

1

00:00:00,000 --> 00:00:02,540

This episode is brought to you by Bubs Naturals

2

00:00:02,540 --> 00:00:04,600

and one of the most profound new supplements

3

00:00:04,600 --> 00:00:07,080

I've added to my own diet is collagen.

4

00:00:07,080 --> 00:00:09,320

And Bubz provides the only collagen

5

00:00:09,320 --> 00:00:11,600

that is not only NSF certified,

6

00:00:11,600 --> 00:00:14,160

but also Whole30 certified.

7

00:00:14,160 --> 00:00:15,300

Now when we think of collagen,

8

00:00:15,300 --> 00:00:16,760

you might think of beauty products,

9

00:00:16,760 --> 00:00:20,280

but when ingested, collagen not only positively affects

10

00:00:20,280 --> 00:00:24,680

skin, nails, and hair, but also joint and gut health.

11

00:00:24,680 --> 00:00:27,620

Something that I witnessed personally within myself.

12

00:00:27,620 --> 00:00:30,960

Now I'm also a huge fan of altruistic business

13

00:00:30,960 --> 00:00:33,520

and Bubz was founded out of tragedy.

14

00:00:33,520 --> 00:00:36,600

Glenn Bub Doherty was one of the two Navy SEALs

15

00:00:36,600 --> 00:00:38,400

killed in Benghazi.

16

00:00:38,400 --> 00:00:41,560

And his friends, Sean and TJ founded this company

17

00:00:41,560 --> 00:00:44,080

to not only create great nutritional products,

18

00:00:44,080 --> 00:00:46,640

but also take 10% of the proceeds

19

00:00:46,640 --> 00:00:48,280

and donate them to charity.

20

00:00:48,280 --> 00:00:49,820

So they are offering you the audience

21

00:00:49,820 --> 00:00:51,300

of the Behind the Shield podcast,

22

00:00:51,300 --> 00:00:53,840

20% off your first purchase

23

00:00:53,840 --> 00:00:57,920

if you use the code SHIELD at bubznaturals.com.

24

00:00:57,920 --> 00:01:01,240

And if you wanna hear more about the inception of Bubz

25

00:01:01,240 --> 00:01:03,240

and Glenn's powerful story,

26

00:01:03,240 --> 00:01:07,320

listen to episode 558 of Behind the Shield podcast

27

00:01:07,320 --> 00:01:09,000

with Sean Lake.

28

00:01:10,360 --> 00:01:12,620

This episode is sponsored by a company I've used

29

00:01:12,620 --> 00:01:16,260

for well over a decade and that is 511.

30

00:01:16,260 --> 00:01:19,040

I wore their uniforms back in Anaheim, California

31

00:01:19,040 --> 00:01:21,500

and I've used their products ever since.

32

00:01:21,500 --> 00:01:23,760

From their incredibly strong yet light

33

00:01:23,760 --> 00:01:26,240

footwear to their cut uniforms

34

00:01:26,240 --> 00:01:28,840

for both male and female responders.

35

00:01:28,840 --> 00:01:31,600

I found them hands down the best work wear

36

00:01:31,600 --> 00:01:33,840

in all the departments that I've worked for.

37

00:01:33,840 --> 00:01:35,440

Outside of the fire service,

38

00:01:35,440 --> 00:01:38,440

I use their luggage for everything and I travel a lot

39

00:01:38,440 --> 00:01:41,800

and they are also now sponsoring the 7X team

40

00:01:41,800 --> 00:01:43,640

as we embark around the world

41

00:01:43,640 --> 00:01:45,680

on the Human Performance Project.

42

00:01:45,680 --> 00:01:47,660

We have Murph coming up in May

43

00:01:47,660 --> 00:01:50,000

and again, I bought their plate carrier.

44

00:01:50,000 --> 00:01:52,080

I ended up buying real ballistic plates

45

00:01:52,080 --> 00:01:54,360
rather than the fake weight plates

46

00:01:54,360 --> 00:01:56,560
and that has been my ride or die through Murph

47

00:01:56,560 --> 00:01:58,600
the last few years as well.

48

00:01:58,600 --> 00:01:59,940
One area I wanna talk about

49

00:01:59,940 --> 00:02:02,120
that I haven't in previous sponsorship spots

50

00:02:02,120 --> 00:02:04,500
is their brick and mortar element.

51

00:02:04,500 --> 00:02:06,580
They were predominantly an online company

52

00:02:06,580 --> 00:02:07,960
up till more recently,

53

00:02:07,960 --> 00:02:11,920
but now they are approaching 100 stores all over the US.

54

00:02:11,920 --> 00:02:14,320
My local store is here in Gainesville, Florida

55

00:02:14,320 --> 00:02:16,400
and I've been multiple times.

56

00:02:16,400 --> 00:02:18,020

And the discounts you see online

57

00:02:18,020 --> 00:02:20,200

are applied also in the stores.

58

00:02:20,200 --> 00:02:24,160

So as I mentioned, 511 is offering you 15%

59

00:02:24,160 --> 00:02:26,720

of every purchase that you make.

60

00:02:26,720 --> 00:02:29,100

But I do wanna say more often than not,

61

00:02:29,100 --> 00:02:31,020

they have an even deeper discount,

62

00:02:31,020 --> 00:02:33,560

especially around holiday times.

63

00:02:33,560 --> 00:02:36,360

But if you use the code SHIELD15,

64

00:02:36,360 --> 00:02:39,640

that's S-H-I-E-L-D-1-5,

65

00:02:39,640 --> 00:02:42,160

you will get 15% off your order

66

00:02:42,160 --> 00:02:45,340

or in the stores every time you make a purchase.

67

00:02:45,340 --> 00:02:47,800

And if you wanna hear more about 511,

68

00:02:47,800 --> 00:02:50,480

who they stand for and who works with them,

69

00:02:50,480 --> 00:02:54,200

listen to episode 580 of Behind the Shield podcast

70

00:02:54,200 --> 00:02:57,680

with 511 regional director, Will Ayers.

71

00:02:58,760 --> 00:03:00,400

Welcome to the Behind the Shield podcast.

72

00:03:00,400 --> 00:03:01,760

As always, my name's James Gearing

73

00:03:01,760 --> 00:03:03,400

and this week it is my absolute honor

74

00:03:03,400 --> 00:03:06,640

to welcome on the show Marine veteran,

75

00:03:06,640 --> 00:03:08,960

law enforcement officer and co-founder

76

00:03:08,960 --> 00:03:12,880

of the Overwatch Collective, Greg Grogan.

