

VETERAN INFORMATION



ANNUAL REPORT 2022

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ABOUT

WHAT WE DO

WE ARE CONTRIBUTING TO A PURPOSE AND RESTORING THE LIVES OF AMERICA'S SONS AND DAUGHTERS WHO PUT ON A UNIFORM FOR A PURPOSE MUCH BIGGER THAN SELF.

WHY WE DO WHAT WE DO

We believe there is a better way to heal the brain when it comes to traumatic and negative emotions affecting our day to day lives. We developed the Tactical Resiliency Training (TRT), the heart of our interventions. They are comprised of the Trauma Resiliency Protocol (TRP) and the Emotions Management Process (EMP). These processes eliminate the negative emotions attached to any traumatic event or significant emotional event that someone has experienced in their past. From childhood to adulthood, Post Traumatic Stress (PTS) or acute stress can be healed; it does not matter which.





HOW WE DO IT

WE CHALLENGE THE STATUS QUO BY DEVELOPING RESEARCH ON EFFECTIVE TREATMENTS SUCH AS TRP/EMP. WE WERE ABLE TO SHOW 100 CLIENTS WERE SUCCESSFUL AT ELIMINATING THE SYMPTOMS OF POST TRAUMATIC STRESS DISORDER (PTSD) IN OUR TESTING THE MODEL STUDY. WE COMPLETED A SECOND STUDY WITH 100 MORE CLIENTS FOR THE VALIDATING THE MODEL STUDY TO SHOW ALL OF THEM WERE PTSD FREE AS WELL. THE THIRD STUDY, THE CHILDREN'S STUDY, SHOWED 66 CHILDREN WHO ALSO BECAME FREE FROM PTS; ALL OF THEM! LET THAT SINK IN!

OUR SUCCESS BASED PRACTICE IS 100 PERCENT EFFECTIVE AT NEUTRALIZING PTSD SYMPTOMS ACROSS THREE STUDIES! THE BRAIN DOES THE WORK WITH OR WITHOUT YOUR PERMISSION IF VISUALS ARE DONE CORRECTLY.

**THE TACTICAL RESILIENCY TRAINING (TRT)
CONSISTS OF THE TRAUMA RESILIENCY
PROTOCOL (TRP) & THE EMOTIONS
MANAGEMENT PROCESS (EMP); THEY WILL
HEAL THE HERO.**

NO CONTENT IS SHARED IN THE SESSION(S)

TO HEAL, YOU ARE NOT REQUIRED TO BEAR THE BRUNT
OF THE EMOTIONS AS IN TRADITIONAL COGNITIVE
BEHAVIORAL THERAPY. THIS IS A MUCH BETTER WAY OF
ALLOWING YOU TO WORK ON THE WORST OF THE WORST
WITHOUT SHARING DETAILS.

He gets to finally live rather than just resisting the desire to die.

*I've never felt so light if that makes sense. It's like my trauma
from the past is a book I read, not me.*

*I wanted to share with the group. I'm working with a veteran
that has been suffering greatly with PTSD-homeless a few times,
unemployed, etc. We had one session and cleared anger using
the Emotions Management Process (EMP) only. He came in for
the next session and told me he had had the "best 4 days in 2
decades!" Now on to the Trauma Resiliency Protocol (TRP).*

**CONTACT US TODAY
GETHELP@22ZERO.ORG**





PROGRAM COSTS

The cost of treatment is \$2,000 per veteran which is subsidized through donations to 22ZERO, however, there is no cost for veterans for sessions. A typical client requires one session; though there are those who may require up to four sessions. While veterans, Gold Star family members, spouses, and minor children in the home DO NOT pay, we pay coaches \$100 per client, regardless of the number of sessions. Imagine, if a donation of \$10,000 is provided to 22ZERO, you are sponsoring 100 veterans. Imagine a \$100,000 donation would sponsor 1,000 veterans. 22ZERO will provide documentation for a tax deduction for someone or a business to donate! 22ZERO Follow Me Inc., is a nonprofit organization.

Will you donate to sponsor veterans? To donate, go to 22ZERO.org and select the donate button. It is a safe and secure way to donate.

CONTACT US TODAY!
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HEALING *the* HEROES *of* 9-11

The Way Forward

**MILLIONS OF AMERICANS SUFFER WITH PTS
OR TRAUMA**

**HEALING THE HEROES OF 9-11 THE WAY FORWARD
BROUGHT TO YOU BY 22ZERO.ORG**

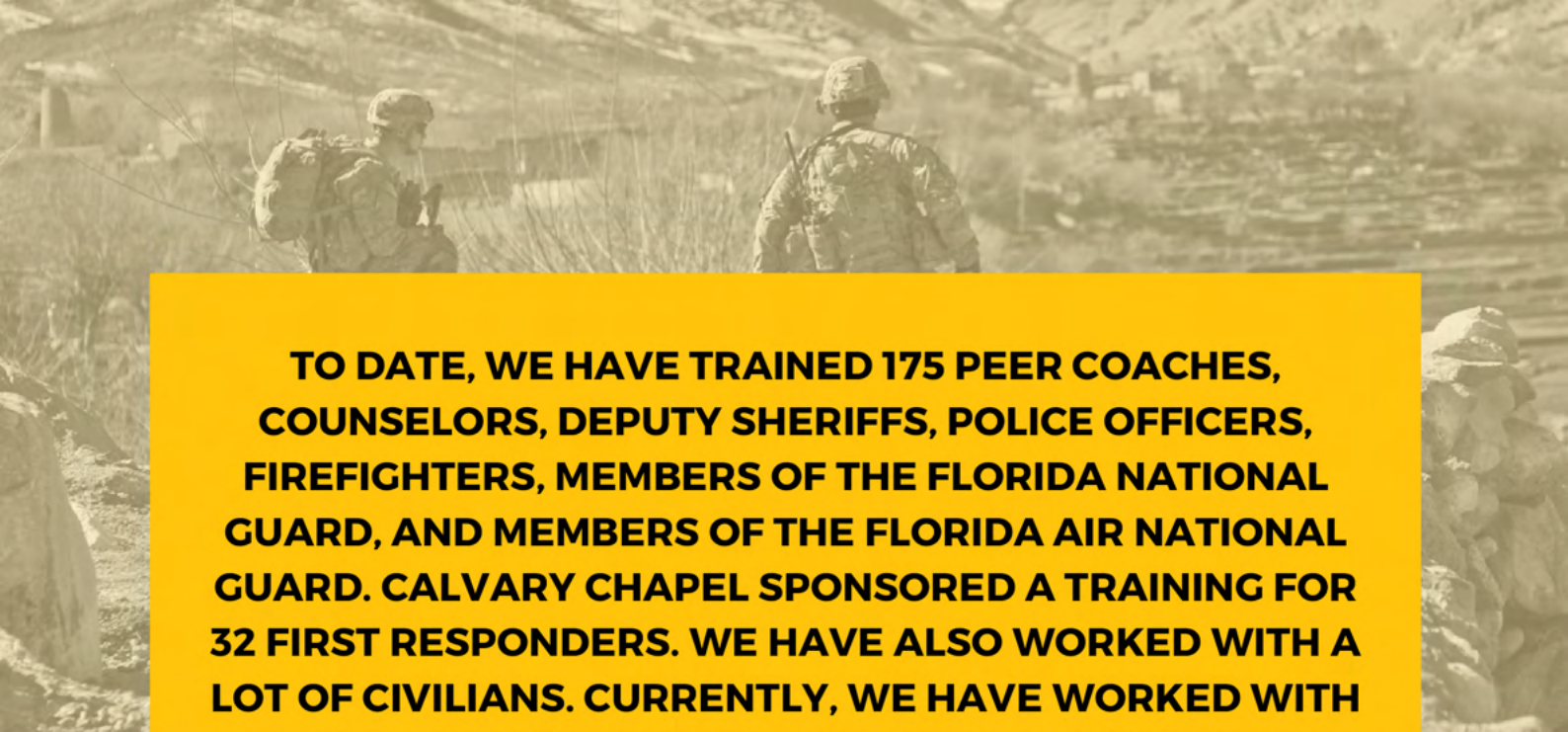
HEALING THE HEROES OF 9-11 THE WAY FORWARD
FEATURES FIVE FIRST RESPONDERS AS THEY DISCUSS
THEIR EXPERIENCES AT GROUND ZERO IN NEW YORK
AND THE PENTAGON IN WASHINGTON DC ON
9-11-01.

