

**FIRST RESPONDER
INFORMATION**

ANNUAL REPORT 2022

PUBLISHED IN 2023

**PAMELA ARNELL, ED. D
EXECUTIVE DIRECTOR
22ZERO.ORG
GETHELP@22ZERO.ORG
DRARNELL@22ZERO.ORG
(800) 221-9154
(931) 638-7131**

22ZERO
HEALING THE HERO

ABOUT

WHAT WE DO

WE ARE CONTRIBUTING TO A PURPOSE AND RESTORING THE LIVES OF AMERICA'S SONS AND DAUGHTERS THAT 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 DURING SESSIONS.

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!*

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





PROGRAM COSTS

The cost of treatment is \$2,000 per first responder which is subsidized through donations to 22ZERO, however, there is no cost for first responders for sessions.

A typical client requires one session; however, there are those who may require up to four sessions. While first responders: Law Enforcement Officer (LEO), Firefighters (FF), and Emergency Medical Services (EMS) DO NOT pay, we pay coaches \$100 per client, to work with first responders, regardless of the number of sessions. Imagine, if a donation of \$10,000 is provided to 22ZERO, you are sponsoring 100 first responders; a \$100,000 donation would sponsor 1,000 first responders. 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 first responders? To donate, go to www.22ZERO.org and select the donate button. It is a safe and a secure method to donate.

CONTACT US TODAY!
GETHELP@22ZERO.ORG





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**

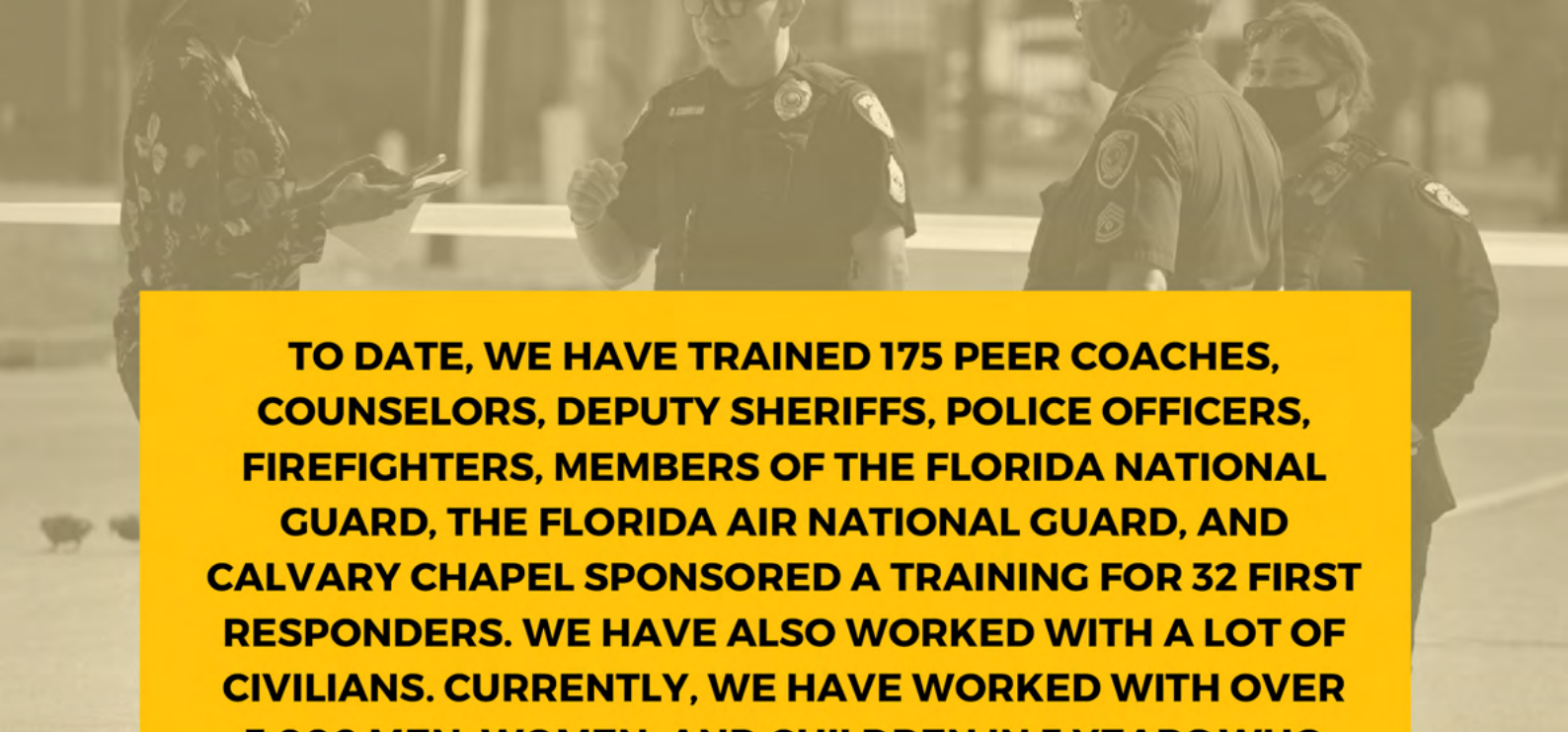
HEALING THE HEROES OF 9-11 THE WAY FORWARD
FEATURES FIVE FIRST RESPONDERS AS THEY DISCUSS
THEIR EXPERIENCES AT GROUND ZERO IN NEW YORK
AND THE PENTAGON IN WASHINGTON DC ON
9-11-01.