77

00:03:12,880 --> 00:03:15,640

Now in this conversation, we discuss a host of topics

78

00:03:15,640 --> 00:03:18,000
from his journey into the military,

79

00:03:18,000 --> 00:03:20,240
entering the world of policing,

80

00:03:20,240 --> 00:03:22,680
identifying the need for mental health help

81

00:03:22,680 --> 00:03:24,880
amongst his own professions,

82

00:03:24,880 --> 00:03:27,680
the creation of the Overwatch Collective,

83

00:03:27,680 --> 00:03:30,680
finding culturally competent clinicians,

84

00:03:30,680 --> 00:03:34,080
addressing the financial needs and so much more.

85

00:03:34,080 --> 00:03:36,160
Now before we get to this incredible conversation,

86

00:03:36,160 --> 00:03:38,900
as I say every week, please just take a moment,

87

00:03:38,900 --> 00:03:41,080
go to whichever app you listen to this on,

88

00:03:41,080 --> 00:03:45,440
subscribe to the show, leave feedback and leave a rating.

89

00:03:45,440 --> 00:03:47,240

Every single five star rating

90

00:03:47,240 --> 00:03:49,280

truly does elevate this podcast,

91

00:03:49,280 --> 00:03:51,720

therefore making it easier for others to find.

92

00:03:51,720 --> 00:03:56,520

And this is a free library of almost 900 episodes now.

93

00:03:56,520 --> 00:03:59,800

So all I ask in return is that you help share

94

00:03:59,800 --> 00:04:02,160

these incredible men and women stories

95

00:04:02,160 --> 00:04:04,880

so I can get them to every single person

96

00:04:04,880 --> 00:04:07,440

on planet earth who needs to hear them.

97

00:04:07,440 --> 00:04:12,280

So with that being said, I introduce to you, Greg Grogan.

98

00:04:12,280 --> 00:04:13,120

Enjoy.

99

00:04:13,120 --> 00:04:18,120

Well Greg, I want to start by saying,

100
00:04:19,840 --> 00:04:22,840
thank you to really multiple people that reached out

101
00:04:22,840 --> 00:04:25,480
and suggested that you and I finally come together

102
00:04:25,480 --> 00:04:26,320
and do an interview.

103
00:04:26,320 --> 00:04:28,960
So I want to thank everyone from DDF,

104
00:04:28,960 --> 00:04:38,660
from Team

105
00:04:38,660 --> 00:04:41,720
and all of you who are out there.

106
00:04:41,720 --> 00:04:45,160
everyone from DD Finder to Sam,

107
00:04:45,160 --> 00:04:48,040
to all the other people that have kind of reminded me

108
00:04:48,040 --> 00:04:49,520
of your project and your work.

109
00:04:49,520 --> 00:04:50,680
And I also wanna welcome you

110
00:04:50,680 --> 00:04:53,280
onto the Behind the Shield podcast today.

111

00:04:53,280 --> 00:04:54,280

I appreciate it James.

112

00:04:54,280 --> 00:04:55,960

I'm super excited to be here.

113

00:04:55,960 --> 00:04:57,220

I know it's been a long time coming

114

00:04:57,220 --> 00:04:59,600

and I appreciate the opportunity to come on

115

00:04:59,600 --> 00:05:01,480

and talk a little bit.

116

00:05:01,480 --> 00:05:04,160

So where on planet earth we finding you today?

117

00:05:04,160 --> 00:05:05,800

So on planet earth,

118

00:05:05,800 --> 00:05:09,440

I am about 30 minutes south of San Francisco.

119

00:05:09,440 --> 00:05:10,280

Beautiful.

120

00:05:10,280 --> 00:05:12,760

I would love to start at the very beginning of your timeline.

121

00:05:12,760 --> 00:05:14,600

So tell me where you were born

122

00:05:14,600 --> 00:05:16,400

and tell me a little bit about your family dynamic,

123

00:05:16,400 --> 00:05:19,240

what your parents did, how many siblings.

124

00:05:19,240 --> 00:05:21,840

Yeah, so I was born in Millbury, California,

125

00:05:21,840 --> 00:05:25,360

which is about 10 minutes south of San Francisco.

126

00:05:25,360 --> 00:05:29,960

I was born into a military and law enforcement family.

127

00:05:29,960 --> 00:05:32,480

Mom, dad still together.

128

00:05:32,480 --> 00:05:35,120

Dad's been a police officer for over 40 years,

129

00:05:35,120 --> 00:05:37,220

did over 20 years in the military.

130

00:05:38,120 --> 00:05:39,240

Mom worked at a school

131

00:05:39,240 --> 00:05:41,800

and then was fortunate enough to be able to retire early.

132

00:05:41,800 --> 00:05:45,000

So she had more time to go shoe shopping

133

00:05:45,000 --> 00:05:47,680

and go to home goods and go to the store.

134

00:05:47,680 --> 00:05:51,480

And then I have one brother who's four years older than me.

135

00:05:51,480 --> 00:05:53,960

His name's Jeff and he's a firefighter

136

00:05:53,960 --> 00:05:56,120

down in Southern California.

137

00:05:56,120 --> 00:05:58,360

Whereabouts in Southern California, roughly.

138

00:05:58,360 --> 00:05:59,200

So he's,

139

00:06:01,120 --> 00:06:02,760

it's near Pasadena.

140

00:06:02,760 --> 00:06:05,000

So he's a fire captain down there.

141

00:06:05,000 --> 00:06:08,100

So he's been a firefighter for about 10 years now,

142

00:06:08,100 --> 00:06:09,900

just hit his 10 year mark.

143

00:06:09,900 --> 00:06:11,280

He's married to his wife

144

00:06:11,280 --> 00:06:12,840

and then they just had a beautiful little girl.

145

00:06:12,840 --> 00:06:15,040

So I'm an uncle now officially.

146

00:06:15,040 --> 00:06:16,160

Congratulations.

147

00:06:16,160 --> 00:06:17,400

Yeah, I used to live up in Burbank,

148

00:06:17,400 --> 00:06:19,640

which wasn't too far from Pasadena.

