

MORE POLICE AND FIRE DIED BY SUICIDE THAN LINE OF DUTY DEATH.

this is why we do what we do - Rola Michaels

#### STRENGTH FOR THE JOURNEY

Emotional Physical Financial Family Faith





Bringing Hope & Healing to Public Safety since 2011.

Robert Michaels, M.A. CEO / Founder



#### MORE FIRST RESPONDERS DIE FROM SUICIDE THAN FROM LINE OF DUTY DEATH

PTSD: 'The Dirty Little Secret of Law Enforcement'





On a warm early morning in 2007, police officer Mark Dibona was sitting in his cruiser in front of a fire station in Sanford, Florida.

Dibona was taking notes in his police logbook when a woman carrying an unconscious infant approached him, frantically asking for help.





'Silence can be deadly': 46 officers were fatally shot last year. More than triple that -140 — committed suicide.

Christal Haves, USA TODAY Published 3:20 p.m. ET April 11, 2018 | Updated 3:39 p.m. ET April 12, 2018

2017

#### WHITE PAPERS & RESEARCH

#### Study: Police Officers and Firefighters Are More Likely to Die by Suicide than in Line of Duty

A white paper commissioned by the Foundation has revealed that first responders (policemen and firefighters) are more likely to die by suicide than in the line of duty. In 2017, there were at least 103 firefighter suicides and 140 police officer suicides. In contrast, 93 firefighters and 129 police officers died in the line of duty. Suicide is a result of mental illness, including depression and PTSD, which stems from constant exposure to death and destruction.

## WHEN WE NEED HELP WE CALL 911 WHEN FIRST RESPONDERS NEED EMOTIONAL HELP WE ARE 911

Serve & Protect is a 501©(3) whose mission is to locate and facilitate trauma services for public safety professionals with PTSD symptoms, addictions, or both. Whether residential care or trauma therapists and related services, Serve & Protect works on behalf of the public safety professional to find the right solutions for their real problems. We are the only nationwide organization providing these services. We partner with Safe Call Now who provides our crisis line and facilitates residential care. Serve & Protect facilitates all trauma therapist placements.

#### Real solutions for real problems.

#### Our proven methodology

When calls come in nationwide to our crisis line partner Safe Call Now from public safety professionals looking for trauma services, especially therapists, we go to work locating one in their area that takes their insurance and understands their job – and specializes in trauma therapy.

First a peer advocate contacts the caller to assess the need. Sometimes it is simply to be a listening ear. Sometimes professional help is needed.

Our experienced team works diligently to match the right therapist with each request - one who takes their insurance and is in their area. Moreover, we personally vet EACH therapist for suitability.

There is great satisfaction in locating a match. In fact, one therapist said that "Serve & Protect is like a match.com for those in public safety looking for therapists." We also locate equine therapy, service dogs, and other alternative solutions.

Since 2011, we have helped more than 5,000 calling for relief of emotional wounds, educated more than 25,000 with our seminars, and have impacted more than 2 million through social media.

#### **OUR PROVEN MODEL**

Education: in partnership with Safe Call Now and several other partners who travel the country providing seminars and distributing our information, as well as previous clients who want peers to know where they found help - we make every effort to raise awareness that help is available. Another resource is the cadre of public safety professionals / families we have helped who distribute cards to help peers.

Facilitation: through initial contact with a Safe Call Now peer advocate answering the crisis line, callers are assessed for proper solution to their reason for calling. If residential care is needed, Safe Call Now facilitates that process from start to finish. If trauma therapy in the caller's area is appropriate, Serve & Protect facilitates the proper service and the appropriate level of trauma care.

Our **A-TEAM** is the core of our work. Our **clinical advisor**, **trauma services manager**, and a cadre of **peer advocates**, seasoned first responders who have diverse experience personal and professional experiences each are ready to serve. Some had administrative trauma, others involved in shootings, and others serious injury. The peer advocates serve callers while a proper counselor is located.

Our *unique 360 Focus* provides a completeness that has become our trademark. If a caller to the crisis line is referred to residential care, Serve & Protect is equipped to step in to locate a Chaplain for the family while the spouse is getting treatment. As the first responder approaches release, we work to locate a trauma therapist to help maintain a continuum of care for maximized recovery. In addition, we can locate other services like AA or Celebrate Recovery programs or intensive outpatient programs in their area.

Restoration: the heartfelt goal for Serve & Protect and our partner Safe Call Now is providing care needed by our heroes with care designed to restore them to duty and their family equipped to face the future together. We work to insure recovery through a well-planned aftercare program of trauma therapy. We provide real solutions for real problems for public safety.

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Serve & Protect was founded in 2011 by Robert Michaels who served both as a MP and also on patrol and detective bureau with Norfolk VA Police. Michaels earned a B.S. from Columbia International University and M.A. from Wheaton College (IL). He is Chaplain for the FBI Memphis Division, Nashville Resident Agency, State Chaplain for the TN Fraternal Order of Police, and Chaplain for Brentwood Fire Department (TN). He is a member of the American Academy of Experts in Traumatic Stress and National Center for Crisis Management, and recipient of the 2017 FBI Director's Community Leadership Award, Memphis Division. Serve & Protect has been recognized by both the Tennessee House and Senate through Proclamations and Joint Resolutions for the work of the organization. Michaels is the 2017 recipient of the FBI Director's Community Leadership Award, Memphis Division.



#### **ABOUT THE FOUNDER & CEO**

Robert Michaels is the CEO and Founder of Serve & Protect. He served in law enforcement in 1971 with the 229th Military Police Battalion of the Virginia Army National Guard as well as in 1973 with Norfolk (VA) Police Department, both on patrol and in the detective bureau.

He serves as Chaplain for the FBI Memphis Division, Nashville R.A., and served as Chaplain in Residence for 2 weeks at Quantico. Rob also serves as Chaplain for Nashville SOFSA, the retired FBI Agents Assn.Since 2012 he has served as State Chaplain for Tennessee Fraternal Order of Police and is Chaplain for Morris Heithcock FOP Lodge 41 in Williamson County TN where he is an active member and held offices on the executive board. In 2018, Rob was also appointed as Chaplain for the Brentwood TN Fire Department.