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, THE FLORIDA AIR NATIONAL GUARD, AND 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 POST TRAUMATIC STRESS (PTS) AND ARE NOW PTS FREE.

WE ARE OUR BROTHERS' AND OUR SISTERS' HEALERS!

How Can You Help?

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 first responders willing to seek certification in our alternative brain based neurological interventions for first responders.





ETHICAL STANDARDS AND CONFIDENTIALITY AT 22ZERO

22ZERO has and will continue to ensure all ethical standards are met which include protecting the first responders and their personal information, a high standard of collecting, maintaining, and securing all data, while 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 first responders. 22ZERO Does NOT report to first responders' employers or agencies, and the cost is FREE.

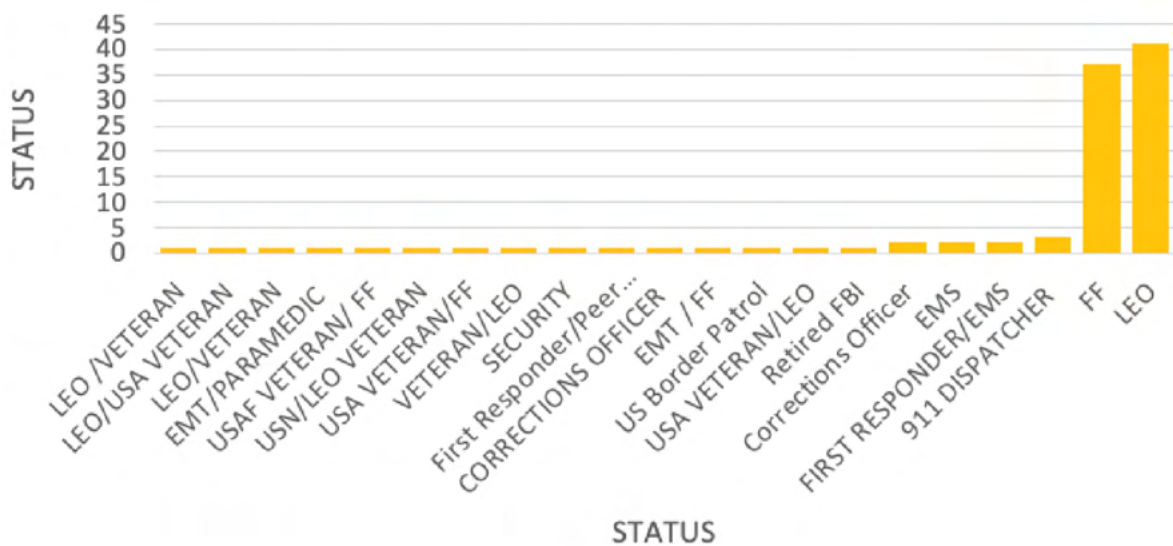
CONTACT US TODAY!
GETHELP@22ZERO.ORG



STATUS: 102 FIRST RESPONDERS

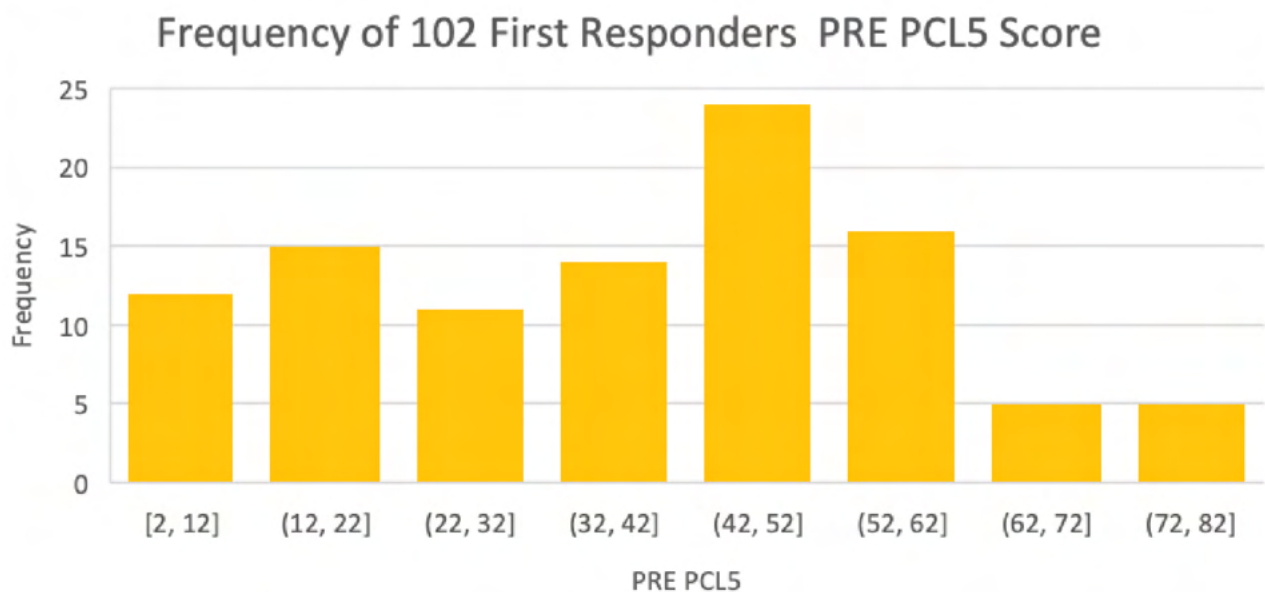
22ZERO uses the Post Traumatic Stress Disorder Checklist (PCL-5) Trauma Screen, the Generalized Anxiety Disorder 7 (GAD-7) screen, and the Patient Health Questionnaire 9 (PHQ-9). Below provides the average of first responders before and after sessions with a peer to peer coach from 22ZERO. There are 102 first responders included in the data which include, law enforcement, firefighters, corrections officers, dispatchers, emergency medical services (EMS), U.S. Border Patrol, and the families of first responders.