149

00:06:19,640 --> 00:06:24,640

So as the son of not only a veteran, but a police officer,

150

00:06:25,040 --> 00:06:26,800

having this mental health lens

151

00:06:26,800 --> 00:06:30,360

that you have now at your age, when you look back,

152

00:06:30,360 --> 00:06:33,120

did your father have any struggles of his own

153

00:06:33,120 --> 00:06:34,440

between those two careers?

154

00:06:34,440 --> 00:06:36,480

Not that I saw at a younger age.

155

00:06:36,480 --> 00:06:40,440

I think now as I've transitioned to what we're doing

156

00:06:40,440 --> 00:06:43,440

at the Overwatch Collective and learning more about it,

157

00:06:43,440 --> 00:06:46,960

he's done multiple deployments overseas

158

00:06:46,960 --> 00:06:48,400

when my brother and I were younger.

159

00:06:48,400 --> 00:06:51,320

So I know that took a toll on not only just him,

160

00:06:51,320 --> 00:06:54,480

but my mom, my brother and myself.

161

00:06:54,480 --> 00:06:56,920

And then also as a police officer,

162

00:06:56,920 --> 00:07:00,920

he obviously saw everything that we see as first responders

163

00:07:00,920 --> 00:07:05,920

and missed family events and had to deal

164

00:07:06,360 --> 00:07:09,360

with some unfortunate suicide

165

00:07:10,360 --> 00:07:12,880

amongst his friends within his community.

166

00:07:13,680 --> 00:07:14,840

What about career calls?

167

00:07:14,840 --> 00:07:16,560

I mean, 40 years is a long time.

168

00:07:16,560 --> 00:07:19,120

What are some of the big responses

169

00:07:19,120 --> 00:07:20,880

that he had in those four decades?

170

00:07:23,320 --> 00:07:25,360

So he actually wrote a book.

171

00:07:25,360 --> 00:07:26,480

So it's all in his book.

172

00:07:26,480 --> 00:07:27,720

So it's called The Grogan Store.

173

00:07:27,720 --> 00:07:29,120

And he talks all about,

174

00:07:29,120 --> 00:07:31,200

he talks about his time as a police officer.

175

00:07:31,200 --> 00:07:35,240

And he shares some of the funny stories

176

00:07:35,240 --> 00:07:38,040

and then he shares some of the serious ones

177

00:07:38,040 --> 00:07:40,480

in addition to his time in the military.

178

00:07:40,480 --> 00:07:44,760

But no major calls stick out to me.

179

00:07:45,960 --> 00:07:46,800

All right.

180

00:07:46,800 --> 00:07:48,840

Well, then what about athletics and sports?

181

00:07:48,840 --> 00:07:50,920

What were you playing when you were young?

182

00:07:50,920 --> 00:07:54,520

So my brother and I grew up riding dirt bikes.

183

00:07:54,520 --> 00:07:57,400

So you throw me on two wheels and I'm on the dirt bike.

184

00:07:57,400 --> 00:08:00,480

So you throw me on two wheels and I'm a happy man.

185

00:08:00,480 --> 00:08:05,280

Anything from a Harley to a BMX bike to a dirt bike.

186

00:08:06,120 --> 00:08:08,360

I'm fortunate to be one of the motorcycle officers

187

00:08:08,360 --> 00:08:09,640

at my police department now.

188

00:08:09,640 --> 00:08:13,320

And you can't pay me enough money to be on a Harley

189

00:08:13,320 --> 00:08:14,160

and be working.

190

00:08:14,160 --> 00:08:15,120

I absolutely love it.

191

00:08:15,120 --> 00:08:18,200

So started riding dirt bikes at a young age.

192

00:08:18,200 --> 00:08:20,280

I still currently do ride.

193

00:08:21,240 --> 00:08:22,600

And then I ran track and field.

194

00:08:22,600 --> 00:08:25,520

So I always make the joke, it's kind of like NASCAR.

195

00:08:25,520 --> 00:08:28,360

I just ran left the entire time, no right turns.

196

00:08:28,360 --> 00:08:31,280

And I feel like my neck just is like constantly

197

00:08:31,280 --> 00:08:32,280

to the left a little bit

198

00:08:32,280 --> 00:08:34,280

because I was just running in circles.

199

00:08:35,280 --> 00:08:38,440

What about the discipline within track and field?

200

00:08:38,440 --> 00:08:41,760

Were you a short distance athlete or a long distance?

201

00:08:41,760 --> 00:08:42,580

Right in between.

202

00:08:42,580 --> 00:08:44,920

So it was the 800 meter run.

203

00:08:44,920 --> 00:08:47,440

So I am not a good sprinter at all.

204

00:08:47,440 --> 00:08:48,560

That's why I like at work.

205

00:08:48,560 --> 00:08:49,760

I don't chase after people.

206

00:08:49,760 --> 00:08:52,080

I'll use the radio and set up a perimeter.

207

00:08:52,080 --> 00:08:54,160

I'm not fast at sprinting whatsoever.

208

00:08:54,160 --> 00:08:59,160

I prefer the longer distances runs where I specialized

209

00:09:00,720 --> 00:09:03,720

in the 800 meter, just the two laps around the track.

210

00:09:03,720 --> 00:09:07,140

And it was like one of those ones where it starts

211

00:09:07,140 --> 00:09:09,540

and it's done quick, but also there's a lot going on

212

00:09:09,540 --> 00:09:11,920

in that short little like two minutes.

213

00:09:11,920 --> 00:09:12,760

It's been funny.

214

00:09:12,760 --> 00:09:15,800

My son is a miler and he's kind of finding himself

215

00:09:15,800 --> 00:09:18,160

being brought more into the 800 as well.

216

00:09:18,160 --> 00:09:21,560

And the way that the long distance athletes

217

00:09:21,560 --> 00:09:24,560

and the sprinters talk to each other in his track team

218

00:09:24,560 --> 00:09:27,160

reminds me so much of like police and fire

219

00:09:27,160 --> 00:09:29,000

or structural fire and wildland fire.

220

00:09:29,000 --> 00:09:31,040

Like, oh, I could never do what you do.

221

00:09:31,040 --> 00:09:33,480

So that the sprinters don't want to run a mile.

222

00:09:33,480 --> 00:09:36,900

And as you said, the milers know that they're going to be

223

00:09:36,900 --> 00:09:39,600

somewhat humiliated if they do 100 meter hurdle

224

00:09:39,600 --> 00:09:42,160

with some of their colleagues.