In October 2018, Rob produced STRENGTH FOR THE JOURNEY, a multi-segment symposium streamed live on Facebook and captured on video. Each segment is a seminar on aspects of first responder wellness, including emotions, finances, and faith. Each one is downloadable for free from the Serve & Protect website.

Rob was presented by Congressman Marsha Blackburn when he served as Guest Chaplain for the U.S. House of Representatives September 9, 2015 leading the opening prayer. He is the 2017 recipient of the FBI Director's Community Leadership Award for the Memphis Division, and honored with Tennessee House and Senate Joint Resolutions and Proclamations.

Rob is a member of the American Academy of Experts in Traumatic Stress, and National Center for Crisis Management, and American Legion. He is visiting lecturer for the Davidson County Sheriff's Training division, Williamson County Sheriff's Department Court Officer's Training, and teaches for other public safety organizations. He has been a featured speaker at area civic organizations including Rotary Clubs, Kiwanis, and Shrine Clubs. Rob is also a Circuit Rider teaching classes for Brentwood United Methodist Church. His articles have appeared online for USA Today, Fox News, and others.

He holds a B.A. from Columbia International University and a M.A. from Wheaton College (IL). Rob and Chris, his wife of 45 years, live in Brentwood. Their daughter, Dr. Hollyn Marie Michaels, is a clinical psychologist living with her husband Matt and daughter Brynn in Wheaton IL. Their son, DJ, is an RN in a Boulder hospital in the PACU.

## Serve & Protect A-TEAM CORE



#### Ronald Jones

Director of operations and training

#### Ronald Jones, Director of Operations And Training.

Ron was one of our first Serve & Protect Chaplaini. For the last few years, he also joined the team of our partner Safe Call Now, first as a Fex Advocate, then appointed Vice President where he oversaw the team. He retired from that position in 2017 to spend more time with family.

- Rob executes our 360 plan, facilitating chaptain requests for those asking, as well as for those going into residential care wanting a Chaptain to assist their family while in treatment.
- Retired from West Virginia State Police, Ron is a veteran in law enforcement
- . He serves as Chaplain for FOP Lodge 145 in Florids and remains a Serve & Protect Chaplain.
- · Hon is an ordained pastor and a member of the International Conference of Police Chaptains.



#### Dr. Carrie Steiner, Psy.D.

Clinical Advisor, Foundar Mat Responder Welliness Cartes, Lacturer

#### Dr. Carrie Steiner, PsyD, Clinical Advisor, Founder first Responder Wellness Center, Lecturer

- Founder, First Responders Wellness Center, Clinical/Police Psychologist, Forentic Testing, Consultant & Socialer
- Chicago Police Department, 13 year veterar;
- · Illinois School of Professorial Psychology, Chicago Campius, Psych., Forensic Psychology clinical psychology
- · Actier School of Professional Psychology, Psy.D., Clinical Psychology
- Certified Clinical Trauma Professional, International Association Of Trauma Professionals, EMDR therapist /EMDRIA
- · Crisis Intervention Team Officer, and Autism Spectrum Disorder Trainer at the Chicago Police Academy.

National speaker on mental illness and police response. She has worked with U.S. Marshals, theFBI, the Department of Homeland Security, and several other federal, state, and local agencies.



#### Officer Nick Daugherty

First Responder Financial Management Specialist (Dave Ramsey Master Financial Flanner)

#### Nick Daugherty, First Responder Financial Management Specialist (Dave Ramsey Master Financial Planner)

Nick Daugherry began his career with the Grand Prairie Police Department in 2003. He spent the first 5 years in patrol working as a beat officer before transferring to the School Resource Officer program where he worked at both high schools, the alternative school, and served on an underage alcohol and drug task force. In 2012 he promoted to the rank of Sergeant where he spent 2 % years as a patrol Sergeant, field training supervisor, and fleet coordinator. In 2015 he was transferred to the criminal intelligence unit supervising intelligence, crime analyst, and detectives assigned to the US Marshal's Fugitive task force and FBFs regional computer forensic laboratory. He retired in August of 2017 and now serves as a reserve officer for GPPD.

At a young age he did a lot of stupid things with money partaking in "stupid tax" purchases (the art of buying toys that you can't afford using plastic). Before he knew it he had accumulated over \$80,000 in consumer debt, most of which was wrapped up in cur stereo equipment and cars. He quickly realized that he needed to educate himself on personal finances and work to get out of hole he dug himself into. He worked overtime to the tune of over 500 hours a year to get out of debt the first year, only to have to do it a second year to get out of debt after not learning his lesson the first time (old habits die hard). He was introduced to the Dave Ramsey show and became an avid believer and supporter of the Total Money Make Over program by Dave Ramsey. He is currently working on "Baby Step #6" and can't wait to scream out to the world "I'm debt free"!! A graduate and coordinator of Dave Ramsey's Financial Peace University, he is also a certified Dave Ramsey master financial coach\* and offers free one-on-one coaching to first responders in financial crisis.

In 2011 he was approached by Grand Prairie Police Chief Dye who wanted to start a revolutionary and progressive training block on financial planning in the Grand Prairie police academy to all incoming recruits. This was later expanded into mandatory training classes for all officers at GPPD. He currently teaches "Building Financial Strength in Police/Firefighter Families" to numerous agencies and police academies across the state of Texas. Utilizing the principles of Dave Ramsey, he has helped hundreds of officer's work towards a debt free lifestyle and financial freedom. To date almost 2,000 first responders have been through his training.

He is licensed with the State of Texas as a registered investment advisor representative (CRD#6697256) and licensed health and life insurance agent. He additionally has completed classes through Ken Zahn's Certified Financial Planning professional education program and is working towards becoming a CFP.

He has the heart of a teacher and a passion for teaching first responders and their families how to handle their finances and plan for the future so that officers can move from having to work longer than they have to and giving them the ability to comfortably retire when they want to.

