

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: 13 Skipped: 50

#	RESPONSES	DATE
1	That though it all you are not alone. There is resources out there to help you.	4/25/2019 4:06 PM
2	"I used to think that I was going crazy or the only one with these thoughts and anxiety but after the conference I have realized that it is ok because I am not alone and help is right around the corner" Steven-Firefighter	4/24/2019 7:51 PM
3	Lots of mental health resources. A few good strategies for coping with traumatic calls like oils, music, yoga, etc.	4/23/2019 1:33 PM
4	vulnerable, Inspiring, moving testimonials from the first responder community. It really brought home how much trauma the entire first responder community experiences and increased overall empathy for how challenging the profession really is.	4/23/2019 1:34 AM
5	There are a lot of buzz words in law enforcement, however you don't hear a lot about Yoga as a means of dealing with PTSD or First Responders trauma. This conference dealt with a lot of unusual issues, like being financially secure so if or when emotional issues come up you are able to deal with the emotions not worry about outside factors. A lot of brave men and women were very vulnerable in speaking of their lack of abilities to handle the trauma in their lives and being willing to reach out for help. So many facilities were presented giving a wide variety of options for help in mental and emotional survival for very brave men and women in a challenging field.	4/19/2019 10:44 AM
6	I would highly recommend attending this conference if you are a spouse to a first responder. I know my husband has been struggling, but working for a small, rural department there's not a lot of resources for us to turn to. We learned of many, many resources that are available through this conference not only to help him but both of us after going through a traumatic life changing event.	4/15/2019 6:42 PM
7	I think the training is beneficial but more focus needs to be on what first responders can do and need to do in order to stay mentally healthy.	4/15/2019 3:55 PM
8	Many speakers that were very candid about their past, sharing heartbreaking stories and their path to recovery from the trauma. Conference included speakers from dispatch, law/veterans, fire and EMS which was neat, covered all first responders, instead of just being centered on one or the other. It was great to see such a broad group of attendees, all of the first responder world, nurses, therapists, chaplains etc all gathering to expand their knowledge on PTSI and recovery. Mo - Dispatch	4/15/2019 9:14 AM
9	see above comments/remarks section	4/14/2019 2:59 PM
10	Cheri EMT. We all realize there is inherent stress in our jobs, but realizing it and dealing with it are two different things. This conference showed me ways to deal with those stressful situations personally and as a group. We can't just quit seeing trauma or stop caring, but we can learn ways to cope successful and be able to continue to help others also b	4/13/2019 10:10 PM
11	I think the most important message of this conference is that it is OKAY to NOT be OKAY. I think the second most important take away is that there is safe, effective help available.	4/13/2019 6:44 PM
12	It is nice to know that I'm not the only one that is dealing with the traumas that I've seen and that I can share them with people that understand what I'm going through. We are not a one man or one woman army. We need to stick together to continue to help make our communities a better and safer place, but that also includes our own homes!!! Michael Howell - College of Southern Idaho's Traumatic Brain Injury Support Group Facilitator.	4/13/2019 3:46 PM

First Responder Mental Health & Wellness Conference, Twin Falls, ID

13 As a vendor this was one of the best conferences I've been too. I like that it's a smaller conference and not a lot of vendors. I feel that I was able to speak to a lot of people and get our services out to them. Also the program was the best I've ever seen!! Very well put together. Over I was very impressed and will be attending many more!!

4/13/2019 12:01 PM