

# FIRST RESPONDERS RESILIENCY, INC.®

PUTTING PTSD OUT OF BUSINESS®



APRIL 29TH  
5:30 PM PT

## 1st Annual RESPONDER RESILIENCY GALA



BALLETTO  
VINEYARDS

## 2023 2ND QUARTER "SPRING" REPORT

"I ATTENDED HOPING FOR A MIRACLE AND IT CHANGED MY LIFE."

- FEBRUARY CONFERENCE ATTENDEE



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# 2023 NEW YEAR REPORT - TRAINING & EVENTS

## Events January - March 2022

**January 17th**  
New Instructor Development Day

**January 19th**  
North Bay Business Journal Book of Lists

**January 24th**  
FASIS & LAWCX Training, Roseville, CA

**January 24th**  
Sonoma State University Officer's Presentation

**January 29th - 31st**  
FRRRI Board of Directors Retreat

**February 6th**  
FRRRI Family Instructor Training Day

**February 9th**  
South Dakota Leadership Training, Virtual

**February 21st - 23rd**  
3-day Resiliency Conference, Healdsburg, CA

**March 1st & 2nd**  
Sonoma County Sheriff's Corrections Training

**March 6th & 7th & 10th**  
Sonoma County Sheriff's Corrections Training

**March 15th**  
CAL Chief's Presentation, Monterey, CA

**March 17th**  
Sonoma Fire Academy Training, Santa Rosa, CA

**March 18th**  
PTSD 911 Documentary Screening, Santa Rosa, CA

**March 25th**  
Sonoma County Sheriff's Corrections Training

**March 28th**  
FASIS & LAWCX Training, Lodi, CA

**April 3rd**  
South Dakota Leadership Training, Virtual

## Events April - June 2022

**April 4th**  
Police Chief's Presentation, San Francisco, CA

**April 11th**  
FASIS & LAWCX Training, Rancho Cucamonga, CA

**April 14th**  
Tee It Up Fore Mental Health Golf Tournament

**April 25th**  
South Dakota 4-hour Training, Virtual

**April 27th**  
South Dakota 4-hour Training, Virtual

**April 29th**  
Responder Resiliency Gala, Balletto Vineyards

**May 1st**  
Leadership Meeting, Rohnert Park Police Station

**May 4th**  
FASIS & LAWCX Training, Benicia, CA

**May 13th**  
Tim Gillaspie Whiskey Dew Classic & The Human Race

**May 17th**  
Neurocatch & Legions Veteran Village Tour, Canada

**May 22nd**  
FRRRI Instructor Development Day

**May 24th**  
South Dakota 4-hour Training, Virtual

**May 25th**  
South Dakota 4-hour Training, Virtual

**June 6th - 8th**  
3-day Resiliency Conference, Healdsburg, CA

**June 12th and 13th & 21st**  
Redwood City Fire Training, Redwood City, CA

**June 29th**  
FASIS & LAWCX Training, Clovis/Fresno, CA

# 2023 TRAINING REPORT

As of April 2023, we have served the following :



# OF DEPARTMENTS

40+



# OF FIRST RESPONDERS  
& FAMILY MEMBERS



648



**Notable departments/agencies we have trained:**

- Federal Officers
- Los Banos Fire Department
- Sonoma County Sheriff's Office
- South Dakota Highway Patrol
- Morro Bay Fire Department
- Lodi Police Department
- Sonoma County Fire District



# 2023 NEW YEAR REPORT



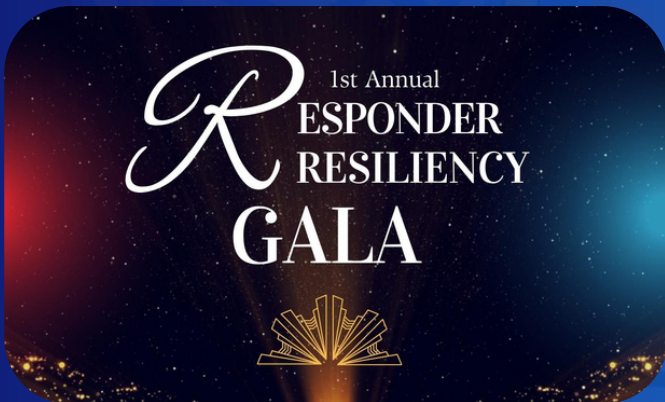
## Conference Recap February 21-23, 2023

After another successful conference this February, we cannot believe our next one is just shy of a few months away! This conference was filled with 34 first responders and 19 family members, having both local, state, and federal officers in the room. Their feedback was incredible, saying "If I could give you any advice, don't change a thing about your program." What an honor it is to continue serving those who serve others.