## A TRACK RECORD OF PROVEN EXCELLENCE, UNIQUE SERVICE

#### 2018 - GROWTH AND REFINEMENT; SERVING FAMILIES & SAVING LIVES

- Since 2011 we have now <u>helped more than 5,000 public safety professionals and</u>
   <u>their families</u> find hope and healing. Yet suicide kills more first responders than on duty deaths.
- November 29 I was <u>invited to be part of the Department of Justice "Officer Safety & Wellness working group</u>. This panel of law enforcement experts was formed to explore solutions for police trauma and suicide their next meeting is in Spring.
- In October we produced <u>Strength for the Journey Beyond Survive</u>, <u>Strength to Thrive resulting in 3 training videos</u> 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. (videos viewable at <a href="https://www.ServeProtect.org">www.ServeProtect.org</a> homepage.



two hours on understanding and surviving trauma, led by Rob Michaels, Serve & Protect CEO / Founder



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



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

### 2019 BUILDING ON SUCCESS - INNOVATION IN SERVICE

#### In 2019, our focus is on continued growth and refinement:

- Implement our 360Care nationally; this program is a sophisticated solution for trauma care.
- providing chaplain and/or spouse peer advocate when husband goes into treatment for support and encouragement
- working closely with Safe Call Now (our crisis line) to partner with the treatment center
   to locate a trauma therapist when officer leaves residential for continuity
- recruiting and training additional peer advocates, building our people with more training
- expand the use of our mobile app users can watch the videos, read articles, and request help either by phone or message from our app
- launching a program developed by Ron, <u>a phone line for first responders just</u>
   needing to talk, not needing a therapist
- distribution and promotion of our video series through new partnerships in public safety media and compatible organizations
- identifying compatible organizations to offer additional services or referrals for us to help
- to that end, we have just <u>partnered with National Alliance for Law Enforcement</u>
   <u>Support</u>, largely serving first responder spouses, to be our <u>peer advocates for wives</u>, especially those whose husband is going into residential care.
- in spring we plan to video a 4th seminar on Family Wellness. With first responder divorce exceeding 75%, it is critical.



While doing seminars, it became clear that departments rarely educate families about first responder life – which exacerbates divorce.

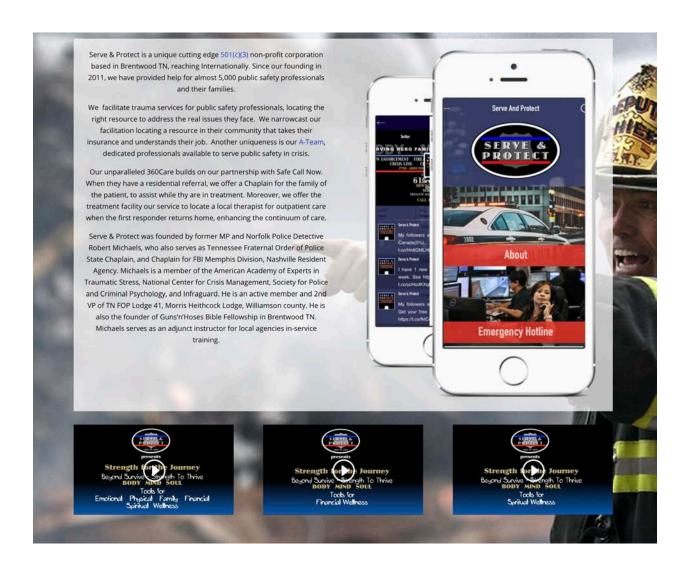
THIS IS A CRITICAL NEED.

As you now look at year end giving, please consider <u>Serve & Protect</u> You can see we have grown, where we have served, and how many lives have changed by finding hope. By God's grace, our influence had grown. You can see where we are going, and by God's grace, will have an even greater impact on the lives of those who keep us safe.

This work is important for those who keep us safe. There is nothing else like Serve & Protect.

#### INNOVATION THAT SERVES FAMILIES AND SAVES LIVES - FREE

- only available mobile app for first responders to combine seminars, articles PLUS ONE CLICK CONNECTION TO CRISIS LINE
- three unique seminars on trauma, finance and faith each live streamed on Facebook and captured on video for free download.
- COMING SOON: first public safety Talk Line for when they are not in crisis but need a listening ear.
- COMING SOON: first responder spouse peer advocate support



#### SERVE & PROTECT

## SPOUSE SUPPORT COMING SOON NATIONWIDE

FOR WHEN YOU JUST NEED A LISTENING EAR

Too often the spouse of a first responder is unaware of the issues, never trained about the trauma, and left in the dark about their first responder challenges.

Too often departments neglect them.

Whether you are concerned, or perhaps your first responder is away in treatment, you can talk to a first responder SPOUSE SUPPORT PEER ADVOCATE.

Free.

SERVE & PROTECT SPOUSE SUPPORT UNIT
FIRST RESPONDER SPOUSE PEERS.
Because it takes one to know one!

Since 2011, Serve & Protect has helped more than 5,000 public safety professionals and their families find healing. We are here for you too.



#### **CONFIDENTIAL CRISIS LINE**

615-373-8000

FIRST RESPONDERS TAKE YOUR CALL
WWW.SERVEPROTECT.ORG
REAL SOLUTIONS FOR REAL PROBLEMS



#### SERVE & PROTECT

#### INTRODUCING THE

# SERVE & PROTECT ALL LINE 615-226-4040 NATIONWIDE

#### FOR WHEN YOU JUST NEED A LISTEMING EAR

Sometimes you wish you had a peer, someone you do not know, someone who gets your job, to talk to confidentially.

A fresh perspective from someone who has been there.

No appointment. No insurance.

Free.

THIS IS IT. OUR **TALK LINE** MANNED BY ACTIVE OR RETIRED FIRST RESPONDERS.

Since 2011, Serve & Protect has helped more than 5,000 public safety professionals and their families find hope, find healing. We are here for you too.



#### **CONFIDENTIAL CRISIS LINE**

615-373-8000

FIRST RESPONDERS TAKE YOUR CALL
WWW.SERVEPROTECT.ORG
REAL SOLUTIONS FOR REAL PROBLEMS





We are very proud of our unique 360Care system.

This combines the first responder residential care experience with the needs of the family left at home. From the time the first responder leaves the family will have their own peer advocate and/or chaplain.