225

00:09:42,160 --> 00:09:43,420

Yeah, you're just getting smoked.

226

00:09:43,420 --> 00:09:46,080

I know I do not miss the days of doing like the long runs

227

00:09:46,080 --> 00:09:47,680

though, where it was like, all right, today

228

00:09:47,680 --> 00:09:49,680

we're going to run five miles and then do abs.

229

00:09:49,680 --> 00:09:52,400

And you're like, nope, I'm good.

230

00:09:52,400 --> 00:09:55,200

Anything after two miles, I'm checked out.

231

00:09:56,520 --> 00:09:58,040

Now, what about career aspirations?

232

00:09:58,040 --> 00:10:01,000

You had a mother in education, a father in law enforcement.

233

00:10:01,000 --> 00:10:04,000

What were your career goals when you were in the school age?

234

00:10:05,800 --> 00:10:08,600

I pretty much, I always say, I think I came out of the womb

235

00:10:08,600 --> 00:10:10,040

knowing I was going to be in the military

236

00:10:10,040 --> 00:10:11,960

and a first responder.

237

00:10:11,960 --> 00:10:15,120

I wasn't the brightest in school at all.

238

00:10:15,120 --> 00:10:16,760

I was always one of the ones where the teachers

239

00:10:16,760 --> 00:10:19,760

had to tell me like, either you pass this

240

00:10:19,760 --> 00:10:21,280

or you're going to fail the class.

241

00:10:21,280 --> 00:10:25,480

Or my progress reports were always on the fridge

242

00:10:25,480 --> 00:10:28,800

at the house and my grades and getting a C

243

00:10:28,800 --> 00:10:31,440

on my science test was great because I passed the damn thing.

244

00:10:31,440 --> 00:10:32,680

Like that was me.

245

00:10:32,680 --> 00:10:35,160

I was not that great of a student.

246

00:10:35,160 --> 00:10:39,080

And I knew at the age of 18, I wanted to join the military.

247

00:10:39,080 --> 00:10:42,820

And then fourth generation law enforcement in my family.

248

00:10:42,820 --> 00:10:46,880

So I think I always knew I was going to be a police officer.

249

00:10:46,880 --> 00:10:50,500

So how did you find yourself choosing the Marine Reserves?

250

00:10:53,000 --> 00:10:58,000

So, you know, like whenever you get young individuals

251

00:10:58,720 --> 00:11:00,440

that are like, okay, I want to join the military,

252

00:11:00,440 --> 00:11:03,280

you originally start off thinking infantry, right?

253

00:11:03,280 --> 00:11:04,560

Where you're like, okay, you're going to join

254

00:11:04,560 --> 00:11:07,280
the Marine Corps to go infantry.

255

00:11:07,280 --> 00:11:09,300
And where you have a gun, you're going to go shoot,

256

00:11:09,300 --> 00:11:10,460
you're going to get deployed.

257

00:11:10,460 --> 00:11:12,800
You never know, but that's the exciting stuff.

258

00:11:13,780 --> 00:11:16,680
And I really wish I could have done four years

259

00:11:16,680 --> 00:11:18,260
active duty at least to get that

260

00:11:18,260 --> 00:11:20,760
active duty experience time.

261

00:11:20,760 --> 00:11:23,020
But I also knew I wanted to be in the police academy

262

00:11:23,020 --> 00:11:26,240
around 20 and a half to 21 years of age.

263

00:11:26,240 --> 00:11:28,360
So I decided to do a six year contract

264

00:11:28,360 --> 00:11:32,140
in the Marine Corps Reserve with the hopes of

265

00:11:32,140 --> 00:11:35,340

potentially doing a deployment before I became a cop,

266

00:11:35,340 --> 00:11:38,200

even though it didn't really work out that way.

267

00:11:38,200 --> 00:11:40,840

So I should have asked you this before.

268

00:11:40,840 --> 00:11:43,640

A lot of us wearing uniform in this generation,

269

00:11:43,640 --> 00:11:48,120

you know, were somewhat inspired by the events of 9-11.

270

00:11:48,120 --> 00:11:49,520

How old were you when that happened?

271

00:11:49,520 --> 00:11:50,760

And what was the impact of that?

272

00:11:50,760 --> 00:11:53,120

Well, how did that day unfold for you?

273

00:11:53,120 --> 00:11:56,400

Yeah, so I was, I think I was in third grade

274

00:11:56,400 --> 00:11:58,320

and it was in the morning.

275

00:11:58,320 --> 00:12:03,320

And I remember I was in class and I was at like a point

276

00:12:03,320 --> 00:12:05,720

in my life where I didn't really realize like the

277

00:12:05,720 --> 00:12:09,480

the drastic impact that 9-11 had on our country

278

00:12:10,800 --> 00:12:13,800

until my dad started to get activated

279

00:12:13,800 --> 00:12:15,080

and was deployed for it.

280

00:12:16,560 --> 00:12:21,560

But I think it made a lot of us like frustrated, obviously.

281

00:12:21,560 --> 00:12:24,780

And then when I did become older and I watched movies

282

00:12:24,780 --> 00:12:27,560

and documentaries about 9-11 and really seeing the impact

283

00:12:27,560 --> 00:12:30,680

that it had on our country, it was like,

284

00:12:30,680 --> 00:12:33,040

okay, Marine Corps infantry it is.

285

00:12:33,040 --> 00:12:36,680

So going back to your dad for a second,

286

00:12:36,680 --> 00:12:38,000

I think this is an important part

287

00:12:38,000 --> 00:12:40,000

of the mental health conversation is that people

288

00:12:40,000 --> 00:12:44,400

that are able to process the trauma in their careers,

289

00:12:44,400 --> 00:12:46,400

you know, in a healthy way.

290

00:12:46,400 --> 00:12:48,620

And I've talked about this quite a bit.

291

00:12:48,620 --> 00:12:53,240

I had, I mean, I guess a normal amount of trauma growing up

292

00:12:53,240 --> 00:12:55,880

from parents' divorce, almost dying in a house fire

293

00:12:55,880 --> 00:12:59,000

when I was four, but then I also had, I would argue,

294

00:12:59,000 --> 00:13:02,720

equal amounts of the very things that you need

295

00:13:02,720 --> 00:13:05,680

to process trauma from growing up around

296

00:13:05,680 --> 00:13:08,400

my dad healing animals to being in nature on a farm

297

00:13:08,400 --> 00:13:11,080

and all the things that we identify

298

00:13:11,080 --> 00:13:14,000

are now helping our people that are struggling.