STATUS : 102 First Responders Served



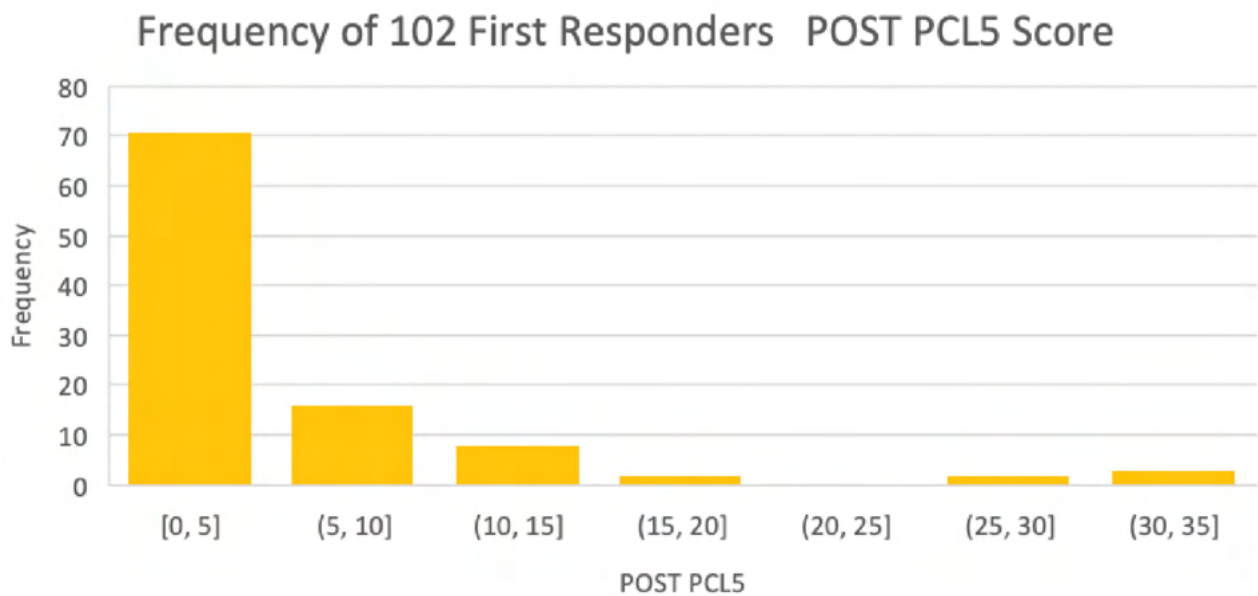
PRE PCL 5 AVERAGE 37.54

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 102 first responders shows the average of the PRE-PCL- 5 scores being 37.54. The range was 6 to 74 for this group of first responders.