When leaving residential care, we will work on behalf of the first responder to locate a therapist to assure a smooth continuum of care.

#### THE NEED IS GREAT - WE ARE THERE TO BE THEIR SAFETY NET

#### PUBLIC SAFETY Relevant insights by the experts from American Military University

номе

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EDITOR'S PICKS LAW ENFORCEMENT LE CAREERS MENTAL HEALTH MOST POPULAR ORIGINAL STRESS MANAGEMENT

SUICIDE PREVENTION

December 5, 2018

### **Don't Let Another Year Pass Without Addressing Officer Stress and Trauma**

START A CRIMINAL JUSTICE DEGREE AT AMERICAN MILITARY UNIVERSITY.

By Leischen Stelter, editor of In Public Safety

December is a time to reflect on the year and figure out how we can do better in the coming year. For those of us at In Public Safety, it's the perfect time to review the topics that resonated most with our law enforcement readers.

Over this last weekend before the New Year, God saw fit to send 3 spontaneous notes of encouragement from some we have helped. As one who has helped us through the years, this is real return on investment. Lives saved. Lives changed. Hope found. Thank you.

Rols Michaels

About a year ago your group found me someone to talk with . . . I would not be here without your group and help. My daughter is grateful too.
Rec'd December 28, 2018

Hí Rob! I wanted to take the time to wish you a happy new year! I know I am terrible at returning messages but please know how grateful I will always be to you for being instrumental in saving my life! I pray God will bless you abundantly always. In my eyes you are a true hero because you have helped so many and helped us find hope in hopelessness. Happy New year my friend, and my brother! Rec'd December 29, 2018

Hi Rob,

Just went to your website and I wanted to thank you from the bottom of my heart.

I realize that my faith and spirituality have been lacking since I retired in 2015. Reading your words made me realize that when you are lacking in the aforementioned, the rest of your life really is shallow.

I have gone back to getting on my knees every day and letting God know that I am once again putting my faith and spirituality first and give my life to him.

Thank you for hearing me out on this! God bless Sir.... Rec'd December 30, 2018







#### IN THEIR OWN WORDS ...

If I had not spoken with you on the 11th of January, I am not sure which road I have may taken with my grief. if it was not for Serve & Protect, I know in my heart I would have committed suicide after Jeff committed suicide. I was broken and torn I could not think straight, all I wanted was to be with my husband I did not know how I would go on with out him.. With Rob's prayer and hope and strength he seen in me, also my family. I was able to go one more day one day at a time. To know that someone cared about a complete stranger and could look at me with compassion in his eyes and feel the need to help me and my

family gave me Hope. You have uplifted me over and over with a simple prayer every time we speak.

(Ginny, Widow TN)

As a finance to the officer that was shot in line of duty and lost his job we have faced the daily struggles along with the uncertainty on how to provide for our family during the holiday seasons. It was a probably the lowest point that we encountered Robert Michaels. He was our saving grace. He took his time to reach out to us and gave us support (both spiritually and financial) and pointed us to the right direction...Church. We were both Christian people but seemed to be putting blame instead of asking for God to lead us in the right direction. From that meeting in an McDonald's at Cool Springs one afternoon forever changed our lives. Serve & Protect (Rob) showed us the kindness and generosity

from people we've never meet but we're willing to reach into their pockets to help our family. I have never told this story publicly maybe probably because of pride but if any of our friends or family or especially fellow officers can or will help out I encourage you to do so. You never know you might be the next one who needs the uplifting support that we've gotten from the SERVE & PROTECT organization. So please just take a minute and reach into your pocket and give them what you can. I promise it will and does make a difference. Thank you Rob Michaels for making the difference in our life. (Heather TN)

I just wanted to let you know Rob, that I am eternally grateful for the compassion and support you gave to me and my family. I am now deeply committed to God, my family, and my recovery. I have almost completed all of my outpatient therapy and am an active and devoted member of Narcotics Anonymous. I am healing every day spiritually, mentally, and physically. Words cannot describe the gratitude I have for you and Sean Riley for your guidance and support. Please keep my email address. My story is a powerful one and I would be happy to convey any of it as a testimonial for Serve and Protect and Safe Call Now. You made the difference between life and death for me and I will never forget that. God bless you and contact me anytime. (Sergeant Donnie Ray Heacox, Police Officer Lakeland, FL)

SERVING HERO FAMILIES SAVING HERO LIVES

LAWENFORCEMENT FIRERESCUE MT CORRECTIONS DISPATCH

#### LAWENFORCEMENTFIRERESCUEEMTCORRECTIONS

Serve & Protect has been a blessing in m life. Their guidance and counseling brought me personally out of some dark moments. The worst being when I contemplated suicide. I owe a great debt to Rob Michaels for saving my life through their mere presence and friendship. (Paul, Corrections Lt. TN)

I was going through some very hard times and contacted Safe Call Now who in turn contacted Serve & Protect. Rob called and spoke with me on many occasions before, during, and after treatment. Those discussions have helped me stay focused on my wellbeing. I know Rob was instrumental in saving my life. I cannot imagine where I would be today without. (Kevin, Police Chief MN)

I responded to a pool accident call and the victim was my 17 year old son who died from his injuries. At the hospital I met Rob, who heard what happened and came to help us. Over the last several months Rob seems to know just when to call and check on me and my family. And has become a spiritual rock at times for me when the sand has run out from under my feet. (Mike, Police Chief TN)

Serve & Protect is a much needed service and component within the public safety sector. So much so that we partner with them. They bring the chaplaincy arm of the profession and reach out and follow up with those that we serve. They are a "life saving" resource for those seeking help. We support their efforts 100%.