PRODUCED BY GIER PRODUCTIONS, LLC AND DIRECTED
BY MICHAEL GIER, AN AWARD WINNING
DIRECTOR/PRODUCER, HEALING THE HEROES OF 9-11
THE WAY FORWARD FEATURES BOTH THE TRAUMA
RESILIENCY PROTOCOL (TRP) AND THE EMOTIONS
MANAGEMENT PROCESS (EMP) PROVING THAT IF 9-11
FIRST RESPONDERS CAN BE HEALED FROM POST
TRAUMATIC STRESS (PTS), THEN ANYONE CAN BE
HEALED.

22ZERO: [HTTPS://22ZERO.ORG](https://22zero.org)



A MICHAEL GIER FILM



TO DATE, WE HAVE TRAINED 175 PEER COACHES, COUNSELORS, DEPUTY SHERIFFS, POLICE OFFICERS, FIREFIGHTERS, MEMBERS OF THE FLORIDA NATIONAL GUARD, AND MEMBERS OF THE FLORIDA AIR NATIONAL GUARD. CALVARY CHAPEL SPONSORED A TRAINING FOR 32 FIRST RESPONDERS. WE HAVE ALSO WORKED WITH A LOT OF CIVILIANS. CURRENTLY, WE HAVE WORKED WITH OVER 5,000 MEN, WOMEN, AND CHILDREN IN 5 YEARS WHO SUFFERED FROM PTS AND ARE NOW PTS FREE.

WE ARE OUR BROTHERS' AND OUR SISTERS' HEALERS!

GET INVOLVED!

Donate. Donations will help us bridge our target community to life saving peer coaches. \$100 heals PTS. Donations can be made on the 22ZERO.org website.

Know the signs of Post Traumatic Stress. Encourage those in need to seek help. Share our organization with loved ones in need.

Share. Share our story and contact information with others. Also, share on social media.

Identify Peer to Peer Trainers. Identify veterans willing to seek certification in our alternative brain based neurological interventions for veterans and their families.





ETHICAL STANDARDS AND CONFIDENTIALITY AT 22ZERO

22ZERO has and will continue to ensure all ethical standards are met which include protecting the veterans and their personal information, a high standard of collecting, maintaining, and securing all data, and continuing quality control of all services provided along the with supervision of coaches and staff. While each state has different guidelines and laws, 22ZERO will ensure each standard is met with legal and clinical expertise to further protect veterans. 22ZERO Does NOT report to veterans' employers, the Department of Veterans Affairs (VA), or other agencies, and the cost is FREE.

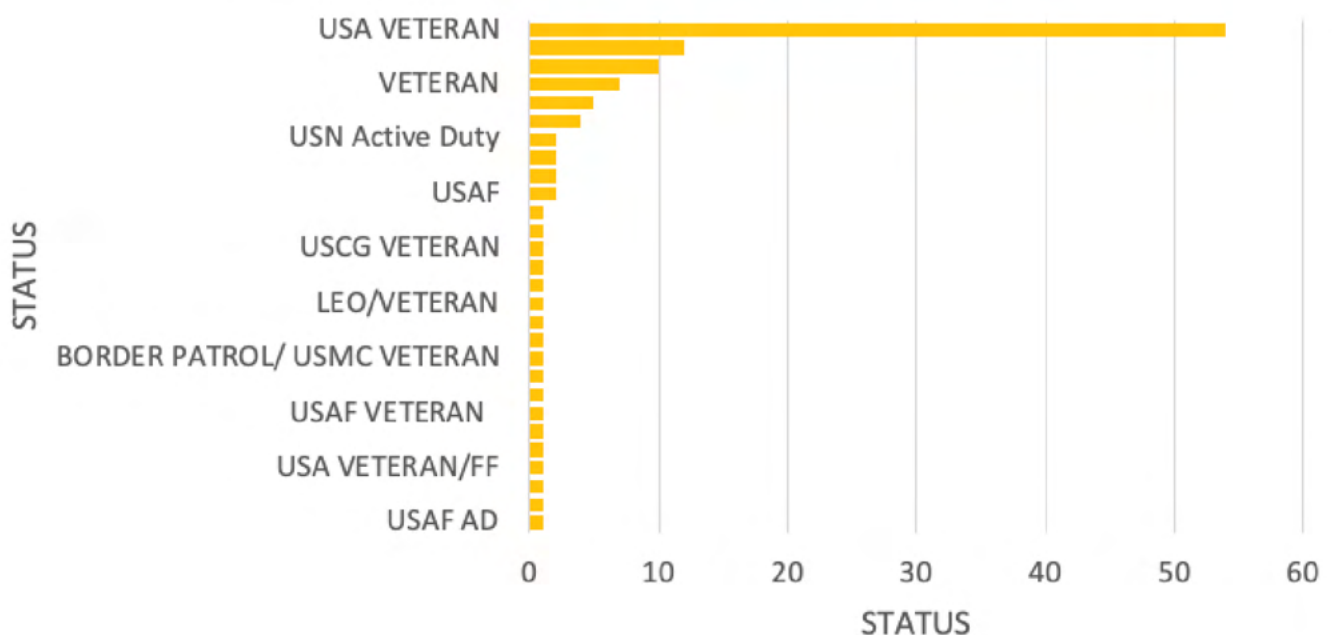
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STATUS: 118 VETERANS AND FAMILY MEMBERS

22ZERO uses the Post Traumatic Stress Disorder Checklist (PCL-5) Trauma Screen, the Generalized Anxiety Disorder 7 (GAD-7) screen, and the Patient Health Questionnaire 9 (PHQ-9) on all veterans, before and after sessions are completed. The following graphics provide the average scores of veterans before and after sessions with a peer to peer coach from 22ZERO. There are 118 veterans and their families included in the data, but there were 175 veterans or members of their families supported by 22ZERO.

