

Newsletter

June 2022

RESPONDER WELLNESS



Changing the dialogue from traumatic stress to post-traumatic growth

“Our nation’s first responders are struggling mightily. This was true before COVID-19. But in the aftermath of non-stop service, illness and hardship, they’re battling a range of mental health issues,” writes Josh Goldberg, executive director of the Boulder Crest Institute. Read why the institute teamed up with FirstNet as he details how struggle and trauma can be catalysts for growth and transformation for first responders.

[Learn more](#)

STRUGGLE WELL: A SERIES



An Approach to mental wellness in law enforcement

When the Boulder Crest Foundation brought the Struggle Well pilot training program to law enforcement agencies in Florida’s Miami-Dade County, it also brought hope. Hope that it would help officers across all ranks learn to deal with their unique stressors and improve their mental health – and thus, help them be better officers. **Watch to learn more in Part 1.**

[Watch video](#)



Bringing the struggle to the surface

As officers went through the Boulder Crest Struggle Well training, they were able to talk with their peers about things they'd never discussed before. The training showed them how deeply buried traumas affected their family relationships, their work lives and their coping mechanisms.

Watch to learn more in Part 2.

[Watch video](#)



On the path to wellness

Struggle Well training helped officers reflect more deeply on the personal and work issues they face every day and taught them ways to cope with those stressors in a healthy way. **Watch to learn more in Part 3.**

[Watch video](#)

FACING THE STRUGGLE



Chief Landa: No. 1 priority is to ensure officers can go home to their families

“When you have an officer that is in a good place with their family and everything else – and they’re just passionate about the job – that’s the type of officer who’s going out into the community to assist others who are struggling. So is it gonna help the community? Absolutely,” says Chief Rene Landa of the South Miami Police Department, of Struggle Well training.

[Learn more](#)



Mental health is vital for longevity, success, says neighborhood officer

“Balancing mental health is extremely important because you want to make sure you’re good. How can you help someone if you’re not good? If you’re going through something, make sure you recognize that and reach out to the resources that can help you,” says Deborah Martineau, Neighborhood Resource Officer with the Miami Beach Police Department.

[Learn more](#)



Program evokes rollercoaster of emotions, coping skills for sergeant

“One of the things that I do at roll call every morning is make sure that I make everybody laugh before we go out on the road. You don’t know what’s going to happen that day. You don’t know if it’s the last time you’re going to see that person. So I want to make sure everybody leaves with a smile on their face,” says Sgt. Orestes “Tico” Guas, of the City of Miami Police Department. “I learned that through Struggle Well.”

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