

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: 36 Skipped: 89

#	RESPONSES	DATE
1	Dont think about it...GO. If you do not leave with atleast one thing to benefit yourself you will find something for someone else. And just one thing you pick up could save someones life . Knapp FF/Medic/CPU	11/26/2019 1:30 PM
2	The information presented is highly valuable to all in attendance. Although geared towards "First Responders", do not let the term steer you away from seeking additional assistance from clinicians. This conference is not designed as yet another "go to this conference because you are crazy" and instead is focused on mental renewal, growth, support, encouragement and resources for all providers. Having been at the end of a pointed finger when wanting to "talk to someone", I understand the fear many have with the term "mental health." Please know that this team's desire is to build one another up and prevent yet another statistic for PTS or suicide. Keep up the excellent work!	11/25/2019 11:55 AM
3	This was probably the best and most beneficial conference I have ever been to. It was extremely well run and the speakers all brought something new to the table and did a great job. Gene Miller, FF/Medic/Chaplain	11/24/2019 11:02 AM
4	Katie, Psychiatric Nurse Practitioner The 1st Responders Conference provided an opportunity to learn about resources available to first responders. It also helped those who have experienced trauma to know that they are not alone, and there's no shame in seeking help.	11/23/2019 10:04 PM
5	I left the conference absolutely knowing I am bent, not broken, and repeated trauma and stress over the years are a big reason. I also left the conference knowing I'm not alone. I had a renewed sense of motivation to get better, and I have new tools and resources to help. -Brandon, Police Officer	11/21/2019 2:07 PM
6	Kelly Deputy/Sergeant Our county has no support groups for first responders and limited resources. This conference helped us make connections to establish a peer support group in our area. We have already started doing so!	11/15/2019 2:17 PM
7	Great opportunity to share with other first responder professionals. Extremely well organized and presented program.	11/14/2019 1:22 PM
8	It opened my eyes to so much about myself. It gave me tools to help others, to recognize signs and symptoms, and resources to offer.	11/13/2019 1:02 AM
9	The conference was beneficial for me and my wife. The information presented helped her to understand me better and gave me outlets to seek help.	11/12/2019 4:00 PM
10	From people who've lived it to people who are. Life saving tools for life-savers. Douglas, Mental Health Coordinator, Franklin County Sheriff's Office	11/12/2019 3:20 PM
11	This conference is relevant and needed for the holistic well-being of first responders. Highly recommend for command staff and peer support to attend.	11/12/2019 1:57 PM
12	The information shared at this conference is life-changing. We train physically for our career, but we never were told as a rookie how to train our minds and emotions to handle this career. Tricia-police officer	11/12/2019 1:08 PM
13	As a Clinician that works directly with 1st Responders, I have had plenty of conversations with police, fire and EMS about the importance of having resources and outlets for them that have experienced heavy levels of trauma in their careers. I didn't know much vicarious trauma and it's effects before getting into this work. I truly appreciate the information and resources that were provided and offered at this conference. Job well done!	11/12/2019 12:00 AM

Columbus, OH First Responder Mental Health & Wellness (2019)

14	This was an amazing conference!!! I learned so much more than I anticipated. I attended as an ER nurse, dating a cop and as a member of our local Peer Support team where I serve as a peer and board member. I thought I had a strong background prior to this conference however, I realize I have so much more to learn!	11/11/2019 4:02 PM
15	The conference was a testament to how the stigma of mental health affects first responders and how it's being broken down and needs to continually be addressed. The presenters were well-spoken, relevant, and passionate about first responder mental health and were inspiring.	11/11/2019 2:28 PM
16	As a dispatcher, this conference was helpful to understand that my job is pivotal and that I, too, may be affected by certain calls; however help is out there and that help is more than willing to ensure my mental health is protected.	11/11/2019 12:12 PM
17	Really enjoyed the speakers. Every department should send a representative it could change someone's life.	11/11/2019 12:06 PM
18	This was the first of its kind in the region. This gives us techniques to deal with stress and EMS. Hands down, very good event!	11/11/2019 10:32 AM
19	This was an eye opening experience of how our professions can take over our lives. Stress, depression, etc can sneak up on us and we need to be prepared, I feel more empowered after this conference. Mary Ham-New Albany Police Dept.	11/11/2019 8:17 AM
20	I am a suicide survivor, my attempt was interrupted by family. I was able to connect with several of your speakers through their personal stories. It was a huge relief to know I am not alone and to learn of all the resources available for mental health wellness.	11/10/2019 9:35 PM
21	The conference provides a vast amount of information and resources in a way that grabs your attention and keeps you engaged throughout the entire conference.	11/10/2019 4:00 PM
22	This conference is more than a Peer Refresher education on suicide. It is an upfront look from people who have been there. The most enlightening piece to this is that they may also be the people that have worked the hardest to help others.	11/10/2019 1:34 PM
23	This conference touched my heart and soul! This is a must attend for every 1st responder!	11/10/2019 11:34 AM
24	There was so much useful and practical information that applies to everyone I work with, from my dispatchers to our officers. Even if you don't need the help, you may know someone who does and this will give you ways that you can reach out.	11/9/2019 11:02 PM
25	The approach to wellness has several components, and the ones that necessitate everything to work together are trust and empathy. These issues - addiction, mental illness, suicide - they are not easy to talk about. These magnificent heroes and their professional organizations offer immediate hope. Hope is free, everyone can have hope. Leo, Addiction Recovery CONNECTOR/COACH.	11/9/2019 7:27 PM
26	We work in professions where strength is required. This conference made it okay to admit that a warrior gets wounded. Thankfully this conference recognized that we are mortals and we get damaged mentally, spiritually and physically. This conference presented ways to prevent some of those injuries and heal existing ones.	11/9/2019 6:23 PM
27	As a clinician, I know that I can relate to first responders in ways perhaps not anticipated. This conference was as good for me as a person as it was for me as a clinician and first responder trauma therapist. There are never enough reminders for self-care.	11/9/2019 5:49 PM
28	It's very enlightening to know there are agencies who knows / understands first hand what we deal with. It's VERY encouraging to speak with someone who lived your experiences and has a success story of handling life.	11/9/2019 1:58 PM
29	You are not alone. People you don't even know yet already care about you, not for what you do but for who you are. -Mike	11/9/2019 1:21 PM
30	Very rarely do I attend a conference where I find myself learning from each presenter but I most definitely did at this one. So well worth the time and money to attend!	11/9/2019 1:13 AM
31	Having been involved in CISM and PEER support for several years and attending training , symposiums, meetings throughout that time. I found the FRC team to be genuinely focused on helping first responders to live better lives. They have an excellent energetic and inclusive energy. They made us feel welcome in our own city. I wish every first responder could attend a conference.	11/9/2019 12:55 AM

Columbus, OH First Responder Mental Health & Wellness (2019)

32	As a first responder that has had a lot of symptoms of PTSD, it's amazing to know we are not alone even if we feel like it. We have other brothers and sisters hurting just like us. This conference showed that, and showed us there is help out there.	11/9/2019 12:32 AM
33	The hardest step to take, is the first step to facing your struggles and searching for help/change. Everyone can heal, but it takes the bravery to want to take that step!	11/9/2019 12:03 AM
34	All the speakers did an awesome job on delivering their topic. It was well worth my time.	11/8/2019 10:45 PM
35	A must attend for fire personnel	11/8/2019 10:16 PM
36	Very worthwhile to take your conference educational and engaging	11/8/2019 10:16 PM