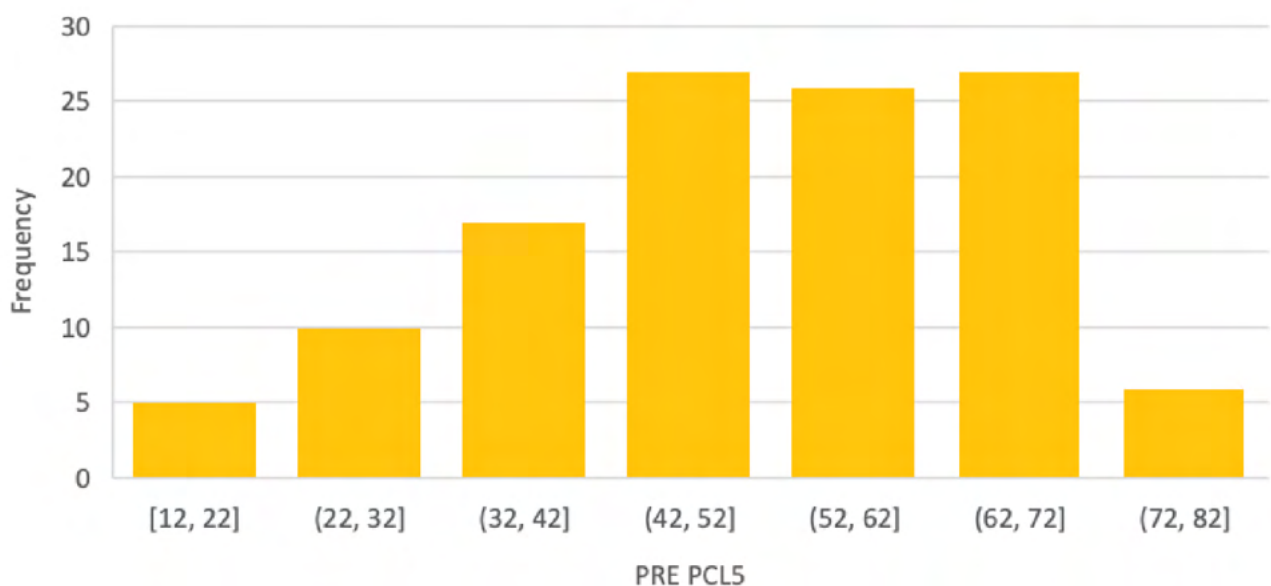
STATUS : 118 Veterans and Active Duty Served.



PRE PCL-5 SCORES AVERAGE 50.98

The PCL-5 is a trauma screen used as a PRE and POST assessment for clients, the highest score one may have on the PCL-5 is 80. This graph for the 118 veterans and their families shows the average of the PRE- PCL- 5 scores being 50.98. The range was 12 to 77 for this group of veterans and their family members.

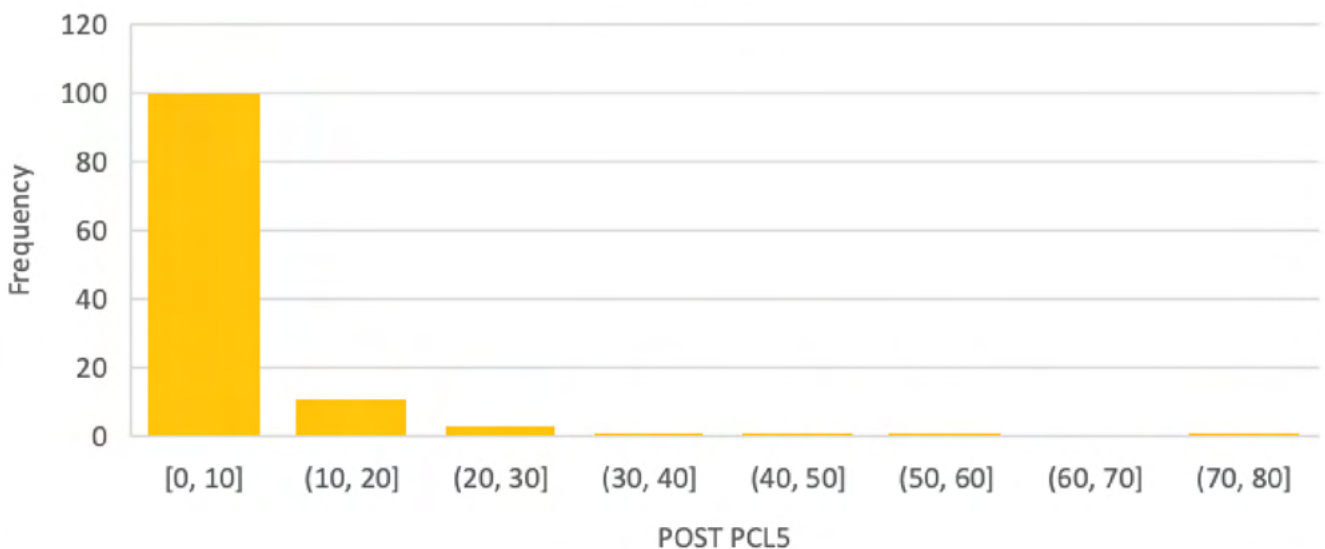
Frequency of 118 Veterans and Active Duty Served PRE PCL5 Score



POST PCL-5 AVERAGE 5.47

The PCL-5 is a trauma screen used as a PRE and POST assessment for clients, the highest score one may have on the PCL-5 is 80. This graph for the 118 veterans and their family members shows the average of the POST PCL- 5 scores being 5.47. The range was 0 to 74 for this group of veterans and their families, showing a significant decrease in the trauma screen after sessions. The four veterans or their family members who scored over 20 had a decrease in their POST scores.

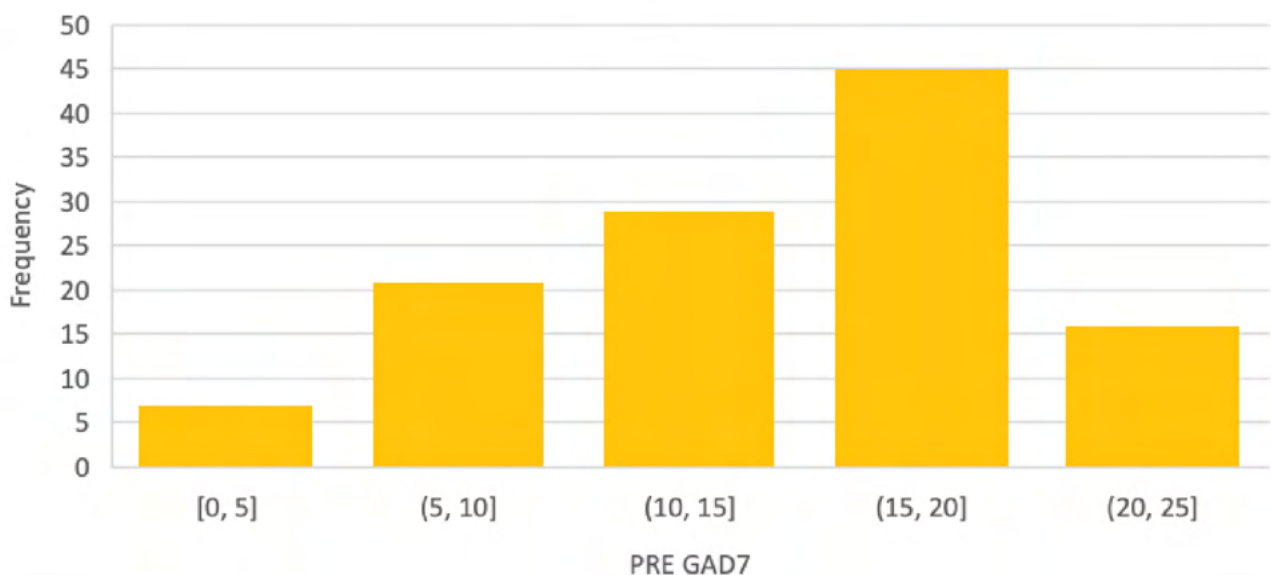
Frequency of 118 Veteran and Active Duty Served POST PCL5 Score