(Sean Riley, President / Founder, Safe Call Now)

Serve & Protect has been a great contribution to Law Enforcement agencies throughout our country in providing immediate emotional counseling when a crisis would arrive no matter what time of day or night. I have used their professional services and I was very impressed with their ability to address the crisis and make a professional referral in a timely fashion. In my professional opinion of 25 years I have not seen a more committed and passionate organization in this line of service for our emergency responders. (Robert E. Douglas, Jr. Executive Director, National Police Suicide Foundation)

It has been a blessing to begin an incredible working relationship with Serve and Protect. There are people who care, and then there is Robert, whose vision and approach to help all of our sisters and brothers in blue, is much needed. Fallen Blue is honored to serve along side Serve and Protect (John Gurnieri, President Fallen Blue)

As a law enforcement wife I find that an organization like Serve and Protect is a must for all our first responders. With everything our first responders face daily, Serve and Protect is there on demand to meet the most critical parts of any individual, their spiritual and emotional needs. Many wives pray for the protection of their spouse and it is awesome to know that this organization is not only there for them as an individual, but there for them spiritually and emotionally. Serve and Protect is powerful weapon! (Allison Uribe, Chaplain San Antonio PD, CEO Wives on Duty)

You are doing truly amazing work. It also touches my heart and so wonderful how much you are helping people. (Linda Dappen, President, National Police Wives Association)

#### Friends,

Every now and then a nugget of encouragement comes unexpectedly. One stood out. It was from a client we helped who had experienced severe trauma, both personally and professionally. I wrote her and said thanks, and asked her permission to share the below selectively. She encouraged me to do so.

#### NAME WITHHELD

#### MAY 2016

"I just wanted to take a moment to say thank you for what you have done with your life.

It took me 20 months of constant obsession with death and suicidal thoughts to find someone I could reach out to that could point me in the right direction. Although I couldn't even say the words out loud on the phone, I was at a point in my life when I placed that call where I knew I was either going to need to get help right now, or I would take my own life. I had multiple plans, in detail, that I thought about constantly. My mind was absolutely a prison, and I felt like I could talk to no one because suicide is such a taboo subject.

I am sure you don't remember speaking to me on the phone, or maybe you do. But you reached out and contacted a resource for me, something I could not have, and would not have ever done for myself, and I started therapy last week. I can't say that I'm anywhere close to being better right now, but at least I have hope that I will be. I finally feel like it is possible to recover from what I am going through and I have options other than death. Words cannot explain how important you are in this world. Thank you for giving me hope not only for myself, but for everyone else that you have reached. You have made such a difference. Thank you."

#### AUGUST 2016 - Her response to the request to share

"You most certainly do have my permission to share what I had sent. I vaguely remember sending the message due to that period of time in my life being so dark.

For the sake of further encouragement, please know that I have since started and graduated paramedic school and that I am very much on the path that I know I am supposed to follow in my life, which is not all that entirely different from yours. For the next two or three decades I plan to serve as a paramedic, and following that I have devoted my time to helping first responders. I have full intentions on going to graduate school to earn my doctorate degree in psychology and in addition I have taken to writing poetry and a novel that will hopefully someday be shared with others who have been in similarly dark places. And yes, most importantly, I am alive.

Thank you again for what you have done, are doing, and will do. You have my most sincere respect and appreciation."

May I tell you that when a message like this comes to us, it is a stark reminder we deal with life and death and may never know it. I am grateful for our Safe Call Now crisis line partners, and Ron Jones who took her initial call. We can never ever look at a caller as routine. All are different. All present differently.

I am thankful we were here to locate the help she needed.

Robert Michaels
Serve & Protect

WHAT OTHERS ARE SAYING: KAT GOEBEL POLICE OFFICER APRIL 18, 2015

Dear Robert, I am putting this on your wall so that everyone can see what a great person you are. When I called safe call now, I was in a very bad way mentally, and in my spirit.

In 2009 I faced every call a officer probably wouldn't see in a life time . From a 4 yr old and mom who were hit by a drunk in front of school and kids at 11 am. And having to tell the parents was hard , then shortly after that I responded to Deputy Brian Etheridge being shot , I was with him keeping him calm and breathing while trying to get him stable to move him. He was ambushed by a guy who just wanted to kill a cop. I was in the ems truck with him and was the last to speak with him .the surgeon said he was going to be fine and so I was dropped at the station my car still at the scene because the shooter was in the field still hiding . Well a Lt came to work and didn't know what just happened so he had me answering calls with him. I heard him ask "what time did he die" I asked who? The suspect???? He said no Brian . I punched the Lt knocking his phone away and jumped out of the car throwing up everywhere ...at that point my life changed forever .

The Lt. and another very large officer had to pin me against the wall to calm me down .it was like a piece of my soul just was ripped from my heart . I worked that week everyday begging my partner to just take me home but she refused , she knew I needed to be there . That Thursday I had to tell his wife and mother what he said to me how he looked and was he scared. That was so hard because in my heart I knew he was going to make it . I lost 15 lbs in 4 days that week Sept 28 , 2009 .

Well a month later I was riding my beat and sent to a drowning of a 6 yr old who had a medical issue due to a fever and drowned in the tub .I did cpr on him for several minutes, spitting throw up out of my mouth as he was getting it out of his airway .that child also died . Then a few months later I responded to a found 2 yr old at an apartment wondering around, well dispatch knows she can count on me to handle the parent who wasn't watching the kid. As it was 110 degrees that day and a one officer call I of course was drilling mom about how it was impossible for that child to open the door .she of couse was sleeping when this happened, finally she said "maybe Jaden let him out " I said who is that , she says my 3 yr old almost 4 . I asked where he was she said she didn't know. So in my heart I knew...I called fire ems , dogs , everyone to look for this child . Well within 2 hours he was found 20 ft under in the lake behind his apartment. I ask myself all the time why ??

I was very upset with God for a long time and then realized that God doesn't give me anything I can't handle. He knows I needed to be there . Not a day goes by that I don't think of Brian .. I went to several councilors who have no clue what to do to help me .

Well Robert I want to thank you (Serve & Protect) for taking time to help find me the right person . Things are going good he let's me talk and is trying to understand me and doesn't push me into things unless I'm ready . He is also helping me with the heartache and stress that I have in regards to having a spinal fusion last yr due to on the job injury.

I wanted to put this out there so that others can see and understand and if anyone wants to reach out they can feel free . It's a slow process but I am doing so much better and understanding what is going on with me . So many officers don't understand because very few have had an officer die in their lap . I one day will share my story and hope it helps others . Thank you so much for caring for a perfect stranger . You are in my prayers . GOD knew that I needed more than what the city officers . And I was getting hit from every angle at work , because truth is since other Co workers don't understand, then they treat it as a weakness. God only puts his strongest soldiers to the front lines and I know God had me there because he knows my heart .