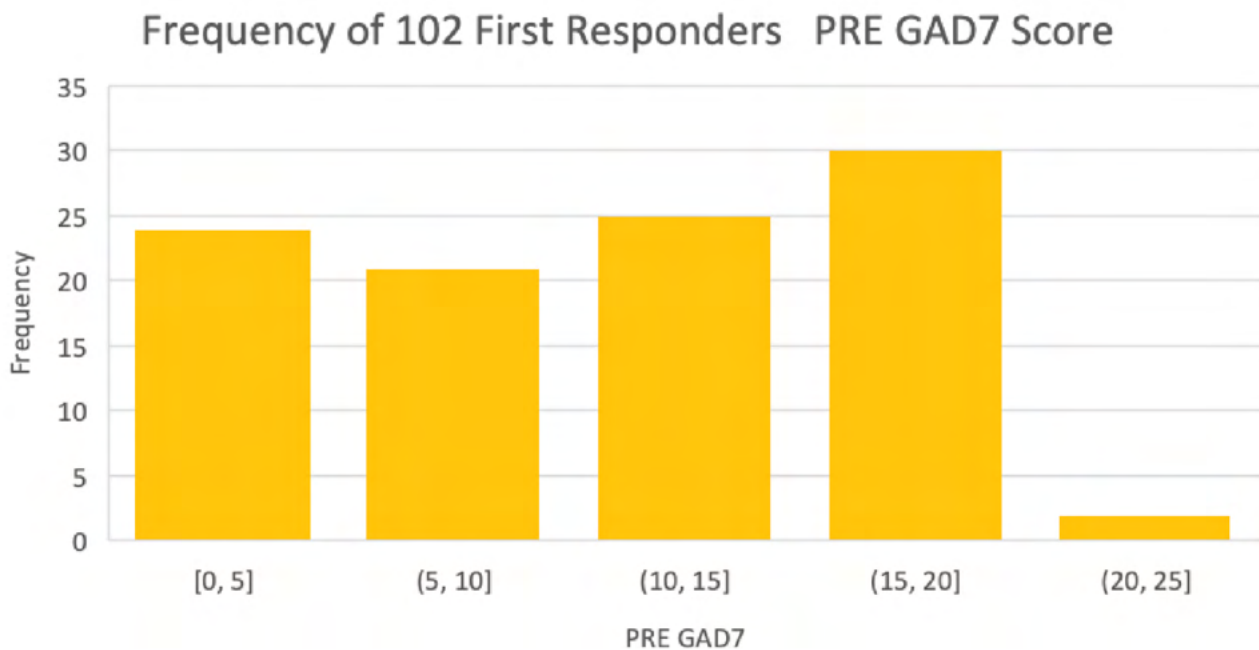
POST PCL5 AVERAGE 5.72

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 102 first responders shows the average of the POST PCL- 5 scores being 5.72. The range was 0 to 40, for this group of first responders, showing a significant decrease in the trauma screen, after sessions. The first responders or their family members who scored over 10 had a decrease in their POST scores.



PRE GAD 7 AVERAGE 10.94

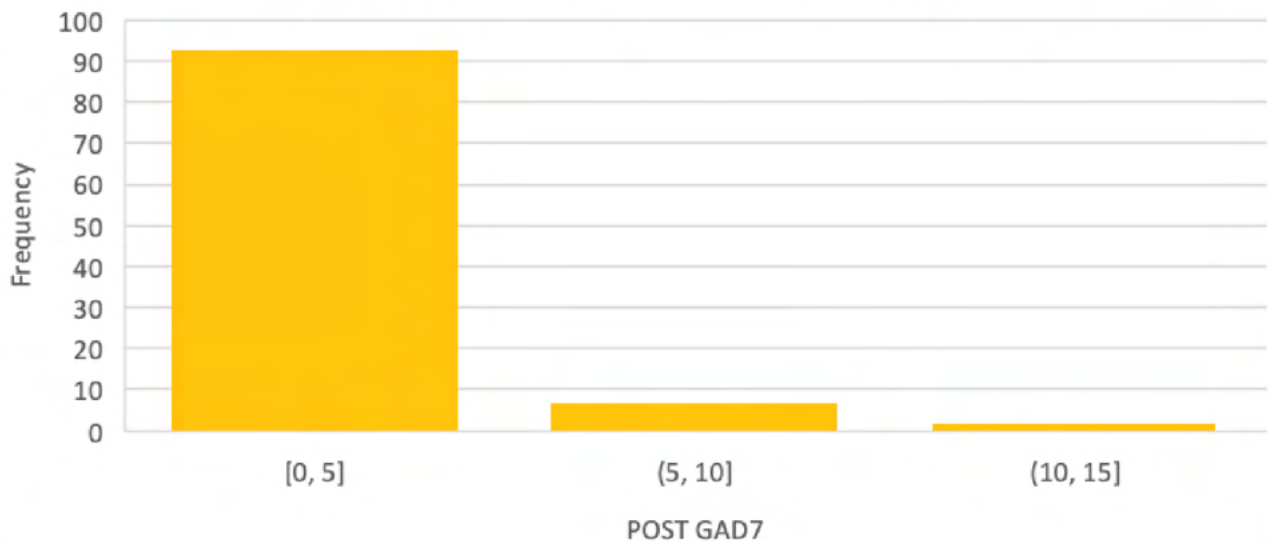
The GAD – 7 is a Generalized Anxiety screen used as a PRE and POST assessment for clients, the highest score one may have on the GAD- 7 is 21. This graph for the 102 first responders shows the average of the PRE- GAD-7 scores being 10.94. The range was 0 to 21 for this group of first responders.



POST GAD 7 AVERAGE 2.18

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 102 first responders shows the average of the PRE- GAD-7 scores being 2.18. The range was 0 to 16 for this group of first responders. The first responders or their families who scored over 6 had a decrease in their POST scores.