PRE GAD-7 AVERAGE 14.60

The GAD- 7 is a generalized anxiety screen used as a PRE and POST assessment for clients. The highest score one may have on the GAD- 7 is 21. This graph for the 118 veterans and their families supported shows the average of the PRE- GAD-7 scores being 14.60. The range was 0 to 21 for this group of veterans and their family members.

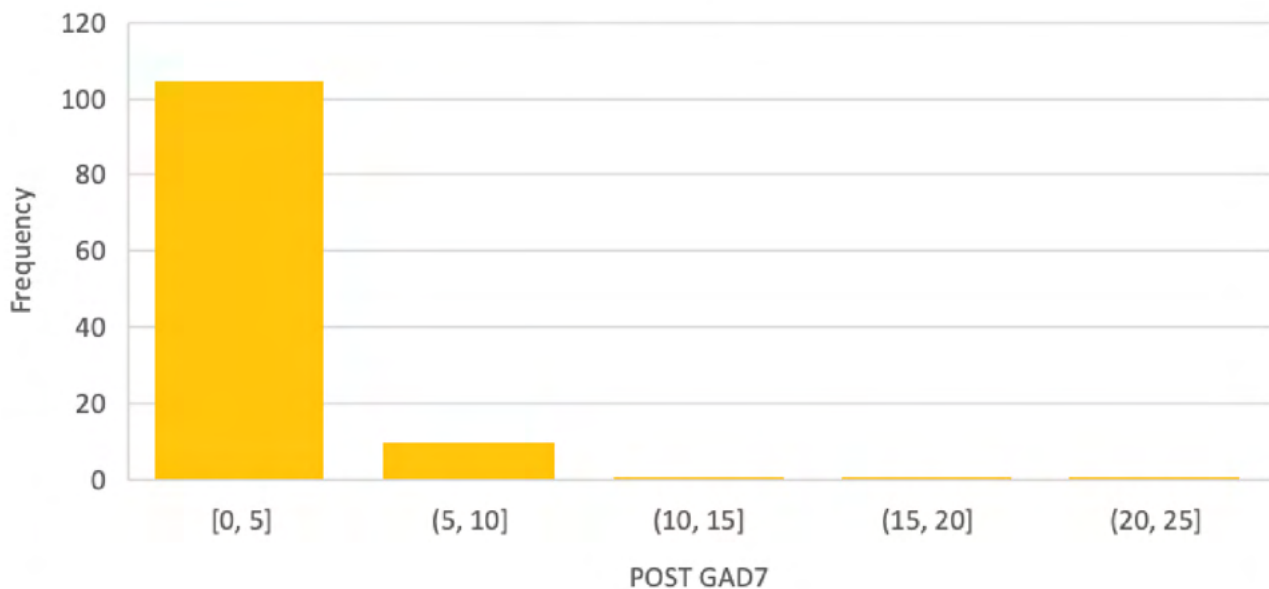
Frequency of 118 Veterans and Active Duty Served PRE GAD7 Score



POST GAD-7 AVERAGE 1.92

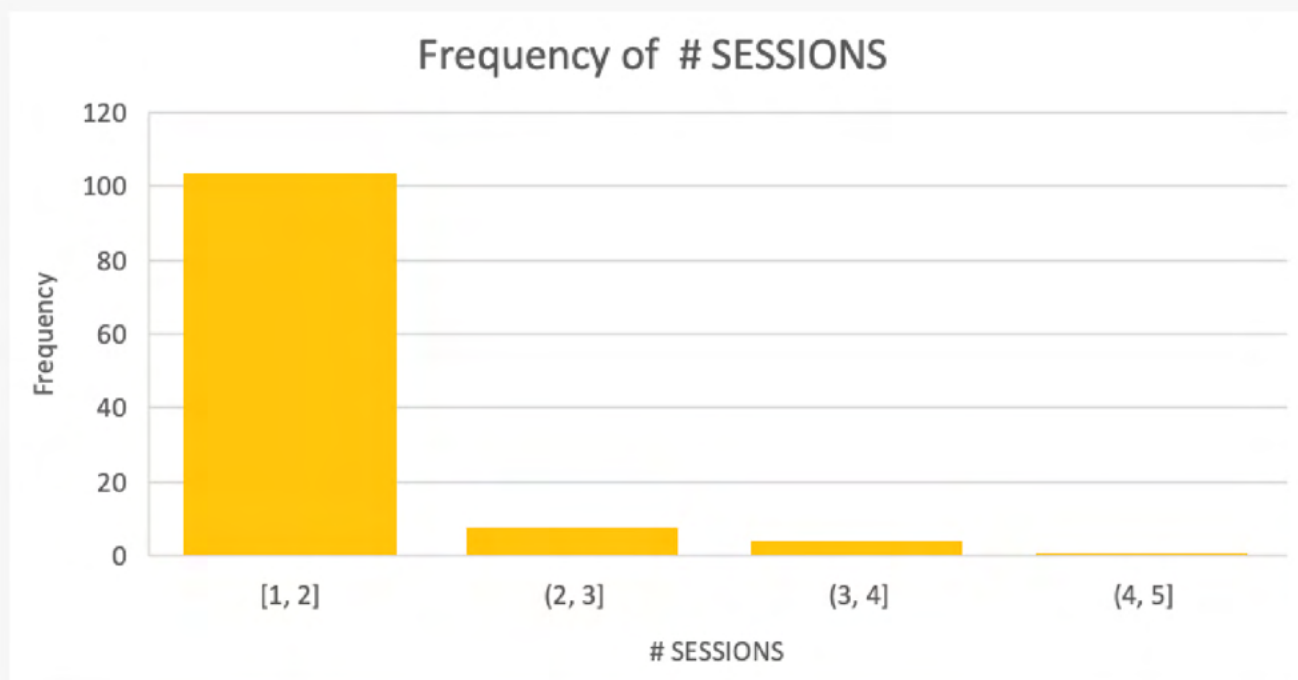
The GAD-7 is a generalized anxiety screen used as a PRE and POST assessment for clients. The highest score one may have on the GAD-7 is 21. This graph for the 118 veterans and their family members shows the average of the PRE- GAD-7 scores being 1.92. The range was 0 to 21 for this group of veterans and their family members. The veterans or their family members who scored over 10, had a decrease in their POST scores.

