

SERVE & PROTECT

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**PUBLIC SAFETY
TRAUMA SERVICES**

**SERVE &
PROTECT**
ARM IN ARM

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REAL SOLUTIONS FOR REAL PROBLEMS

Since 2011 we have **now helped more than 5,000 public safety professionals and their families** find hope and healing. Yet suicide kills more first responders than on duty deaths.

November 29 I was honored when **invited to be part of the Department of Justice "Officer Safety & Wellness working group"**. This panel of law enforcement experts was formed to explore solutions for police trauma and suicide – their next meeting is in Spring. Real work and solutions were discussed. This work is the result of a directive from the President to explore these issues.

In October we produced **Strength for the Journey - Beyond Survive, Strength to Thrive resulting in 3 training videos** available for free; Police Officer Credit Union Association will make them available on their partner Credit Union sites for free. It was also streamed live on Facebook.

Emotional Wellness two hours on understanding and surviving trauma, led by Rob Michaels

Financial Wellness two hours on financial management, planning, and budgeting, led by Nick Daugherty - a Dave Ramsey certified master financial manager and retired officer

Spiritual Wellness a look at the impact of faith for first responders, featuring Rob Michaels and his former partner with Norfolk Police, Drew Grant.

These videos are available on our **website** downloadable for free. The link above will take you to our YouTube page to download from there. In 2019 we will release a 4th training video, Family Wellness.