

**Q24 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: 51

#	RESPONSES	DATE
1	This is a great conference and the information given is very helpful when dealing with the mental health of first responders. All PER Support team members should be going to this conference.	11/7/2019 10:15 PM
2	I would highly recommend going to this conference. Not only are the speakers amazing but very insightful. This is one of the steps of breaking the stigma of mental health and how you can recovery from it.	10/30/2019 4:28 PM
3	good information worth taking a chance on	10/26/2019 9:32 PM
4	The 1st Responder Conference is jam packed with information every Responder needs to hear.	10/26/2019 4:13 PM
5	Could have used this information 30 years ago.	10/25/2019 6:49 PM
6	N/A	10/25/2019 3:54 AM
7	Right now, I am going through some personal issues created by my own doing, with struggles from the job and being a 1st responder for our CISM Team, it is good to know that there are a lot of resources and help out there. The information given will give me the tools for self-help that I can do. Well done/ Van - Correctional Sergeant.	10/24/2019 6:15 PM
8	POWERFUL STORIES, GREAT TRAINING AND INTERACTION WITH OTHER AGENCIES. EVERY ONE IN A FIRST RESPONDER PROFESSION SHOULD ATTEND THIS CONFERENCE.	10/24/2019 5:21 PM
9	Albert Miranda working in dispatch recommending this information to as many first responders, hospital personnel, and dispatchers. This information is vital to help bring awareness of what we and this profession does to our bodies; more importantly how we can prevent PTSD/PTSI or reduce its effects.	10/24/2019 3:24 AM
10	An excellent gathering of supportive speakers and resources for our first responded community. Casts light onto PTSD by educating and empowering us all to take real steps to helping ourselves and others.	10/23/2019 9:20 PM
11	Very enlightening and informative. I learned a great deal about PTSD/PTSI, it's danger, and resources to regain control of my life. I recommend this conference! ~Ken / FF	10/23/2019 7:57 PM
12	It is so important to know that you are not alone, others share your struggle, and there is help.	10/23/2019 6:36 PM
13	This was a very encouraging and enlightening experience for me. I've been a first responder since 2001 in EMS and carried my own stuff from childhood, After attending this conference I am now aware that my struggles are not unique. Meaning I'm not alone and it's ok to talk about it.	10/23/2019 5:53 PM
14	This training is very beneficial to 1st responders. I believe this training should be mandatory for those just starting out in their career. Being a police officer with almost 30 years on the job, I wish I could have been given this information a long time ago so I don't have to realize now I'm not the only one who suffers from what I've seen and experienced on the job. I highly recommend this training.	10/23/2019 5:31 PM
15	I was not sure what to expect from this conference. It was amazing and very moving. The stories shared really opened my eyes about trauma, small or large. It made me analyze a lot of things I do. Kevin, Corrections Officer	10/23/2019 4:03 PM
16	PTSD can happen to any of us at anytime during our careers and/or after, getting help is essential for better well being. The personal stories shared are so moving and makes one realize that could be you.	10/23/2019 3:48 PM

## Spokane, WA First Responder Mental Health & Wellness (2019)

17	The value in knowing that everyone has a breaking point even if they seem like strong and dialed in people. Understanding what the breaking point looks like and recognizing signs and systems in advance of ultimately getting to that point and what to do to keep one from breaking. Hearing what each person went through and learning to recognize triggers along the way in order to head off the problems before they become too large.	10/23/2019 3:43 PM
18	This is an amazing conference to see there is no shame and asking for help and there are people all over that are willing to help you cope with your situation.	10/23/2019 3:20 PM
19	This really helped my wife understand some of the issues I have been dealing with.	10/23/2019 3:18 PM
20	Great conference. Didn't realize I was still struggling. Personal stories gave me hope that I'm not alone. Mary Linard retired military, Substance Abuse Prevention Coordinator WA National Guard	10/23/2019 3:03 PM
21	I have always wondered how our field can take the finest citizens of our community and turn them into problems after a 20-30 year career. This information clearly illustrates the why of how some first responders end up there. It also provides information on how to combat this and what to do if you or someone you know is struggling from cumulative trauma. This information should be taught at the Academy on day one! It should also be considered as curriculum at Command College or other leadership classes as a tool and a reminder for Command staff and first level supervisors. Kevin-Patrol Captain Walla Walla Police	10/23/2019 2:54 PM
22	What i took out most with this training is that with help you can be better. I am an up and coming firefighter and to be able to see the signs and engage in them early on I can keep myself healthy along with the people around me. I think it will provide and advantage with where i want to end up in the future and guide people to the right resources if necessary	10/23/2019 2:54 PM
23	Understanding better the struggles and the resources now available is vital to the clinical aspect of treatment.	10/23/2019 2:38 PM
24	This training shows that we a LE don't have to be a statistic. Help is available and we need to get that help in time of need. Your life, friends, and family are everything. We need not be selfish and get the help that we need if we need it.	10/23/2019 2:12 PM
25	I've heard of PTSD, who hasn't? I think our department chaplain has spoke to us on similar topics. But I think it's important for 1st responders to know it happens to all of us and it's so important to take care of yourself and co-workers.	10/23/2019 1:11 PM
26	As a Law enforcement dispatcher and not "911", I feel like we get overlooked and disregarded by not only our own agency but the other agencies that are 911 centers. We get transfers from the 911 centers once they here freeway or highway. We have been dropped rolling domestics in progress, traffic complaints that turn into a fatal crash while the reporting party is on the phone, our dispatcher heard the crash occur. We talk to family members of fatal crash victims in the middle of the night after we called another agency to give notifications, and the only thing that family was told was you need to call this number, so essentially I made notification on the phone to a mother or father. I sat on the phone and cried with that family member apologizing because the situation was not handled properly. I have dispatched a pursuit ending in shots fired, and at one point hearing "I've been hit" having to clarify, by a bullet or a car, with my officer. I was by myself in the dispatch center, my officer had numerous other officers from other agencies helping him. Everything our officers see, dispatchers also "see" through our ears. If an Officer, Fire Fighter, EMS, Fish and Game officer, Forest Service officer or Probation officer is hurting because of an incident, I promise there are Dispatcher's hurting right along side their officers in the field. Just like the officer that may not have fired his gun, but was there at the scene, Dispatchers were there living it as well. H~	10/23/2019 10:06 AM
27	Go. If nothing else, you'll know you aren't alone. Totally worth it.	10/23/2019 4:53 AM
28	Must attend! This could potentially save your life someone else's. If you or your department can't afford to send you, get a scholarship. You need this training to be a voice for yourself or others.	10/23/2019 3:55 AM
29	Hearing others being honest about the mental health issues of first responders gives me the courage to examine my own situation and evaluate my status. This conference gave me some tools to fight against potential negative outcomes during my career and stay healthy so I can continue to serve others. I'm not personally suffering from PTSD, but knowing there is a way to get help if I'm ever in need is comforting.	10/23/2019 3:03 AM
30	Audra Federal Correction Officer I am a rescuer, survivor, warrior. I know how to take care of others and literally have physical pain when I think about asking for help. This conference and its speakers help me ask for the help I need.	10/23/2019 2:28 AM

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31	Great awareness . Eye opening event. Should be mandatory for everyone on with 7 years or more	10/23/2019 1:55 AM
32	I have known for some time that something isn't right with me and have been trying to work it out on my own. This conference showed me I am not alone in this and it is ok to ask for help and gave direction on where to find help. Will FF/PM	10/23/2019 12:44 AM

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