Frequency of 118 Veterans and Active Duty Served POST GAD7 Score



NUMBER OF SESSIONS AVERAGE - 1.39

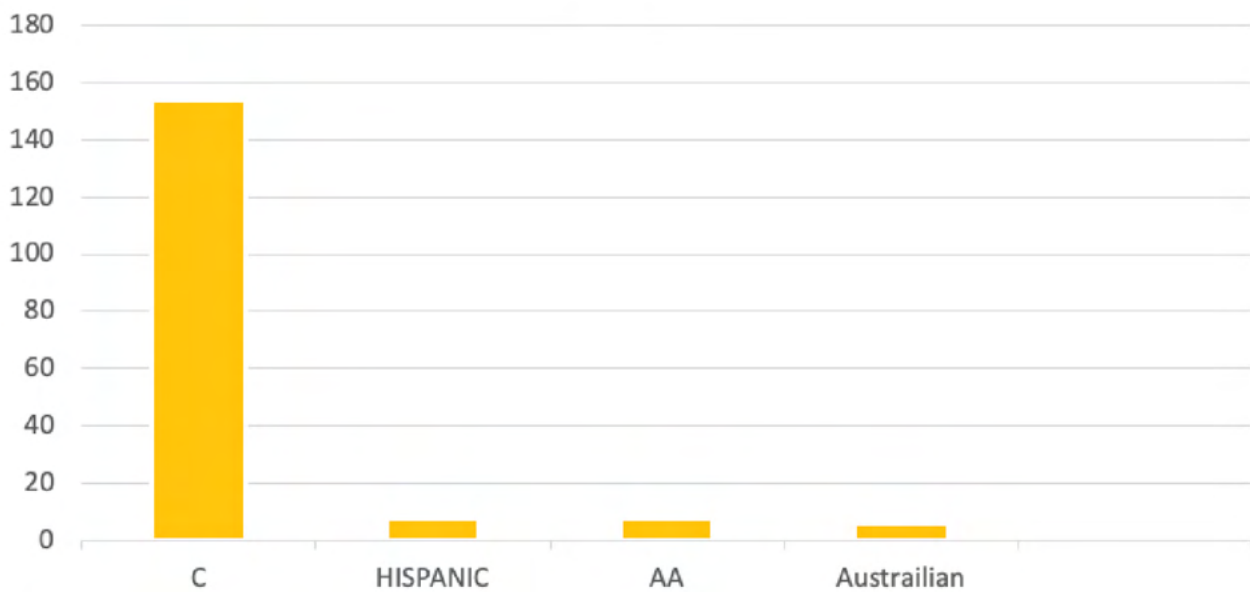
The average number of sessions for veterans and their family members was 1.39 with most veterans or their family members only needing one session.



RACE

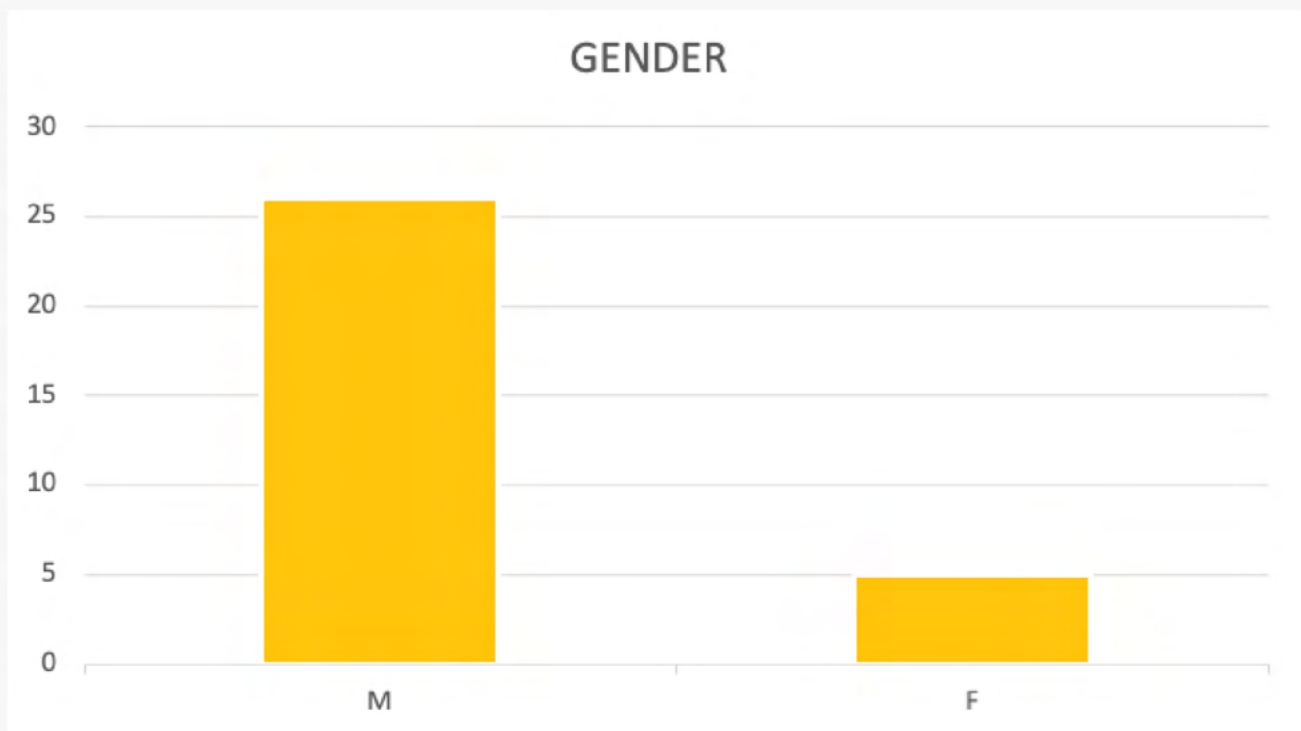
The majority of veterans and their family members who received support from 22ZERO were of Caucasian descent. However, assistance was provided to other races.

RACE



GENDER

While the majority of veterans and their family members helped were males, the organization also supported females too.