Thank you for believing in me, a perfect stranger but you were truly sent from God. Thank you so much I will attach a picture of Brian so that you can put a face to the name. Thank you for being a blessing and for helping me heal.

### THE PROBLEM IS NATIONAL - AND STARTED AGAIN WITH A SUICIDE IN CHICAGO NEW YEARS DAY

WGNP NEWS MORNING NEWS MIDDAY NEWS SPORTS, MAN OF THE PEOPLE CONTESTS TRAFFIC SHOWS I

#### CPD reports officer took his own life

FACEBOOK 10KO TWITTER G+ COOGLE IN LINKEDIN



CHICAGO — A Chicago police officer took his own life, according to officials.

Chicago police confirmed Tuesday the officer, who worked out of the 7th District, died by suicide. Sources told WGN the officer was found dead at his home, and said he worked for the department for six years.

## Florida deputy kills 3 family members, confesses on police radio before killing himself

By: Crystal Bonvillian, Cox Media Group National Content Desk Updated: Dec 19, 2018 - 2:18 PM



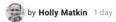
**PLANT CITY, Fla.** - A Florida sheriff's deputy killed himself in front of several colleagues Wednesday morning after going on his police radio and reporting that he had killed three of his family members -- including a child.

Hillsborough County Sheriff Chad Chronister offered details of the still-evolving investigation at a Wednesday morning news conference.

"I'm here today, I'm saddened, but I'm also disheartened," Chronister said. "Disheartened that a deputy sheriff, a Hillsborough County deputy sheriff, would ever, ever cause harm to another individual."

Hero Down: Davidson County CO Lawanda Steele-Williams Killed In Murder/Suicide





Davidson County Sheriff's Office Corrections Officer Lawanda Steele Williams was killed by her husband on Sunday.

Nashville, TN – Davidson County Sheriff's Office Corrections Officer Lawanda Steele-Williams was murdered on Sunday, after her husband shot her in their kitchen and turned the weapon on himself.

Corrections Officer Steele-Williams, 53, had been married to her husband, Kirk Williams, 49, for just 18 months, the Tennessean reported.



## Fla. fire commish: Firefighters should carry guns

Commissioner Fred Forbes said they should outfit firefighters with body armor and guns in response to first responder shootings

Sep 8, 2015



Fire Products > Personal Protective Equipment - PPE

Email Print Comment

## How to 'Light the Ni Body armor made mandatory for firefighters who die line of duty S.C. firefighters

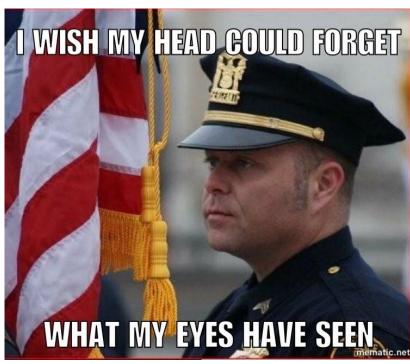
The move was spurred by recent attacks on firefighters and first responders nationwide

Sep 21, 2013

By Matt McNaB The Beaufort Gazette

BURTON, S.C. — Burton's 54 firefighters are wearing custom-fitted body armor on all emergency calls, a move spurred by recent attacks on firefighters and first responders nationwide, Chief Harry Rountree said.

Burton and several other fire departments in Beaufort County have had body armor for over a decade. Many purchased armor in 2000, after four police officers from Port Royal and Beaufort were wounded in a shooting in August 1999.





Tips & Techniques with Rachel A. Fretz

## Why did I walk away? Coping with survivor's quilt

Oct 8, 2007

You and your partner respond to a domestic. When you enter the house, you're flooded with a wave of high-volume complaints from an agitated wife and belligerent husband. You try to quiet them down so you can initially make sense of the situation, but it's not working.

The wife seems to be responding to you a little, so you decide to separate the couple, giving your partner responsibility for the husband. As you and the wife make your way to another room, you suddenly hear sounds of a struggle and your partner's panicked voice saying, "No! Don't do it!"

You react immediately and charge to the other room, but before you can get there, you hear rounds fired. Seconds later you've shot and killed the armed husband, but it's too late. Your partner is lying on the floor with wounds to his chest and head. You radio for help and frantically try to stop the bleeding, but you can't. It's too much. The wounds are too severe.

Your mind immediately floods with questions: "Why did I leave the room? If I had been there, I would have seen him reaching for the gun. Why didn't I pat the guy down? I knew he didn't seem right. Why didn't I react quicker when I heard the scuffle? How come I can't stop this bleeding? Why was it him who got killed? He has young kids. This is MY fault. IT SHOULD HAVE BEEN ME!"



What you're seeing develop here is a phenomenon called "survivor's guilt," a symptom of the post-traumatic stress often experienced by those who survive a high-risk incident in which others are injured or killed.

On the surface, "guilt" refers to the gnawing feeling on the part of the survivor that he or she should have done more to help the victim, or could have taken action to avoid the incident altogether. But beneath that is a deeply conflicted feeling of guilt about feeling happy to be alive—the unsettling internal debate about whether it's OK to say "I'm glad it wasn't me."