299

00:13:14,000 --> 00:13:15,120

When you look back now,

300

00:13:15,120 --> 00:13:17,420

or even in conversations with your father,

301

00:13:17,420 --> 00:13:20,760

what were the elements of his life that allowed him

302

00:13:20,760 --> 00:13:22,600

to have such a fruitful career

303

00:13:22,600 --> 00:13:24,760

and process the things that he saw and did?

304

00:13:26,520 --> 00:13:31,520

I think it was our vacations and our time on the dirt bikes.

305

00:13:31,520 --> 00:13:35,260

I know we would try to go on as many vacations as possible.

306

00:13:35,260 --> 00:13:37,140

My family really liked going on cruises

307

00:13:37,140 --> 00:13:39,060

and spending time with our family and friends.

308

00:13:39,060 --> 00:13:43,060

And then whenever we got the opportunity,

309

00:13:43,060 --> 00:13:46,620

my brother, my dad and I would go ride dirt bikes

310

00:13:46,620 --> 00:13:47,580

for a day or two.

311

00:13:47,580 --> 00:13:50,760

And that was kind of his like outlet.

312

00:13:50,760 --> 00:13:54,700

And now I see how important that was for his career

313

00:13:54,700 --> 00:13:57,460

to have an outlet because nowadays

314

00:13:57,460 --> 00:13:59,100

where everybody's so short staffed,

315

00:13:59,100 --> 00:14:03,940

you get that opportunity to go mountain biking,

316

00:14:03,940 --> 00:14:05,940

go hiking with your dog.

317

00:14:05,940 --> 00:14:08,620

You don't get those healthy outcomes,

318

00:14:08,620 --> 00:14:10,300

those healthy coping mechanisms.

319

00:14:10,300 --> 00:14:13,620

And so I think that's one of the things that I see

320

00:14:13,620 --> 00:14:16,380

that benefited him throughout his career.

321

00:14:16,380 --> 00:14:17,220

Beautiful.

322

00:14:17,220 --> 00:14:18,980

And what about during that time?

323

00:14:18,980 --> 00:14:23,020

Was it a time where there was a lot of extra work

324

00:14:23,020 --> 00:14:24,340

forced over time, et cetera,

325

00:14:24,340 --> 00:14:27,620

or was he able to do the hours that were allocated to him?

326

00:14:27,620 --> 00:14:30,420

And then that allowed him to spend more time

327

00:14:30,420 --> 00:14:32,140

with you guys at home.

328

00:14:32,140 --> 00:14:35,380

Yeah, I think, yeah, that's right.

329

00:14:35,380 --> 00:14:38,060

There was not much mandated overtime.

330

00:14:38,060 --> 00:14:39,860

I know the politics have changed a lot

331

00:14:39,860 --> 00:14:42,820

where it was the whole unfortunate defunding

332

00:14:42,820 --> 00:14:44,280

where we lost a lot of personnel.

333

00:14:44,280 --> 00:14:46,420

And now there's still a lot of departments

334

00:14:46,420 --> 00:14:48,660

that are very short staffed and doing a minimum

335

00:14:48,660 --> 00:14:51,400

of 24 hours of overtime of paycheck

336

00:14:51,400 --> 00:14:53,540

where back then during his time,

337

00:14:53,540 --> 00:14:57,220

I don't remember him ever having to work forced overtime

338

00:14:57,220 --> 00:14:59,060

unless it was your normal sick call,

339

00:14:59,060 --> 00:15:00,420

we need someone to come in.

340

00:15:02,020 --> 00:15:06,200

And when I was growing up, he was a sergeant,

341

00:15:06,200 --> 00:15:07,740

probably when I was like 10 years old.

342

00:15:07,740 --> 00:15:11,440

So he wasn't really doing much of like the special details

343

00:15:11,440 --> 00:15:13,700

or the mandated overtime.

344

00:15:13,700 --> 00:15:15,360

And you mentioned cruises as well.

345

00:15:15,360 --> 00:15:16,540

It's funny, like I said,

346

00:15:16,540 --> 00:15:18,140

I'm a farm boy from England originally,

347

00:15:18,140 --> 00:15:21,460

but one of the best things that I do is go on a cruise.

348

00:15:21,460 --> 00:15:22,300

We live in Florida,

349

00:15:22,300 --> 00:15:24,500

so the ports are everywhere on our doorstep

350

00:15:24,500 --> 00:15:26,740

and there's a discount because you live here.

351

00:15:26,740 --> 00:15:28,820

But from the outside looking in,

352

00:15:28,820 --> 00:15:30,900

it looks like an old person's thing,

353

00:15:30,900 --> 00:15:32,100
go on there and gamble,

354

00:15:32,100 --> 00:15:36,980
but you can literally not pay any of the internet fees.

355

00:15:36,980 --> 00:15:41,740
Your phone will be completely unusable by that point.

356

00:15:41,740 --> 00:15:43,860
People cook for you, people clean for you,

357

00:15:43,860 --> 00:15:46,220
and you can truly, truly just decompress

358

00:15:46,220 --> 00:15:47,420
and be present with your family.

359

00:15:47,420 --> 00:15:49,740
So through your kind of younger perspective,

360

00:15:49,740 --> 00:15:52,580
what was your experience with cruising specifically?

361

00:15:53,540 --> 00:15:54,380
Yeah, I loved it.

362

00:15:54,380 --> 00:15:56,500
And back then I think I was like,

363

00:15:56,500 --> 00:15:58,860
I think we did like eight cruises total as a family

364

00:15:58,860 --> 00:16:01,100

and my parents would go on some cruises by themselves.

365

00:16:01,100 --> 00:16:03,600

But yeah, I mean, I still look back on it now

366

00:16:03,600 --> 00:16:05,060

and it was some of the best vacations

367

00:16:05,060 --> 00:16:06,740

and like my cousins would come,

368

00:16:06,740 --> 00:16:09,420

my aunt and uncles and my grandma was always there.