TRAUMA RESILIENCY PROTOCOL (TRP) AND EMOTIONS MANAGEMENT PROCESS (EMP)

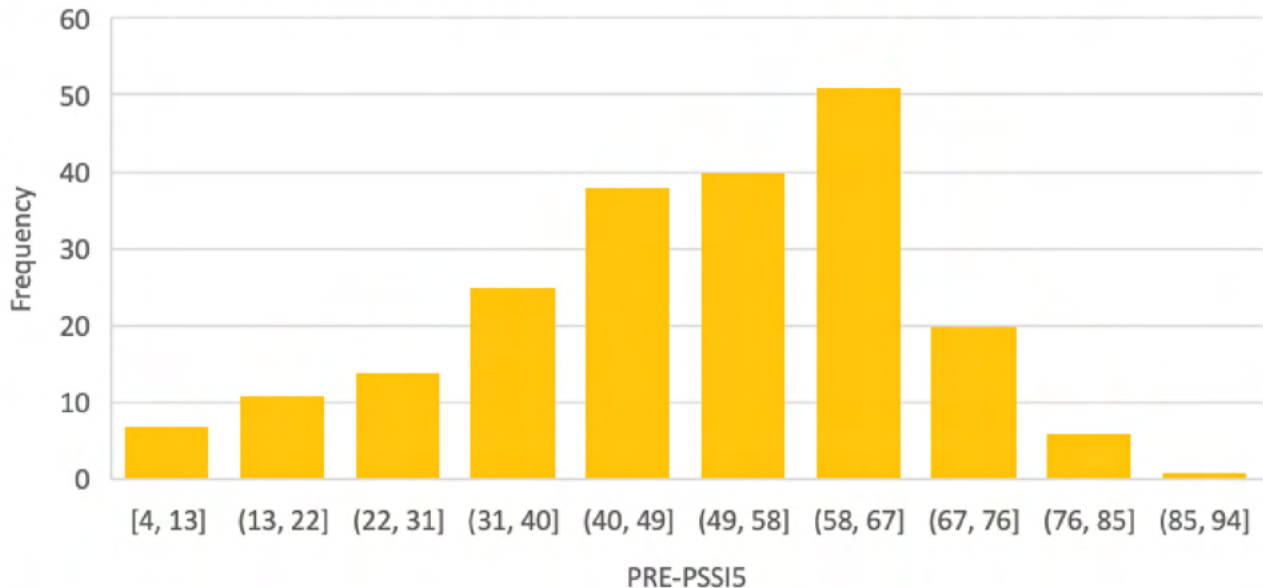
While there were 212 veterans or their family members served using the PCL-5 and the GAD-7, the remaining veterans and their family members are in the follow up stage, meaning they have not had their POST scores completed from the assessment or were served, but did not complete the follow up assessment. Prior to using the PCL-5 and GAD-7 in May 2022, 22ZERO used the PTSD Symptom Scale (PSSI-5) trauma assessment. Below are the graphs for data, using the PSSI-5 in 2022 for 212 veterans and their family members, however 240 veterans or their family members were served by 22ZERO. There were 8 veterans who did not complete the follow-up and while they were seen, that data is not included in the PSSI-5 data provided.



PRE PSSI-5 AVERAGE 49.91

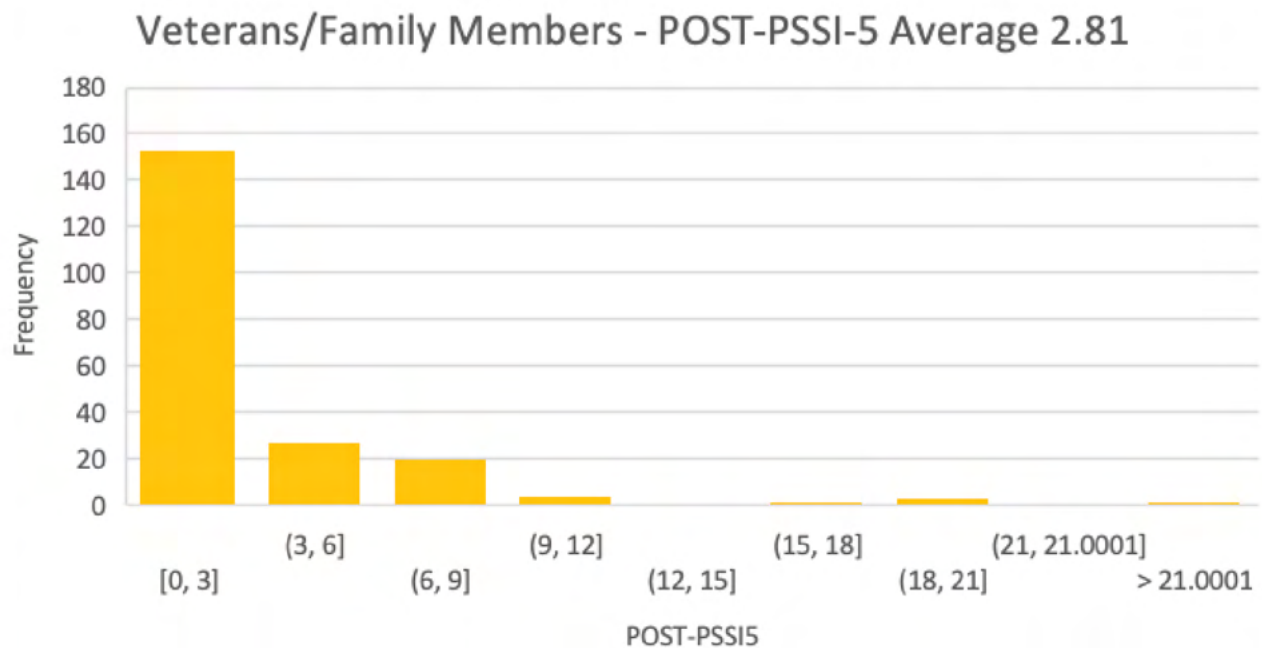
The PSSI - 5 is a trauma screen used as a PRE and POST assessment for clients. This graph for the 212 veterans and their family members, show the average of the PRE-PSSI-5 scores being 49.91. The range was 4 to 80 for this group of veterans and their family members.

212 Veterans/Family Members - PRE-PSSI-5 - Average 49.91



POST PSSI- 5 AVERAGE 2.81

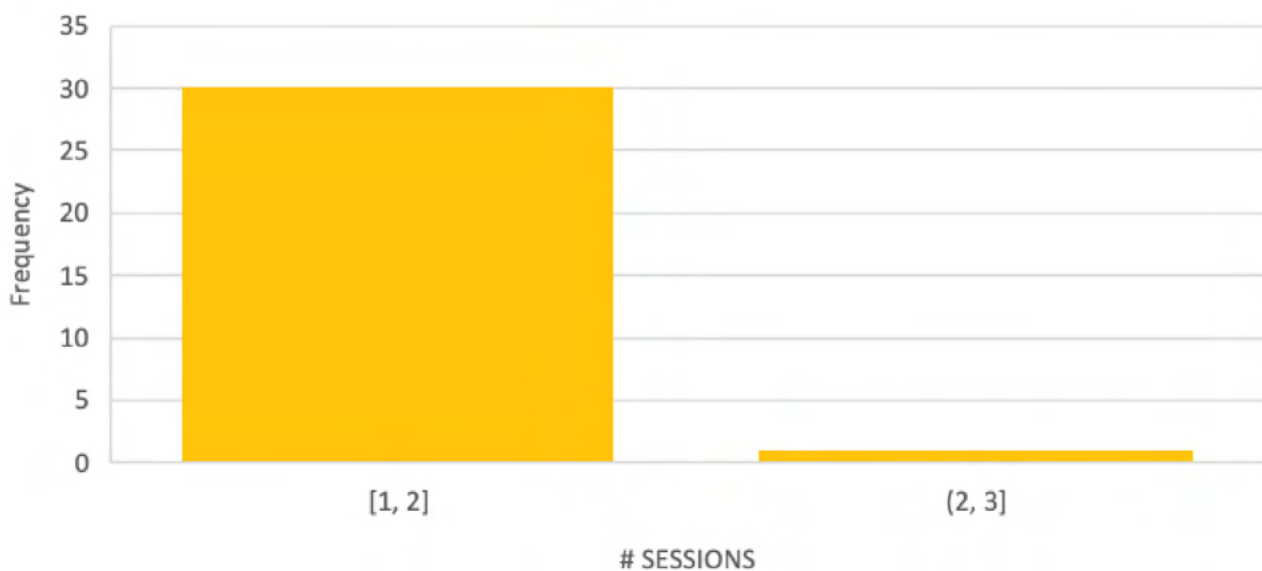
The PSSI -5 is a trauma screen is used as a PRE and POST assessment for clients. This graph for the 212 veterans and their family members shows the average of the POST PSSI - 5 scores being 2.81. The range was 0 to 44, for this group of veterans and their family members showing a significant decrease in the trauma screen after sessions. The veterans or their family members who scored over 20, had a decrease in their POST scores.