#### **MEDIA**











#### RECOGNITION

#### 2017 FBI DIRECTOR'S COMMUNITY LEADERSHIP AWARD



#### STATE OF TENNESSEE



#### HOUSE OF REPRESENTATIVES

House Joint Resolution No. 960

By Madam Speaker Harwell

to recognize Serve and Protect upon its fifth anniversary.

members of this General Assembly are pleased to recognize those corporations and organizations that ing those in need; and

re and Protect is one such organization, which, for the past five years, has remained unwavering in its ng criminal justice and emergency services personnel and their families through facilitating trauma

July 1, 2016, Serve and Protect, a nonprofit corporation based in Brentwood, will celebrate the fifth inding, Founded in 2011 by Robert Michaels, a former military policeman and Norfolk Police detective, the only independent resource that provides a comprehensive scope of trauma service facilitation individual needs of professionals and families in crisis; and

Michaels founded Serve and Protect to help law enforcement professionals, firefighters, first gency services professionals who may experience traums on the job, resulting in a higher rate of PTSD, twore, domestic violence, and mental health issues and

numbers are both sad and staggering 85 percent of first responders and 35 percent of dispatchers toms of post-traumatic stress disorder; 40 percent of first responders are involved in domestic violence; efficers and 57 percent of firefighters experience divorce; and a law enforcement officer commits suicide; and

ve and Protect offers a wide array of services to help these individuals, including a national crisis line retired first responders who understand the needs of callers and offer confidential, immediate help rotect's four core options residential care, which works hand-in-hand with partner Safe Call Now evol of beneficial care; chapital miliance, a network of 5,000 chapitain on call throughout the country; e, a network of traums therapists and counselors dedicated to the resolution of emotional wounds; and ich ensures the rehabilitation and restoration of the individuals and their families; and

ve and Protect has a number of strategic alliances with organizations throughout the country that ove its level of service to those in used. The organization's cooperative efforts with Safe Call Now, the ence of Police Chaplains, the Pederation of Fire Chaplains, Tennessee Fraternal Order of Police, the all Health Alliance, and the National Police Suicide Foundation provide a broad-based, seasoned team utils, compassionate, and comprehensive helps and

ddition to his work with Serve and Protect, Robert Michaels also serves as the State Chaplain for the Order of Police, on-call Chaplain for area police and fire departments, and the FBI Chaplain for the ashville R.A.; and

September 9, 2015, Mr. Michaels served as Guest Chaplain for the United States House of onor for which Congresswoman Marsha Blackburn nominated him; and

individuals of Serve and Protect have served with vigilance, helping thousands to cope with the and anxiety that come with serving in the criminal justice system and emergency services, and it is recognize this steriling organization on this occasion; now, therefore,

ed BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED NINTH GENERAL ASSEMBLY OF NESSEE, THE SENATE CONCURRING, that we commend and congratulate founder Robert Michaels and duals of Berve and Protect on their celebration of the corporation's fifth anniversary, extending our on for their unwavering deficiation to serving those in need.

ril 18, 2016



## Tennessee Senate

#### PROCLAMATION

WHEREAS, the members of this legislative body are pleased to recognize those corporations and organizations that are dedicated to helping those in need; and

WHEREAS, Serve and Protect is one such organisation, which, for the past four years, has remained unwavering in its commitment to helping criminal justice and emergency services personnel and their families; and

WHEREAS, on July 1, 2015, Serve and Protect, a nonprofit corporation based in Brentwood, celebrated the fourth anniversary of its founding. Founded in 2011 by Robert Michaels, a former military policeman and Norfolk Police detective, Serve and Protect is the only independent resource that provides a comprehensive scope of service designed to serve the individual needs of professionals and families in crisis; and

WHEREAS, Mr. Michaels founded Serve and Protect to help law enforcement professionals, firefighters, first responders, and emergency services professionals who may experience assisty on the job, resulting in a higher rate of suicide, addictions, divorce, domestic volence, and mental health issues; and

WHEREAS, the numbers are both sad and staggering: 85% of first responders and 35% of dispatchers experience the symptoms of post-traumatic stress disorder, 40% of first responders are involved in domestic violence, 75% of police officers and 87% of firefighters experience divorce, and a law enforcement officer commits suicide every seventeen hours; and

WHEREAS, Serve and Protect offers a wide array of services to help these individuals, including a national crisis line staffed by active and retired first responders who understand the needs of callers and offer confidential, immediate help through Serve and Protect's four core options: residential care, which works hand-in-hand with partner Safe Call Now to ensure the greatest level of beneficial care; chapian alliance, a network 2,200 chapians on call throughout the country; mental health alliance, a network of trauma therapiats and counselors dedicated to the resolution of emotional wounds; and case management, which ensures the rehabilitation and restoration of the individuals and their families; and

WHEREAS, Serve and Protect has a number of strategic alliances with organisations throughout the country that strengthen and improve their level of service to those in need. Their cooperative efforts with Safe Call Kow, the International Conference of Folice Chaplains, the Federation of Fire Chaplains, the Mental Hoalth Education Foundation, the Firefighter Behavional Health Alliance, and the National Folice Suicide Foundation provide a broadbased, seasoned team who provide confidential, compassionate, and comprehensive help; and

WHEREAS, in addition to his work with Serve and Protect, Robert Michaels also serves as the State Chaplain for the Tennessee Fraternal Order of Police and is the founder of the Guns'n'Hoses Bible Fellowship; and

WHEREAS, the individuals of Serve and Protect have served with vigilance, helping thousands to cope with the incredible pressures and anxiety that come with serving in the oriminal justice system and emergency services, and it is wholly fitting that we recognize this sterling organization on this occasion; now, therefore,

I, Ron Ramsey, Speaker of the Senate of the One Hundred Ninth General Assembly of the State of Tennessee, at the request of and in conjunction with Senator Jack Johnson, do hereby proclaim that we commend and congratulate founder Robert Michaels and the dedicated individuals of Serve and Protect on their celebration of the corporation's fourth anniversary, extending our unbridled appreciation for their unwavering dedication to serving those in need.

Proclaimed in Nashville, Tennessee, on this the 8th day of July 2015.