369

00:16:09,420 --> 00:16:12,060

And I think like that,

370

00:16:12,060 --> 00:16:13,900

and then also like being in the mountains

371

00:16:13,900 --> 00:16:15,980

somewhere where you don't have service,

372

00:16:15,980 --> 00:16:19,380

it's so beneficial now because our community,

373

00:16:19,380 --> 00:16:20,780

especially our younger generation,

374

00:16:20,780 --> 00:16:22,100

they're all on like TikTok,

375

00:16:22,100 --> 00:16:23,540

everybody's on their phones, right?

376

00:16:23,540 --> 00:16:28,380

Like, and it's just good to have a break from your phone

377

00:16:28,380 --> 00:16:30,000

and not be able to use it whatsoever.

378

00:16:30,000 --> 00:16:31,940

And then, but yeah, I just like cruises

379

00:16:31,940 --> 00:16:33,060

are my favorite vacation

380

00:16:33,060 --> 00:16:37,680

because you're eating really good food, you're drinking.

381

00:16:37,680 --> 00:16:39,760

Some people do work out and exercise.

382

00:16:39,760 --> 00:16:42,860

I have not really found that skill yet on a cruise,

383

00:16:42,860 --> 00:16:45,140

but I thoroughly enjoy it.

384

00:16:45,140 --> 00:16:45,980

Absolutely, yeah.

385

00:16:45,980 --> 00:16:48,220

I just, I literally play with the weights on a cruise

386

00:16:48,220 --> 00:16:52,020

because it's hard to have your normal routine

387

00:16:52,020 --> 00:16:53,740

because there's not bumper plates

388

00:16:53,740 --> 00:16:55,340

and all kinds of stuff lying around

389

00:16:55,340 --> 00:16:56,860

because they would be rolling everywhere.

390

00:16:56,860 --> 00:16:58,340

So you gotta be a little bit more imaginative.

391

00:16:58,340 --> 00:16:59,580

So I just kind of go in there

392

00:16:59,580 --> 00:17:01,540

and just lift some random things,

393

00:17:01,540 --> 00:17:02,740

get the blood pumping a little bit

394

00:17:02,740 --> 00:17:04,460

and the treadmills and stuff

395

00:17:04,460 --> 00:17:06,380

are usually looking over the back of the ship too.

396

00:17:06,380 --> 00:17:08,560

So you're literally watching the ocean

397

00:17:08,560 --> 00:17:11,300

as you're running, walking, climbing stairs,

398

00:17:11,300 --> 00:17:12,860

whatever it is.

399

00:17:12,860 --> 00:17:14,000

Yeah, it's very peaceful.

400

00:17:14,000 --> 00:17:14,840

I love it.

401

00:17:14,840 --> 00:17:17,020

And it's clinically proven like being by the ocean

402

00:17:17,020 --> 00:17:19,620

is beneficial for you.

403

00:17:19,620 --> 00:17:20,460

100%, yeah.

404

00:17:20,460 --> 00:17:21,660

We normally get the balcony rooms

405

00:17:21,660 --> 00:17:22,900

so that you have that little space

406

00:17:22,900 --> 00:17:25,620

and you're just watching the ocean go by.

407

00:17:25,620 --> 00:17:27,900

Well, I digress as far as cruises

408

00:17:27,900 --> 00:17:29,500
are back onto the career journey.

409

00:17:29,500 --> 00:17:31,860
When you entered the Marines

410

00:17:31,860 --> 00:17:33,320
and you started doing the bootcamp,

411

00:17:33,320 --> 00:17:37,640
how much did the motocross and the track factor

412

00:17:37,640 --> 00:17:39,400
into your success at that point?

413

00:17:41,060 --> 00:17:43,740
I don't really know about the motocross part of it.

414

00:17:43,740 --> 00:17:47,000
Maybe the track more than anything

415

00:17:47,000 --> 00:17:50,300
because obviously it's a very physical,

416

00:17:50,300 --> 00:17:53,740
like you join any branch of the United States Armed Forces

417

00:17:53,740 --> 00:17:55,820
and when you go to your basic training or bootcamp,

418

00:17:55,820 --> 00:18:00,820
you're expected to be in pretty decent shape going into it,

419

00:18:00,860 --> 00:18:03,060

but it's still always a kick in the ass

420

00:18:03,060 --> 00:18:04,980

because there are other variables

421

00:18:06,340 --> 00:18:09,020

in addition to just going for a run

422

00:18:09,020 --> 00:18:11,260

or just doing burpees, pushups and sit-ups

423

00:18:11,260 --> 00:18:13,680

where you're also screaming nonsense

424

00:18:13,680 --> 00:18:16,760

at the top of your lungs while you're getting yelled at.

425

00:18:16,760 --> 00:18:18,500

So there's not really much preparation

426

00:18:18,500 --> 00:18:20,700

that you can do for it,

427

00:18:20,700 --> 00:18:25,080

but there were some pretty intense physical training,

428

00:18:25,080 --> 00:18:27,580

individual training with a rifle

429

00:18:27,580 --> 00:18:29,900

or just holding up a water bottle

430

00:18:29,900 --> 00:18:31,880
for three, four, five minutes

431

00:18:31,880 --> 00:18:33,440
with your arm parallel to the deck

432

00:18:33,440 --> 00:18:35,260
and you have people that are like crying.

433

00:18:35,260 --> 00:18:37,540
It was pretty remarkable to see.

434

00:18:38,740 --> 00:18:40,180
Now you mentioned not deploying.

435

00:18:40,180 --> 00:18:44,580
Where did you find yourself assigned then in those six years?

436

00:18:44,580 --> 00:18:49,580
Yeah, so we did a unit deployment program through my unit

437

00:18:49,580 --> 00:18:51,780
and I actually extended my contract

438

00:18:51,780 --> 00:18:54,820
from six years to seven years just so I can attend

439

00:18:54,820 --> 00:18:58,580
because there was no way I was gonna spend six years

440

00:18:58,580 --> 00:19:00,820
in the Marine Corps or my entire time in the Marine Corps

441

00:19:00,820 --> 00:19:04,900

and not deploy anywhere, whether it was combat

442

00:19:04,900 --> 00:19:06,100

or just a training deployment

443

00:19:06,100 --> 00:19:08,500

and actually use those skills that I've learned.