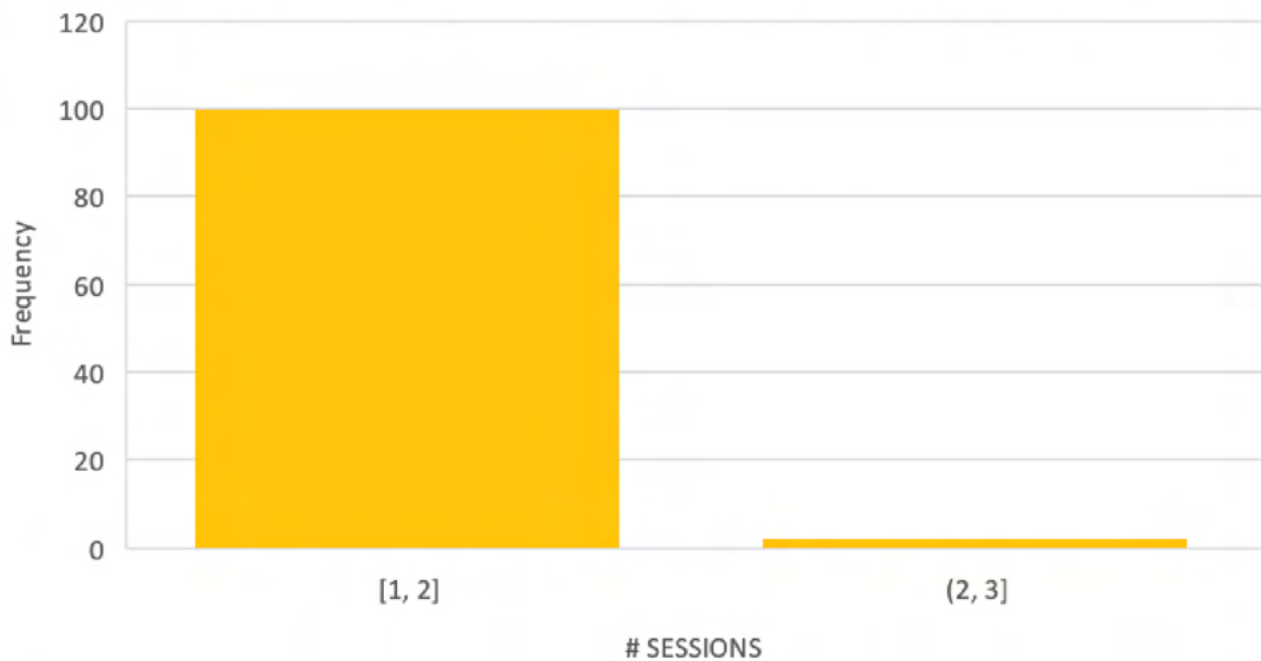
Frequency of 102 First Responders POST GAD7 Score



AVERAGE NUMBER OF SESSIONS 1.11

The average number of sessions for first responders and their families was 1.11, with most first responders or their families only needing one session.

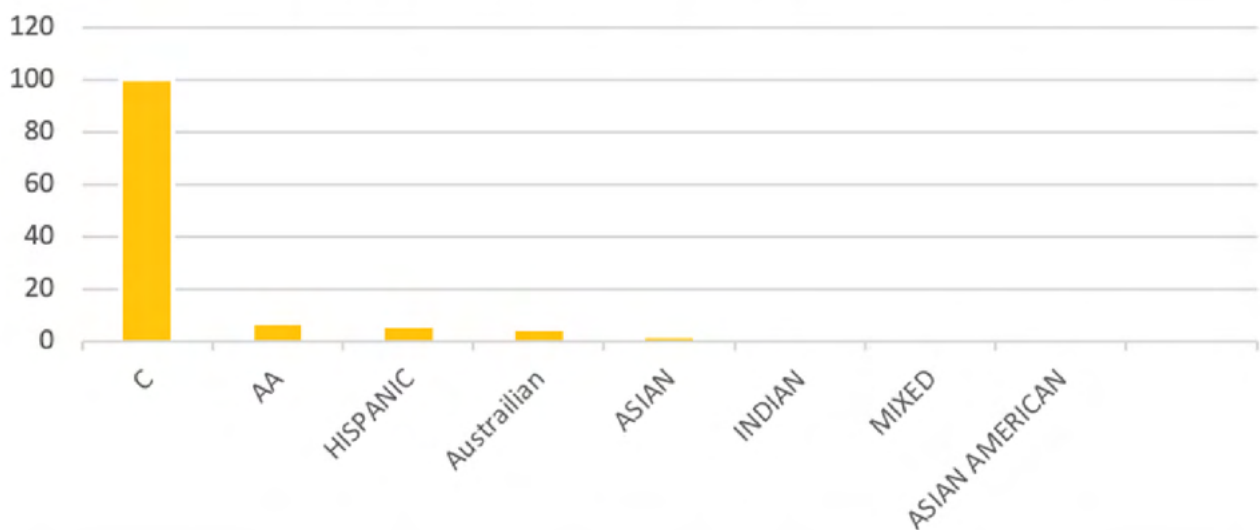
Frequency of 102 First Responders # SESSIONS



RACE

The majority of first responders and their families who received support from 22ZERO were of Caucasian descent. Nevertheless, it's worth noting that the organization also provided assistance to individuals of diverse racial backgrounds.

