staff takes this seriously, deliberately and with a great deal of empathy. This was an example of where we can all move in the future. This conference can be a first step if you want to help or be part of the solution to the epidemic of first responders killing themselves as a way to deal with the trauma they are facing in their jobs daily. Richard T. Brown	9/18/2019 7:58 PM
15	As a peer team member I was amazed at the quantity and diversity of the resources available. The presenters were terrific and relevant. I will push to have our entire team attend next year.	9/18/2019 5:45 PM
16	This conference always gives me amazing insight into how to be a more effective resource to first responders.	9/18/2019 4:51 PM
17	The conference was well organized and from a vendor perspective - I really enjoyed how everyone was a part of the conference! The purpose & message of the conference was loud and clear and the support from everyone was very sincere and loving. For this topic, I think it is important for the environment and feel of the conference to give the sense of community, love, support and safety! Lots of hugs, tears, smiles and really good hearted people! Our heroes put their badges away and got their hearts out! I thought this was AWESOME!	9/18/2019 4:20 PM
18	I went home knowing that there are far more resources, people, and businesses that are wanting to provide mental health services to our Veterans and First Responders than I imagined. I also learned some good techniques and tools to help even if I don't feel I need to take advantage of the resources at this time.	9/18/2019 2:13 PM
19	If you want to know the difficulties others face, this is the conference to attend.	9/18/2019 2:08 PM
20	Every person in a 1st responder profession should attend this conference and attend more than one time during your career. One reason, if you are in a spot where you are struggling - knowing you are NOT alone! Two - information on how to help your peers!	9/18/2019 1:58 PM
21	I attended the conference on the heels of having lost a sibling to a homicide a couple of weeks before the conference. While I was there to learn about how to help staff at my agency, I gained a lot of insight on how to cope and handle my own box. Thank you!	9/18/2019 1:51 PM
22	You don't have to be "ready" to start dealing with things but just open to listening. The raw honest truth and emotions are enough for those with past traumas in their lives to recognize "that is where I am at" and to realize it is time to start addressing one's own mental health.	9/18/2019 1:46 PM
23	This conference shares resources first responders may not know about, but more important, you come away knowing you're not alone. It's okay to not be okay. Deny Police Officer	9/18/2019 1:21 PM
24	This conference was a real eye opener for me that, without self care I cannot expect to heal, and get better from the effects of Post-Traumatic Stress.	9/18/2019 12:40 PM
25	Wow! Simply wow! Such an amazing conference in Boise, ID. So many topics crammed into this event for an all around picture of the issues we all face. The number of resources presenting here was unprecedented for a mental health training class. All first responders and spouses should attend this training. Worth my money and worth driving 700 miles from Colorado.	9/18/2019 4:53 AM
26	Extremely beneficial for those in smaller agencies whose agency does not provide services are explained in your seminar.	9/18/2019 2:06 AM
27	Opened my eyes to recognizing my emotional health is as important as my physical health. Baggage needs to be unpacked to enjoy retirement. Jerrilea Archer, Retired Ada County Sheriff's Office, Child Abuse Detective IRLEA	9/18/2019 1:54 AM
28	Got me thinking how to open to others, when I need help ask for it. I've been thinking on going to consoling lately and this made me see my options	9/18/2019 1:51 AM
29	This conference spot lights the heroic work of our first responders & the cost of service on their health & mental well being. This conference helps reduce stigma, & points our first responders towards help.	9/18/2019 1:35 AM
30	This conference was very interesting and had lots of critical information on how to get help. Even though I'm not a first responder myself, it gave me tools to even help myself since I struggle with anxiety and depression. Thank you to all the brave speakers for telling their stories. I very much enjoyed the two days I spent with all these people.	9/18/2019 1:07 AM

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31	The info about the brain and mental trauma being an actual "injury" took a lot of the stigma out of asking for help. It would be great for the "Powers that be" to actually say getting help would not jeopardize the job. Because getting help actually makes us better trauma responders.	9/18/2019 12:51 AM
32	This was the best training I have attended in my 23 years of Law Enforcement!	9/18/2019 12:33 AM

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