444

00:19:09,820 --> 00:19:12,380

So when I found out that we had a unit deployment program

445

00:19:12,380 --> 00:19:16,860

going to Okinawa, Japan, I was like, okay,

446

00:19:16,860 --> 00:19:21,860

I'm extending my contract and it wasn't anything crazy.

447

00:19:22,900 --> 00:19:23,980

It was no combat.

448

00:19:23,980 --> 00:19:26,140

I've never been in combat before, disclaimer.

449

00:19:26,140 --> 00:19:29,180

I'm not one of those guys that pretends that I was in combat

450

00:19:29,180 --> 00:19:30,260

and saw a bunch of stuff.

451

00:19:30,260 --> 00:19:33,180

I did not get to do any of that, but yeah.

452

00:19:33,180 --> 00:19:35,780

So I was in Okinawa, Japan.

453

00:19:35,780 --> 00:19:38,260

We were at Camp Fuji, so the base of Mount Fuji

454

00:19:38,260 --> 00:19:40,980

for a little while doing joint training

455

00:19:40,980 --> 00:19:44,340

with the Japanese Defense Force and it was good.

456

00:19:45,740 --> 00:19:49,540

When Okinawa comes up, I lived in Japan for 15 months

457

00:19:49,540 --> 00:19:52,620

doing stunts years ago, but when I think of Okinawa,

458

00:19:52,620 --> 00:19:55,540

I think of what they refer to as one of the blue zones

459

00:19:55,540 --> 00:19:58,580

and whether people think that's a legitimate philosophy

460

00:19:58,580 --> 00:20:01,260

or not, there seems to be a lot of truth

461

00:20:01,260 --> 00:20:04,220

that removing the military bases, of course,

462

00:20:04,220 --> 00:20:07,140

that the native Okinawans seem to be extremely healthy

463

00:20:07,140 --> 00:20:11,580

and I think it's the highest dense, most densely populated,

464

00:20:11,580 --> 00:20:15,180

the centenarians, I think 100 year old people per capita.

465

00:20:15,180 --> 00:20:17,660

And you look at the documentary footage,

466

00:20:17,660 --> 00:20:18,860

it's not just the way they're eating.

467

00:20:18,860 --> 00:20:20,420

They're literally childlike.

468

00:20:20,420 --> 00:20:22,180

They still have that sense of play.

469

00:20:22,180 --> 00:20:24,660

Did you get any sort of kind of perspective on that

470

00:20:24,660 --> 00:20:26,660

while you were assigned there?

471

00:20:26,660 --> 00:20:29,420

Yeah, and we were very fortunate

472

00:20:29,420 --> 00:20:32,460

because we did get quite a bit of time off.

473

00:20:32,460 --> 00:20:36,180

I was over there for Christmas and New Year's

474

00:20:36,180 --> 00:20:39,060

and we got a 96, so we got four days off.

475

00:20:39,060 --> 00:20:41,700

So hopped on a train really quick

476

00:20:41,700 --> 00:20:43,980

and took a two hour ride out to Tokyo

477

00:20:43,980 --> 00:20:46,020

and got to spend both weekends there.

478

00:20:46,020 --> 00:20:50,260

And it was really cool to see the difference in the culture

479

00:20:51,260 --> 00:20:53,260

over there than in America,

480

00:20:53,260 --> 00:20:55,020

where I've kind of just been born and raised

481

00:20:55,020 --> 00:20:57,380

in this little like bubble near San Francisco.

482

00:20:57,380 --> 00:21:00,740

And it was so clean over there.

483

00:21:00,740 --> 00:21:02,500

That's one of the things that comes to mind.

484

00:21:02,500 --> 00:21:05,540

Like there was no trash whatsoever.

485

00:21:05,540 --> 00:21:07,660

Everybody, like if you had trash,

486

00:21:07,660 --> 00:21:09,260

you essentially put it in your pocket

487

00:21:09,260 --> 00:21:11,700

until you go to the next store or next restaurant

488

00:21:11,700 --> 00:21:12,660

to throw it away.

489

00:21:14,340 --> 00:21:16,060

But everybody was nice.

490

00:21:16,060 --> 00:21:19,700

It was busy, like going to Shibuya, Tokyo.

491

00:21:20,620 --> 00:21:22,220

But I thoroughly enjoyed it.

492

00:21:22,220 --> 00:21:24,380

I had a great time and I'd love to go back.

493

00:21:25,420 --> 00:21:27,740

So during this time, as you mentioned,

494

00:21:27,740 --> 00:21:30,740

you're not deployed certainly into combat.

495

00:21:30,740 --> 00:21:33,700

Were you aware of the mental health element at all

496

00:21:33,700 --> 00:21:35,020
during that period of your life

497

00:21:35,020 --> 00:21:37,220
within the Marine specifically?

498

00:21:38,180 --> 00:21:39,740
Not really, no.

499

00:21:40,860 --> 00:21:42,500
And that's kind of the common theme.

500

00:21:42,500 --> 00:21:44,820
And I think maybe it is starting to get better now.

501

00:21:44,820 --> 00:21:47,620
I know I've been out of the Marine Corps for a little bit

502

00:21:48,580 --> 00:21:50,420
and currently now I'm in the Coast Guard

503

00:21:50,420 --> 00:21:52,820
where we do discuss mental health a little bit more

504

00:21:52,820 --> 00:21:55,060
than especially my time in the Marine Corps.

505

00:21:56,660 --> 00:21:58,980
Where no, I didn't really think about,

506

00:21:58,980 --> 00:22:02,380
hey, this is my first time away from my family

507

00:22:02,380 --> 00:22:07,380

as a young adult, missing Christmas, missing New Year's,

508

00:22:09,340 --> 00:22:14,340

missing family events, and then like relationship problems

509

00:22:15,140 --> 00:22:17,460

with my friends that I was in in the platoon.

510

00:22:17,460 --> 00:22:19,540

And there's a lot that goes on.

511

00:22:20,580 --> 00:22:21,980

And it being my first deployment,

512

00:22:21,980 --> 00:22:24,860

I didn't really have any resources available to me.

513

00:22:24,860 --> 00:22:27,300

I didn't like actively look at them

514

00:22:27,300 --> 00:22:29,820

and take any proactive steps.

515

00:22:29,820 --> 00:22:32,820

I didn't even really think about my mental health whatsoever.

516

00:22:33,660 --> 00:22:35,820

So at what point did you join

517

00:22:35,820 --> 00:22:38,260

the civilian law enforcement then?