## CAL FIRE Contract Renewal

As of April 17th, we have been approved for another 2-year contract with CAL FIRE! This is a dream come true, and we are thrilled to be serving their personnel! For those who are new to FRRI, we were serving CAL FIRE previously between 2019 and 2021. Due to COVID and funding, the contract paused and we have been patiently awaiting the next opportunity to work with them again. What an honor it will be to train thousands more under such an incredible state department!



## Responders Resiliency Gala April 29, 2023

**HAPPENING** April 29th at 5:30 pm PT, we will be hosting our Responder Resiliency Gala at Balletto Vineyards in Santa Rosa, CA. This gala will raise funds to support the development of our Resiliency Center in Cotati, CA. We will be serving a gourmet dinner by Domenica Catelli from Catelli's Restaurant. We will also be auctioning off incredible packages, such as courtside seats to a Golden State Warriors game! You will not want to miss out on this event! You can get tickets via our website!



## June Conference Preparation, June 6-8, 2023

June 6th is right around the corner and we have over 50% of our slots for this next conference filled! We were very lucky to have so many amazing guests at our last opening session and would love for YOU to join us at our next one! If you would like to sponsor a first responder or family member to one of our conferences, please visit our donation page on our website!

# 2023 NEW YEAR REPORT



## Reulay & Partnership Updates

We are so excited to continue our partnership with Reulay! Since we have begun to collaborate, their team has come out to each conference and hosted a demo "meditative" experience for attendees and received RAVE reviews! It has been incredible to see many of the first responders lined up outside to try on these devices! Stay tuned for more updates on our partnership with Reulay!



## Peer-Reviewed Articles Coming Soon!

Let's talk research! We continue to have an ongoing relationship with our amazing researchers from UCLA and Loma Linda University, in order to provide the most cutting-edge training program to first responders! As we have begun our second longitudinal study, we will have our survey data findings written for more Institutional Review Boards and peer-reviewed articles!



## CAL Chiefs Presentation, March 15, 2023

What a busy season it has been traveling all across the states and now being able to speak in front of many of the California police chiefs. During this presentation, we spoke to 70+ police chiefs and command staff! It was lovely to meet so many of those in the industry who are advocating for officer wellness, along with seeing so many more presentations around mental health awareness! We can't wait to attend next year!



## Sonoma County Police Chief's Presentation

On April 4th, Sue presented to the Sonoma County Police Chiefs once again, our District Attorney, Lead Private Investigator, and Director of the County's Probation Department in San Francisco, CA! What a wonderful opportunity it was to share the message of our work with those who truly believe in changing the culture of officer wellness! Thank you, Lori Tomsy for inviting us to join your conference this year! We hope to be at next year's presentation!

# 2023 NEW YEAR REPORT



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**"Thank you for creating this program. It is so difficult to ask or seek help but this conference provides tools in a safe environment that makes it easier to work on ourselves without feeling less about ourselves."**

**-February Conference Attendee 2023**



## **FASIS & LAWCX Training - Contract Renewal**

**As we are about to finish our first year's contract with FASIS and LAWCX, we have been in contact with their directors and board members to discuss a second contract. In that first year, we were able to train more than 100 employees within their risk pool and travel to 6 different cities in CA! Moreover, this second contract will include more training across the state of CA and scholarship funds to send first responders to our conferences!**



**"I was in such bad shape I don't know what more I needed... Just know you probably stopped another firefighter statistic. You saved my life and marriage. Hope I can help it up."**

**-Conference Attendee**



## **HEY EVERYBODY!! WE HAVE A NEUROCATCH!**

**If you have been reading our quarterly newsletters, then you may have seen that we partnered with a company called, "Neurocatch", and have now been able to purchase their device! We are so grateful to the Neurocatch team for traveling all the way from Vancouver, British Columbia to train the FRRI team on how to use the device and read its scans. These scans will be useful for recording how our training visibly transforms first responders, neurologically.**

# 2023 NEW YEAR REPORT





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## Resiliency 1st Podcast - Updates

Don't think we forgot about more episodes for our Resiliency1st Podcast! With so much training and company development, we have SO much to share with you all during the summer season! If you are new to our podcast, we just got approved on Apple's Podcasts as well! Go check out our website and social media platforms to tune in to each episode! Don't wait, go check it out!