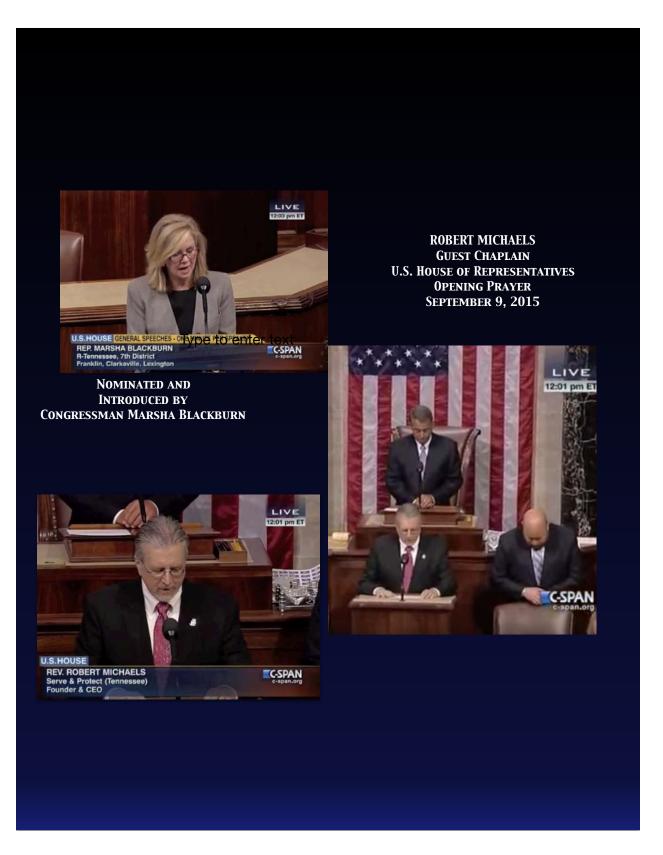
#### **NOTECARDS**



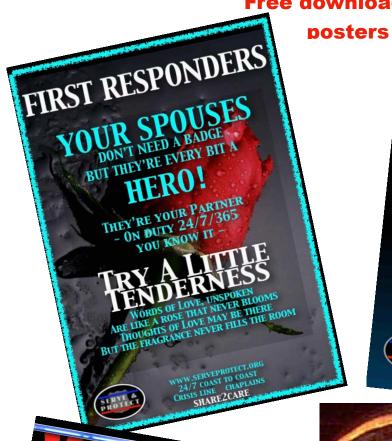




## 2015 CONGRESSIONAL OPENING PRAYER - INTRODUCED BY AND GUEST OF CONGRESSMAN MARSHA BLACKBURN

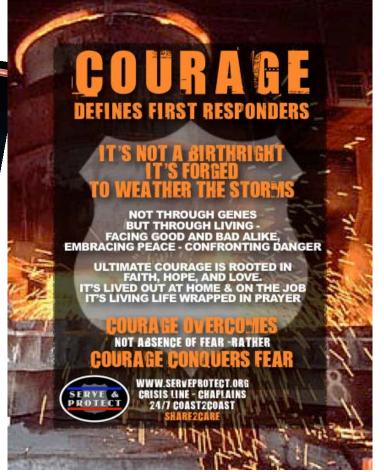


#### Free downloadable





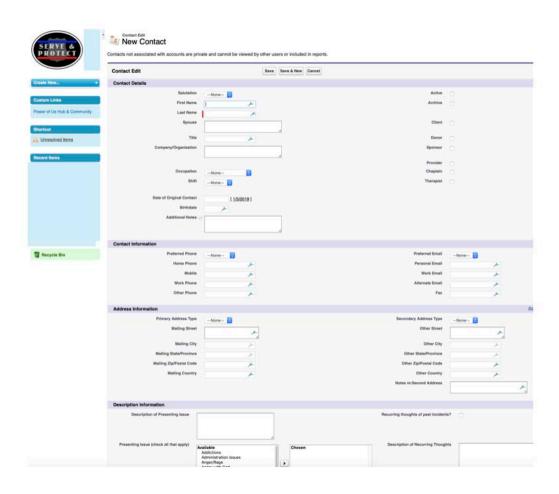


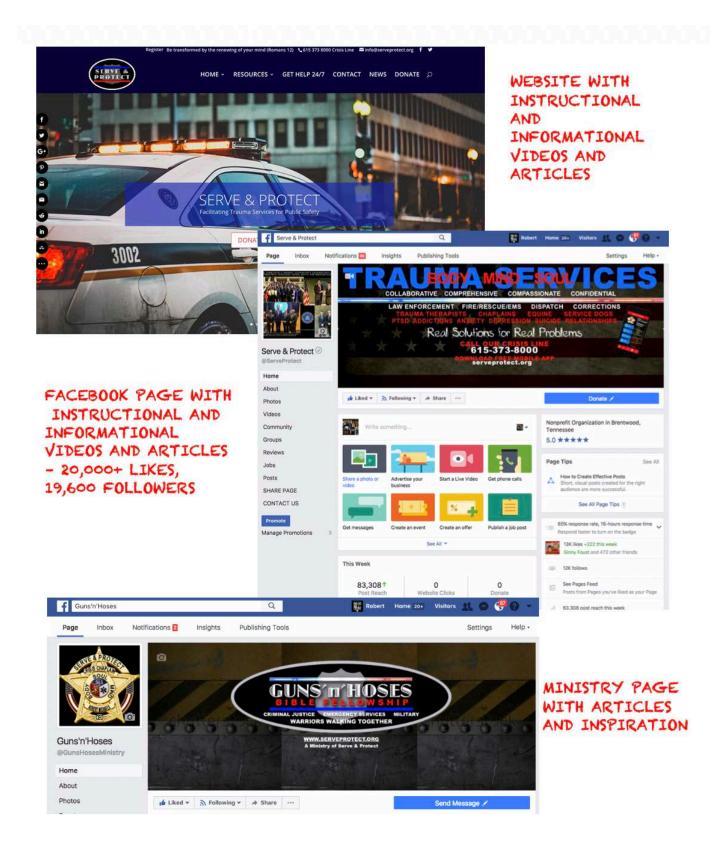


#### PROFESSIONAL LEVEL TRAINING



#### HIPPA COMPLIANT CASE MANAGEMENT





#### FOP NATIONAL / NASHVILLE







SERVE & PROTECT - A 41 YEAR JOURNEY FROM MP AND DETECTIVE TO THE LAUNCH IN 2011 - SINCE THAT LAUNCH, MORE THAN 5,000 LIVES AND FAMILIES HELPED.



# MAKE UP YOUR MIND NO MATTER WHAT COMES YOUR WAY NO MATTER HOW DIFFICULT NO MATTER HOW UNFAIR YOU WILL DO MORE THAN SIMPLYSURVIVE







#### YOU CAN THRIVE - IN SPITE OF IT ALL

Beyond Survive - Strength To Thrive



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