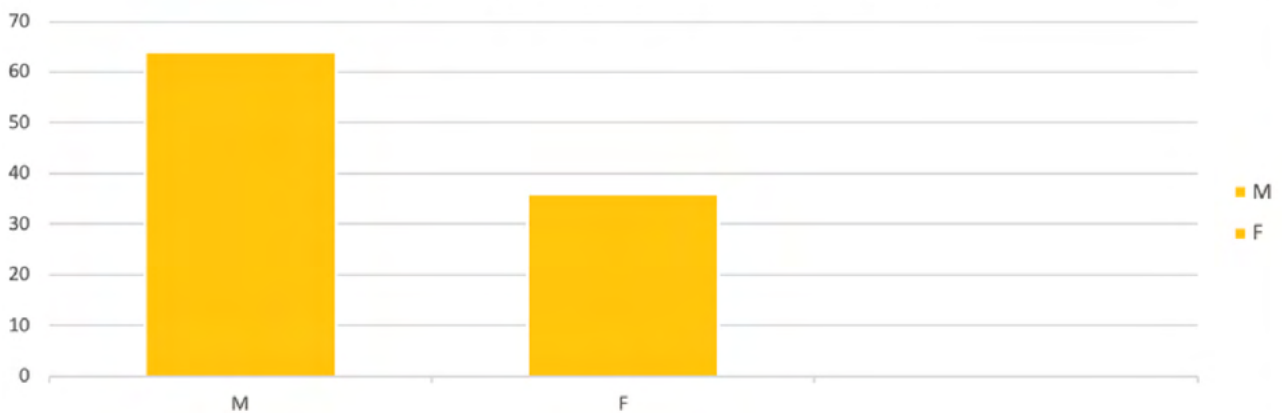
125 First Responders/Family Members RACE



GENDER

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

125 First Responders/Family Members - Gender





STATUS: 125 FIRST RESPONDERS

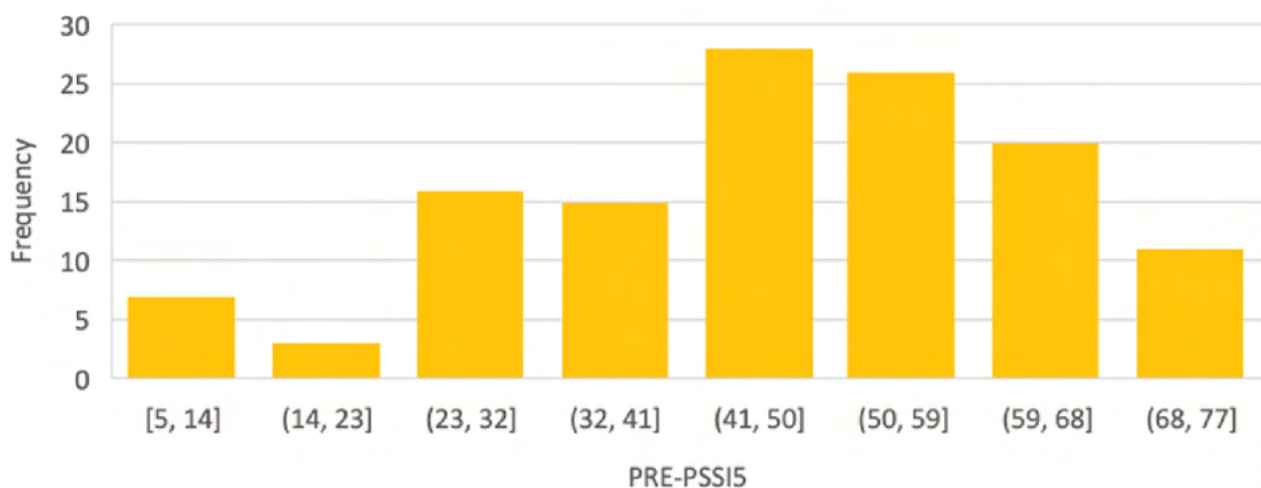
There were 125 first responders selected to provide a picture of the successful Trauma Resiliency Protocol (TRP) and Emotions Management Process (EMP). While there were 168 first responders or their families served using the PCL-5 and the GAD-7, the remaining clients are in the follow up stage, meaning they have not had the 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 PSSI-5 trauma assessment. Below are the graphs for data, using the PSSI-5 for 2022, for 125 first responders and their families. There were 19 first responders 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 - 47.13

The PSSI - 5 is a trauma screen used as a PRE and POST assessment for clients. This graph for the 125 first responders shows the average of the PRE- PSSI-5 scores being 47.13. The range was 5 to 75 for this group of first responders and their families.