## Instructor Development Updates

In the first few months of this year, we have hosted three instructor development training days. Each day we have successfully onboarded 7 more instructors. These training days serve to train more Resiliency Instructors on how to become leaders in behavioral wellness and implement our work into their personal and professional lives! We look forward to seeing more career first responders join the team! Keep your eyes open for more hiring seminars this Summer!



**"I was able to relate to every aspect of this training... keeping my nervous system in check, brain function, sleep deprivation... but what was most valuable was the sincerity and passion of your message and your team's honesty and background."  
-Firefighter**



## Fire Academy Training, March 17, 2023

St. Patrick's Day this year was so much fun! We were "lucky" (see what I did there?) to train 40 more cadets who are actively pursuing a career in the fire service! Thank you Chief Grinnell and Chief Raasch for continuing your relationship with FRR to provide the next generation of first responders with necessary proactive wellness training! We cannot wait to see you in July!!

# 2023 NEW YEAR REPORT



## **Tee It Up Fore Mental Health, Golf Tournament**

On April 14th, our team of instructors went out to Livermore, CA to participate in the Tee It Up Fore Mental Health Golf Tournament! Everyone who participated in this event helped raise over \$26,000.00, and we were one of the lucky beneficiaries! Thank you so much for a fun day of golfing and helping the first responders!



## **Board Retreat Recap January 29-31, 2023**

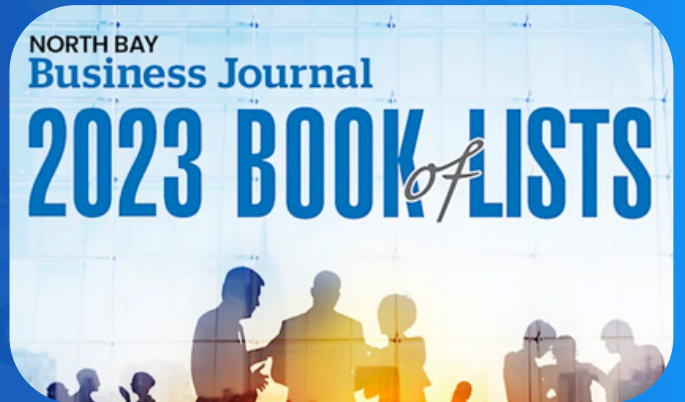
To start off the new year, our board of directors met in Windsor, CA to host our annual board retreat! These retreats are meant to help our board members strategize goals for the new year and review the year's accomplishments and areas of improvement. We also take time during these retreats to plan a few fun team-building exercises that bring us all closer together. We are so proud of each board member for their hard work and commitment to the growth of FRR!



## **PTSD911 Documentary Screening, March 18, 2023**

On March 18th, our Director, Sue Farren was a panelist for the screening of the PTSD911 Documentary! PTSD911 is a film about the effects Post Traumatic Stress has on first responders, showcasing personal stories of those in the industry and how they overcame these effects. This event was held at The Promise Center in Santa Rosa, CA, and had a great turnout! This film is said to be screened all across the nation. To see a short clip of it, visit their website!

[www.ptsd911movie.com](http://www.ptsd911movie.com)



## **2023 North Bay Business Journal Book of Lists**

In February, we attended the North Bay Business Journal's 2023 Book of Lists! This is a source of business information in the North Bay that includes the largest companies in a wide range of major industries such as Banking & Finance, Health Care, Construction, Wine, Technology, and Real Estate. It was a lot of fun to meet so many familiar and new faces within the community!

# PUTTING PTSD OUT OF BUSINESS®

This Issue's Highlight Is Dedicated To:



*Mark  
and  
Christina  
Soiland*

*Gordon T. &  
Melissa A.  
Egan Family  
Foundation*



To every business/organization and individual that has helped this company succeed, your FRRF Family says, "Thank you!"



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