

First Responders Resiliency, Inc.

Putting PTSD Out of Business™

HEROES OF THE NORTH BAY

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OUR END OF THE YEAR REPORT

UPCOMING! FEBRUARY 27-29TH WESTERBEKE CONFERENCE



In this newsletter:

- Highlights of 2019/2020
- End of the Year Report
- CAL FIRE Contract
- Canine Companions™ Pilot Program
- The Kincade Fire - An Evening for First Responders and Their Families
- Burgess Brothers/Churwaffle Partnership
- A Letter From the Founder

Our work would not be possible without you!

Please consider supporting us at

www.resiliency1st.org/donate

Highlights of 2019/2020

January 12-14th

Resiliency Conference - Sonoma, CA

February 6th

Oakland Police Department Presentation

March 5-6th

Yosemite National Park Rangers Presentation

April 3-5th

Resiliency Conference - Petaluma, CA

April 20th

Instructor Recruitment Seminar

May 4th

The Human Race Fundraiser

May 20th

Cumberland County Training - Philadelphia, PA

May 21st

The International Critical Incident Stress Management Foundation's 15th

World Congress Conference - Baltimore, MD

May 23rd

California Fire Emergency Disaster Conference (CFED)

- Palm Springs, CA

May 29th

CAL FIRE Northern Regional Chief's Training

July 12-15th

Resiliency Conference - Sonoma, CA

July 29th-August 1st

Filming for PBS NOVA Special on Sleep - Perris, CA

August 15th

MHOAC Speaking Event - Sacramento, CA

August 28th

CAL FIRE Southern Regional Chief's Training

September 18th

Amador CAL FIRE Training - El Dorado Hills, CA

October 12th

Waffle Breakfast Fundraiser w/ Burgess Brothers

October 23rd

Fire Districts Association of California (FDAC) Conference

October 31st

Canine Companions™ Pilot Program Launched

November 1st

Contract with CAL FIRE APPROVED

November 1st

An Evening for First Responders and Their Families

November 18-20th

Resiliency Conference - Sonoma, CA

January 14-15th, 2020

Napa Fire and CAL FIRE Conference - Napa, CA

February 5th, 2020

Alameda County Behavioral Health Training - San Leandro, CA

"I just wanted to briefly express my gratitude to you for a life-changing weekend. I am so thankful there are people such as you that follow a true and worthy calling to not only change lives but to literally save them as well."

- CAL FIRE Division Chief



End of the Year Report!



TRAINING CAL FIRE IS APPROVED!

Our team is dedicated to proactively training first responders on how to manage stress & trauma in their line of work. Our organization has gained the attention of CAL FIRE & are proud to announce that we have been approved for a two-year contract, with a one-year extension to train their employees!

BURGESS BROTHERS/ CHURWAFFLE™ PARTNERSHIP & SUPPORT BREAKFAST

These two internationally known inventors of The Churwaffle™ are partnering with us to raise funds for our organization by donating a portion of proceeds on the sale of their Churwaffle Mix! Stay tuned for more information! We are so grateful to Executive Chef Mike Harris & The Burgess Brothers for contributing to our October 12th Support Breakfast!



CANINE COMPANIONS™ PILOT PROGRAM

On October 31st, our organizations partnered together for a pilot program that helps pair first responders with PTS Therapy Dogs! Our team has additionally been granted our own therapy dog, FIGGY! She is a four-year-old golden labrador that will be attending our trainings, conferences, and speaking events!

HUNGRY FOR MORE?
<https://www.burgessbrothers.com/collections/>

AN EVENING FOR FIRST RESPONDERS & THEIR FAMILIES

As a response to a request from our community during the Kincade Fires, we were able to provide a supportive & relaxing evening for first responders and their families. This resulted in donations of over \$13,000 in gift cards as we provided art sessions, massages, respiratory treatments, first responder yoga, and free childcare. More than 85 first responders were treated and over 150 people attended. A HUGE Thank You to our donors & sponsors: The Promise Center, Three Crosses Church, The Father's House, Redwood Credit Union, Chick-Fil-A, Franchetti's, Golden State Lumber, Scout Troops 55 & 121, Maria Crane, Dr. Chris Holder, Dr. Jen Riegler, and the Integrative Healers Action Network (IHAN) team. What an INCREDIBLE evening for all!



A Letter From the Founder

As I look over this end of year report, I am astonished by all we have accomplished! In the span of just two short years, we have used the money from the sale of my home to provide the initial funding for this non-profit, put together an incredible team of first responder instructors and experts, refined this PROACTIVE approach to mental wellness, trained more than 1,000 first responders, contracted with CAL FIRE, and started a pilot program with Canine Companions™.

Our success this year would not have been possible without generous donations from the Tipping Point Emergency Relief Fund, Marcia and Gary Nelson, Redwood Credit Union and numerous other contributors.

To have solidified a contract with CAL FIRE is a dream come true, and will keep us busy for the next couple of years. Although the contract will provide enough funding to provide their services, it will not be enough to fund the incredible advances we seek to make in 2020, including, but not limited to: launching our mobile app, providing staff to facilitate our therapy dog program for first responders, expanding our sustainable funding opportunities (including the Churwaffle™), continuing our pursuit of building a Resiliency Center, and most importantly, reaching a higher goal of training 5,000 more first responders!

As you can well imagine, the impact the Kincadee fire has had on the first responders and their families is enormous & ongoing, but we are prepared for the task of supporting and training them. With all of that being said, the work we do is never done and WE NEED YOUR HELP! We cannot sustain this work without financial assistance from those who believe in our mission.

If you are considering supporting the first responders in your end of the year giving, we humbly ask that you consider donating generously to our efforts. Donations will go directly towards helping the first responders (and their families) both immediately and in the months and years to come.

In closing I'd like to share a quote I received from a fire chief after hearing us present at Fire District Association of California (FDAC), "Finally, someone who fully understands the first responder's culture and has cracked the code on making us mentally whole." - Fire Chief Greg Fish, Carpinteria/Summerland Fire Protection District.

I speak for the entire team when I say thank you for believing in our vision, supporting our mission, and giving generously so we can continue Putting PTSD Out of Business™.

Sincerely,

Sue

Susan Farren
Executive Director
First Responders Resiliency, Inc.
"For First Responders, By First Responders"
Putting PTSD Out of Business™

