



Our Mission

Our mission is to heal the effects of trauma and remove the negative emotions impacting professions in service to others because; 22 Veterans end their lives every day, and more first responders die by suicide than the line of duty deaths every year. This must change. **Give us a chance and**

FEEL THE HEAL!

gethealed@22zero.org

In Memory Of:

SPC Corey Smathers, US Army

Last Call: March 2, 2013



How Can You Help?

You can help heal a hero by doing any of the following:

- ♦ **Donate.** Donations will help us bridge our target community to life saving peer coaches. \$100 heals PTSD
- ♦ **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.
- ♦ **Identify Coaches.** Identify coaches willing to seek certification in our alternative brain based neurological interventions. Veterans and First Responders.

Contact Us

22Zero Follow Me, Inc.

800-221-9154

gethealed@22zero.org

22zero.org

www.facebook.com/22zero.org

www.instagram.com/22zeroorg





Our Story

In 2013, SSG Daniel Jarvis came very close to ending his own life. The turning point was the suicide of a fellow Soldier, SPC Corey Smathers. After two combat tours, several blast injuries, and survivor's guilt associated with the death of another American Soldier and the loss of his mother, the weight was almost more than Dan could take. As a leader and a Non-Commissioned Officer, he did not know where to turn for help. Dan did not want to lose the faith of his Command and his men, and it nearly cost him his life.

After being medically retired from service 9/11/2014 he went back to what he knew and was a Deputy Sheriff in Central Florida, where he was working for an additional two years. When the physical injuries of combat caught up to him he decided to leave law enforcement. Dan had sufficient time to retire as a Deputy and called it in May of 2017.

Dan then sought help from the VA, like many other veterans. After experiencing the horror of the VA's Prolonged Exposure (PE) Therapy, he thought there must be a better way. After the VA canceled his second appointment, Dan began searching for answers elsewhere. Dan's experience with alternative therapies was so life-changing that he was compelled to help others find the same relief from their traumatic memories. As a result, 22ZERO, a nonprofit organization, was founded. And a better way was developed using the already existing work of Neuro Linguistic Programming (NLP) 22Zero developed their own process and it changed everything for the organization.

Professional Resiliency Coaching

Our Professional Resiliency Coaching Program is the heart of our mission – bridging individuals from our target communities (active military, military veterans, and first responders) to services that will help them neurologically disconnect trauma and negative emotions from the events that created them. These emotions could result from the traumas they have experienced in their roles serving our country and communities or from difficulty transitioning out of a service career or even childhood.

Who is eligible? The following individuals are eligible to participate in the Resiliency Coaching Program: any individual currently serving in any branch of the military, any individual who has ever served in any branch of the military, any individual who is working or has worked in any first responder profession. 22Zero will pay the peer coaches to work with the veterans or first responders. There is zero cost to the active military, veteran or first responder.

How does it work? Eligible individuals can contact 22Zero by calling (800) 221-9154 or emailing gethealed@22zero.org. A case manager will be assigned to the individual to determine what services are needed and perform an assessment, and then will connect them to an appropriate peer coach. Follow-up is conducted to provide support and encouragement.



Our Success Based Processes

Trauma Resiliency-Protocol (TR-P):

This is a neurological intervention that will disconnect the emotions attached to a traumatic memory or event. It can be administered in the acute stress or post-traumatic stress (PTS) phases of trauma. You are also never required to talk about the event and as a matter of fact it is not allowed. It keeps the coach and the client safe and free to work on all trauma without worry of divulging deeply personal details.

Emotions Management Process (EMP)

This process is also a neurological disconnect, it just approaches negative emotions differently. It goes to the root emotion of rage, anger, sadness, shame, survivor guilt, emotional hurt, anxiety, etc. and frames them in a way the brain will release the lock on the emotion.

Did You Know?

- Nearly 7,400 veterans die by suicide each year.*
- Military veterans are 22% more likely to die by suicide compared to civilian adults in the United States.*
- A greater number of police officers and firefighters die by suicide than are killed in the line of duty. **

- ⇒ In 2019, 228 police officers died by suicide, compared to 155 who died in the line of duty.
- ⇒ In 2019, 119 firefighters and 20 EMT/ Paramedics died by suicide, compared to 48 who died in the line of duty.

* Source: Department of Veterans Affairs, July 2016

** Source: www.bluehelp.org, Officer Down Page, & The Ruderman White Paper on Mental Health and Suicide of First Responders (April 2018)