NUMBER OF SESSIONS AVERAGE - 1.6

The average number of sessions for veterans and their family members was 1.6, with most veterans or their family members only needing one session.

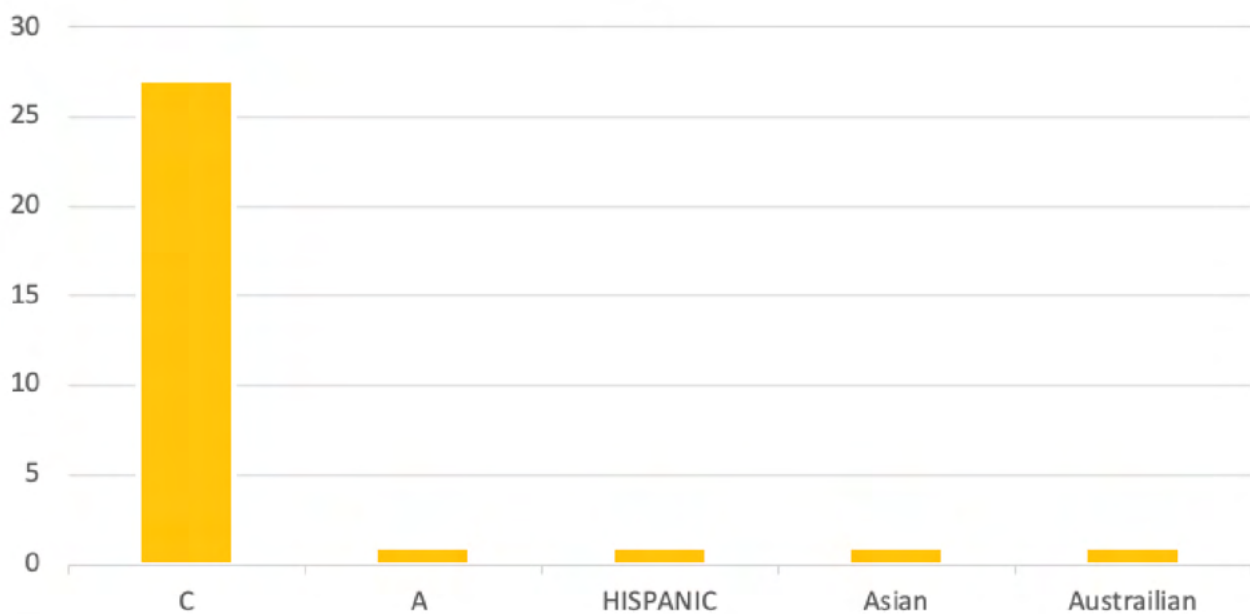
Frequency of # of SESSIONS for 30 Veteran's Family Members Served



RACE

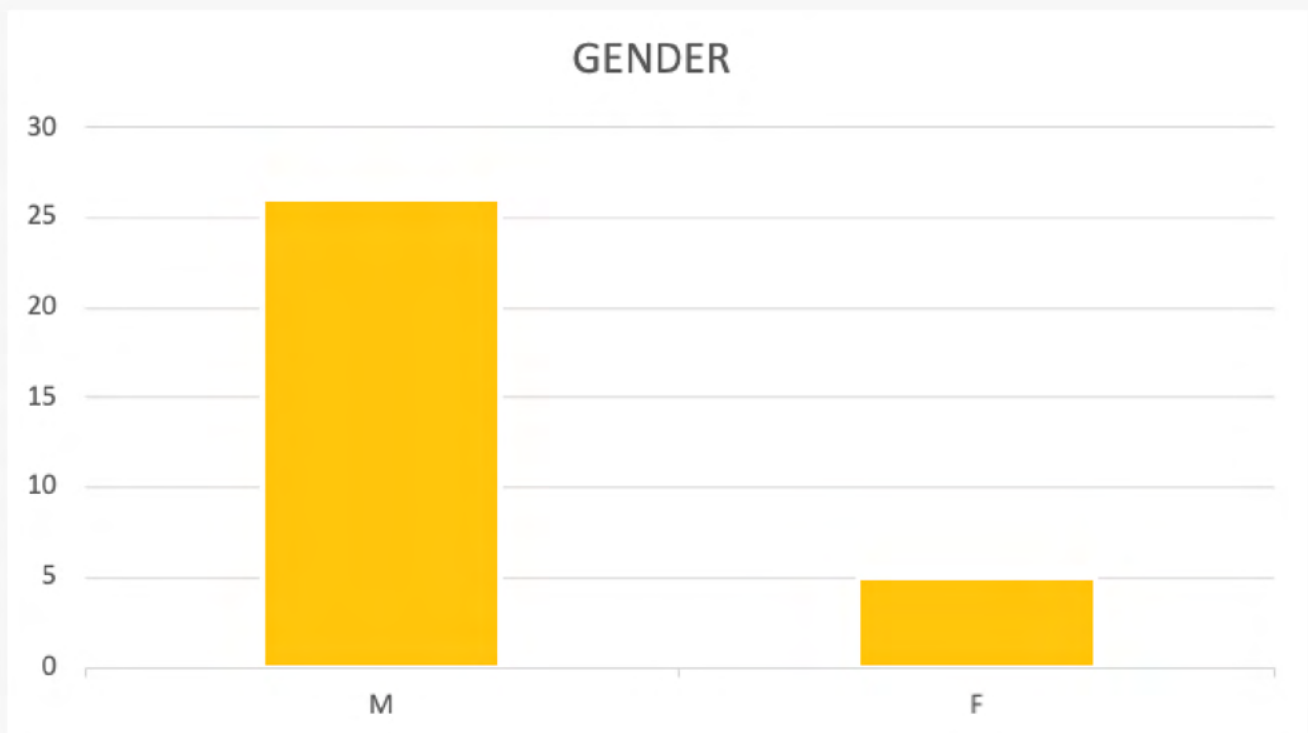
The majority of the veterans and their families were Caucasian however, there are different races served by 22ZERO.

RACE



GENDER

Most of the veterans or their family members were male while there were several females served by 22ZERO.