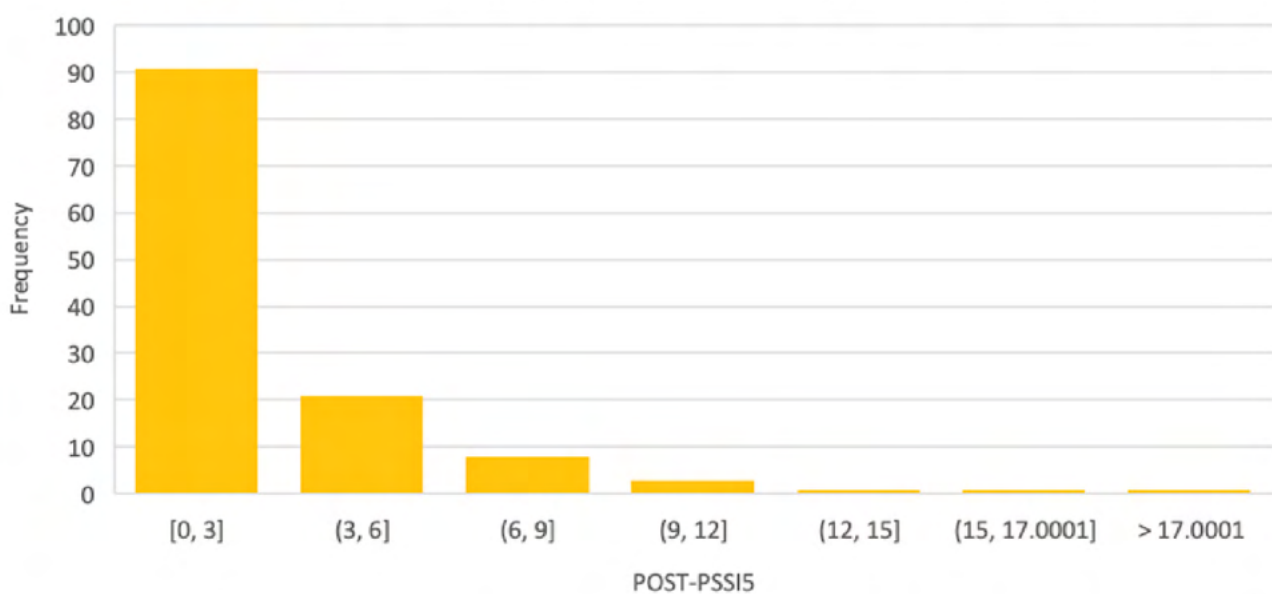
125 First Responder/Family Members - PRE-PSSI-5 Average
47.13



POST PSSI 5 AVERAGE 2.54

The PSSI -5 is a trauma screen used as a PRE and POST assessment for clients, the highest score one may have on the PSSI-5 is 80. This graph for the 125 first responders shows the average of the POST PSSI - 5 scores being 2.54. The range was 0 to 36, for this group of first responders, showing a significant decrease in the trauma screen, after sessions. The first responders or their families who scored over 10 had a decrease in their POST scores.

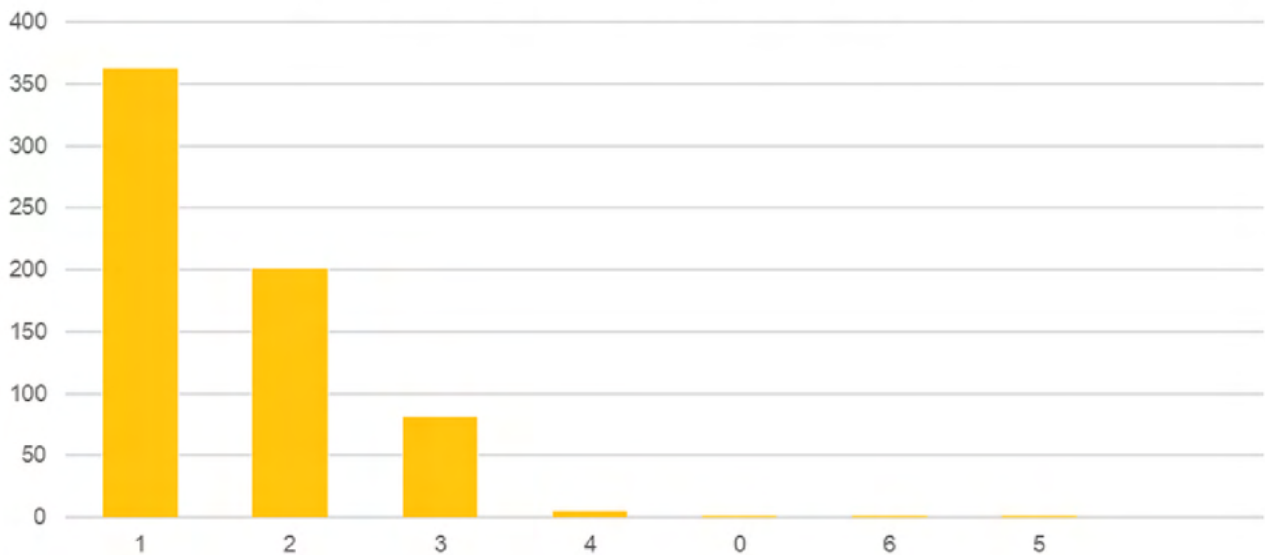
125 First Responders/Family Members - POST-PSSI-5 Average 2.54



AVERAGE NUMBER OF SESSIONS 1.6

The average number of sessions for first responders and their families was 1.6, with most first responders or their families only needing one session.