ETHICAL REPORTING STANDARDS AT 22ZERO

There are two sets of data, the PCL-5 combined with the GAD-7, and the PSSI-5 data, provided for veterans and their family members. 22ZERO is committed to maintaining data in an ethical manner while protecting all veterans and their family members.

**CONTACT US TODAY!
GETHELP@22ZERO.ORG**





TESTIMONIAL #1

My best friend died in my arms in the jungles of Vietnam in 1969; we were infantrymen.

I have lived with grief and trauma every day since then. I spent a little time with Dan Jarvis, and he helped me reframe my grief over the death of my buddy in about 10 minutes. I let it go using the Emotions Management Process (EMP), then we cleared three traumas in a single 45-minute session using the Trauma Resiliency Protocol (TRP), my sleep is back to normal, and my triggers are gone.

This is life changing. Thanks, Dan and 22ZERO!

Andy B





TESTIMONIAL #2

I came to Jesse (Board Member of 22ZERO) because I was absolutely paralyzed with fear due to PTS from a traumatic childhood.

My relationships were near non-existent, I barely left my house, and the coaching business I'd been trying to get off the ground was going nowhere. My anxiety was constant, and I felt easily overwhelmed; just thinking about going outside of my comfort zone triggered an anxiety attack. I felt like I was running while tied to a tree, desperate to move forward but was being held back by my past.

In my TRP session with Jesse, he explained to me what he did, how the session would go, and what I could expect afterwards; he was confident and knowledgeable while also being understanding and kind as he took me through the process. I had many traumatic events throughout my childhood that on a scale of 0 – 10 were mostly 10's where 10 is extreme fear/anxiety, and by the end of our 90-minute session, all of these 10's were set to 0. My paralyzing anxiety shifted to empowerment in just one 90-minute session with Jesse. I've never felt more confident and fuller of joy than I have right now. I've been told that I look like I'm glowing and that my energy feels 40 lbs. lighter. The thought of going outside of my comfort zone now lights me up and excites me, and I'm easily able to take action that I never would have before. I'm not terrified of the world anymore and I'm no longer tied to that tree. Working with Jesse gave me my life back and I can't wait to see where it goes now that I'm free. If you're not sure this method is for you, I implore you to suspend doubt and give yourself this gift, you won't regret it.

Sincerely, Liz Laplante





TESTIMONIAL #3

My Name is Julie Walker, and I am a counsellor in Australia. As the mother of a Veteran my goal is to help as many Veterans as I possibly can. Many of the Veterans I see are under the age of thirty and are living with debilitating PTSD. The suicide rate for Veterans in Australia is ridiculously high. I am constantly researching, looking for ways to help the young people I see so together with my husband we developed an Equine Acceptance Therapy Program for Veterans and First Responders.

I stumbled across a post by Dan Jarvis at 22Zero about eliminating the symptoms of PTSD called Tactical Resiliency. I emailed Dan immediately but since I am in Australia and Dan is in America, I was expecting to wait a while before I received a response. Dan emailed me back instantly. After introducing myself to Dan and expressing my interest in learning more about the process Dan advised me there was a training session for counsellors coming up within the next week. I joined there and then. During training every participant had the opportunity to personally experience the TRAUMA RESILIENCY-PROTOCOL and the EMOTIONS MANAGEMENT PROCESS. This was amazing. I don't know what I expected but I was so surprised when looking back at previous trauma I was no longer triggered. (Continues on next page).





TESTIMONIAL #3 (cont.)

Continuation...

The first person I ran the process on was my husband. His response was amazing. I started running through the process with clients who I have a great rapport and trust with. Again, fantastic results. I now discuss this process with every client I see and give them the opportunity to participate when they are ready. Most clients cannot wait. This has extended to First Responders, Cancer Survivors and clients with limited belief, self-esteem, abandonment, and guilt issues. At present I am the only person in Australia trained in delivering the Tactical Resiliency Process and I am so proud that.

Julie Walker

TOGETHER WE ARE CONTRIBUTING TO A PURPOSE AND RESTORING THE LIVES OF AUSTRALIA'S AND AMERICA'S SONS AND DAUGHTERS THAT PUT A UNIFORM ON FOR A PURPOSE MUCH BIGGER THAN SELF.



THE RESILIENCY COACHING PROGRAM

AGENCY PEER SUPPORT FOR CRITICAL INCIDENTS AND CRISIS NEGOTIATIONS

WE HAVE TWO DISTINCT PROCESSES, THE TRAUMA RESILIENCY PROTOCOL (TRP) FOR TRAUMA AND THE EMOTIONS MANAGEMENT PROCESS (EMP) FOR NEGATIVE EMOTIONS AND SELF-LIMITING BELIEF STRUCTURES. WE TRAIN PEOPLE ON ACTIVE DUTY MILITARY, FIRST RESPONDERS, EMERGENCY MEDICAL, NATIONAL GUARD UNITS, MILITARY RESERVES, VETERANS, AND MEDICAL PERSONNEL. THESE HEROES LEARN TOOLS THEY WILL EMPLOY IMMEDIATELY TO BUILD THE RESILIENCY SKILLS NECESSARY TO BOUNCE BACK FROM TRAUMA AND SIGNIFICANT EMOTIONAL EVENTS, AND TO COACH OTHERS THROUGH THE SAME PROCESS. THE TACTICAL RESILIENCY TRAINING (TRT) REQUIRES THE MEMBERS TO GO THROUGH THE TRP AND EMP, WORKING ON THEIR OWN TRAUMAS AND NEGATIVE EMOTIONS. THE TRP AND EMP PROCESSES USE ZERO CONTENT FROM THE PERSON'S EVENTS. LET US TRAIN YOUR ORGANIZATION TO BUILD READY AND RESILIENT MINDS.

THE BATTLE BUDDY PROGRAM RESILIENCE COACHING

THE BATTLE BUDDY PROGRAM HAS EVOLVED. IT WAS A WAY TO PLUG VETERANS BACK IN WITH OTHER VETERANS FOR THAT HUMAN CONNECTION TO A NEW TRIBE. BUT NOW WE HAVE A FULLY FUNCTIONING COACHING PROGRAM, WHERE VETERANS ADMINISTER THE TRAUMA RESILIENCY PROTOCOL (TRP) AND EMOTIONS MANAGEMENT PROCESS (EMP) ON A PEER-TO-PEER LEVEL. TO DATE, WE HAVE 175 RESILIENCY COACHES IN 21 STATES. THE PEER COACHES ARE EQUALLY AS EFFECTIVE AS LICENSED COUNSELORS.

BRIDGE BUILDER PROGRAM

THE HEART OF OUR MISSION: BRIDGING INDIVIDUALS FROM OUR TARGET COMMUNITIES (ACTIVE MILITARY, MILITARY VETERANS, FIRST RESPONDERS, AND EMERGENCY MEDICAL STAFF) TO SERVICES THAT WILL HELP THEM QUICKLY OVERCOME THE EMOTIONAL SUFFERING THAT MAY HAVE RESULTED FROM THE TRAUMAS THEY HAVE EXPERIENCED, WHILE IN THEIR ROLES SERVING OUR COUNTRY AND COMMUNITIES.