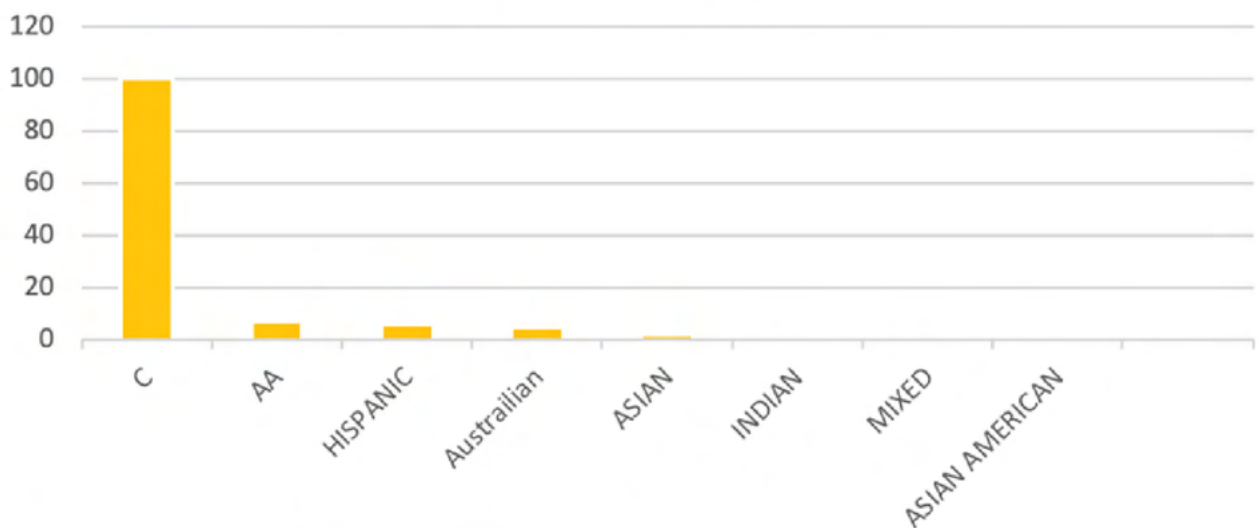
AVERAGE NUMBER OF SESSIONS 1.6



RACE

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

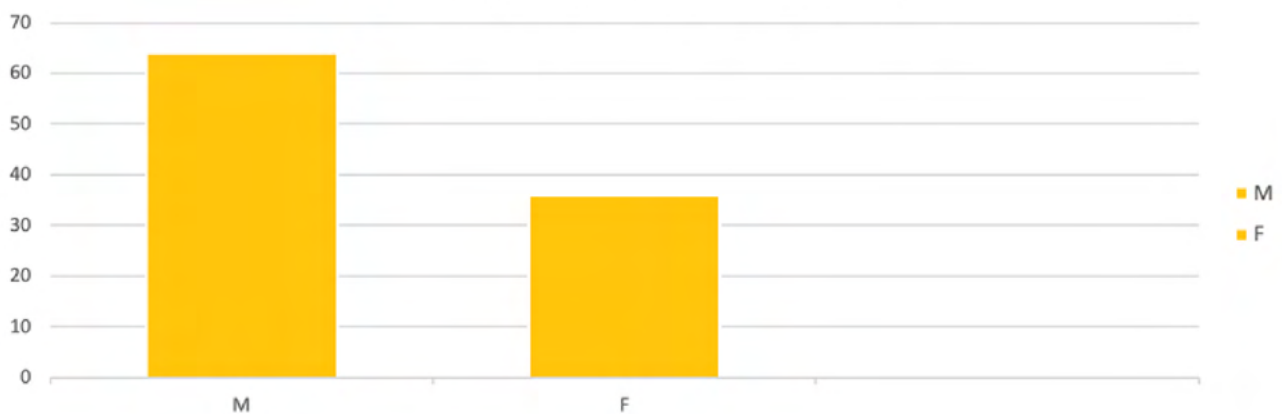
125 First Responders/Family Members RACE



GENDER

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

125 First Responders/Family Members - Gender



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 PERSONNEL, NATIONAL GUARD UNITS, MILITARY RESERVES, VETERANS, AND MEDICAL PERSONNEL. THEY LEARN SKILLS THAT THEY WILL USE IMMEDIATELY TO BUILD THE RESILIENCY SKILLS NECESSARY TO BOUNCE BACK FROM TRAUMA AND SIGNIFICANT EMOTIONAL EVENTS AND COACH OTHERS THROUGH THE SAME PROCESS. THE TRAINING REQUIRES THE MEMBERS TO GO THROUGH THE TRAUMA RESILIENCY PROTOCOL (TRP) AND EMOTIONS MANAGEMENT PROCESS (EMP), WORKING ON THEIR OWN EMOTIONS AND TRAUMAS. 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.