518

00:22:39,700 --> 00:22:41,020

That was 21.

519

00:22:41,020 --> 00:22:43,580

So I started the academy when I was 20 and a half.

520

00:22:43,580 --> 00:22:45,220

And in the state of California,

521

00:22:45,220 --> 00:22:47,660

you have to be 21 to be able to carry a firearm.

522

00:22:47,660 --> 00:22:51,060

So I was one of the youngest ones in my police academy.

523

00:22:51,060 --> 00:22:53,100

And that was the ultimate goal

524

00:22:53,100 --> 00:22:56,700

was to become a police officer as soon as possible

525

00:22:56,700 --> 00:23:00,260

because that's what I knew I was gonna do.

526

00:23:01,140 --> 00:23:03,540

And at the front door of that department,

527

00:23:03,540 --> 00:23:05,980

firstly, was there a mental health conversation?

528

00:23:06,980 --> 00:23:08,660

No.

529

00:23:08,660 --> 00:23:09,860

And what year was this?

530

00:23:10,820 --> 00:23:14,300

That was 2015 or 2014.

531

00:23:14,300 --> 00:23:17,900

End of 2014, early 2015 is when I graduated the academy.

532

00:23:17,900 --> 00:23:21,340

And we didn't have mental health training.

533

00:23:21,340 --> 00:23:24,420

There was no learning domain in our books

534

00:23:24,420 --> 00:23:27,020

in regards to mental health like they do now.

535

00:23:28,140 --> 00:23:30,700

And each state in the country is different

536

00:23:30,700 --> 00:23:31,900

in regards to their training

537

00:23:31,900 --> 00:23:35,700

and how many hours they have to hit for a certain topic.

538

00:23:35,700 --> 00:23:37,420

So now I believe it's eight hours

539

00:23:37,420 --> 00:23:40,260

in the state of California during the academy

540

00:23:40,260 --> 00:23:42,740

that you have to do in regards to mental health.

541

00:23:43,620 --> 00:23:47,500

I feel like it was around 2015

542

00:23:47,500 --> 00:23:50,740

that that conversation really came to the forefront

543

00:23:50,740 --> 00:23:51,740

here in Florida.

544

00:23:51,740 --> 00:23:54,820

And I think it was a chief danger field,

545

00:23:54,820 --> 00:23:58,060

he was a local, he was Italian chief,

546

00:23:58,060 --> 00:23:58,900

and he took his own life

547

00:23:58,900 --> 00:24:01,060

and he made a Facebook post right before.

548

00:24:01,060 --> 00:24:03,780

And that particular thing seemed to take off.

549

00:24:03,780 --> 00:24:04,980

I think obviously that was the platform

550

00:24:04,980 --> 00:24:07,020

a lot of people were using at the time.

551

00:24:07,020 --> 00:24:08,860

I started the podcast in 2016.

552

00:24:08,860 --> 00:24:11,420

So it seems like when you came on,

553

00:24:11,420 --> 00:24:14,700

it was right just before the beginning of this wave

554

00:24:14,700 --> 00:24:18,380

that we're seeing has kind of grown exponentially today.

555

00:24:18,380 --> 00:24:23,380

Yeah, and it's great to see that there is growth

556

00:24:23,380 --> 00:24:26,060

in regards to the mental health and mental wellness

557

00:24:26,060 --> 00:24:28,380

for not only our first responder community,

558

00:24:28,380 --> 00:24:29,980

but our military community as well.

559

00:24:29,980 --> 00:24:33,980

And especially now the last three years being involved

560

00:24:33,980 --> 00:24:38,180

in a nonprofit organization that's focusing on mental health.

561

00:24:38,180 --> 00:24:43,180

And it's a lot of people say it's starting to get better,

562

00:24:43,260 --> 00:24:47,780

which it is, but we're still way behind.

563

00:24:47,780 --> 00:24:49,100

And the times I think.

564

00:24:49,100 --> 00:24:52,060

What about fitness standards,

565

00:24:52,060 --> 00:24:55,300

combatives and the weapons side?

566

00:24:55,300 --> 00:24:57,180

When you first joined the department,

567

00:24:57,180 --> 00:25:01,300

were you compared to the nation more progressive?

568

00:25:01,300 --> 00:25:03,420

Were you a median or were you behind?

569

00:25:04,820 --> 00:25:07,260

In regards to the, you said the weapons?

570

00:25:07,260 --> 00:25:10,180

Yeah, the fitness standards, combatives, weapons,

571

00:25:10,180 --> 00:25:13,660

the kind of proactive conversations

572

00:25:13,660 --> 00:25:16,020

that we're talking also a lot more now.

573

00:25:16,020 --> 00:25:21,020

Yeah, I think we were above standard in that aspect

574

00:25:21,140 --> 00:25:23,020

in regards to everything, the firearms training,

575

00:25:23,020 --> 00:25:26,900

the defensive tactics, the domestic violence training,

576

00:25:26,900 --> 00:25:28,660

everything like the state of California

577

00:25:28,660 --> 00:25:31,580

does really good training through our peace officer

578

00:25:31,580 --> 00:25:32,780

standard and training.

579

00:25:34,300 --> 00:25:35,340

And it's tough.

580

00:25:35,340 --> 00:25:38,580

And the same thing goes for our firefighters

581

00:25:38,580 --> 00:25:40,660

and our dispatchers.

582

00:25:40,660 --> 00:25:43,380

Like we have pretty good training here,

583

00:25:43,380 --> 00:25:45,380

which I'm happy about.

584

00:25:45,380 --> 00:25:48,100

Yeah, I gotta say, I was trained in Orlando,

585

00:25:48,100 --> 00:25:51,220

worked in Hialeah just north of Miami,

586

00:25:51,220 --> 00:25:52,300

which is a great department,

587

00:25:52,300 --> 00:25:55,860

but woefully under supported and woefully underfunded.

588

00:25:56,860 --> 00:25:59,140

Then I went to Anaheim for a few years

589

00:25:59,140 --> 00:26:01,780

and was blown away because I agree.

590

00:26:01,780 --> 00:26:06,020

In my fire journey that I've had, Anaheim, California,

591

00:26:06,020 --> 00:26:08,020

was the pinnacle of my career.

592

00:26:08,020 --> 00:26:10,620

And no disrespect to the men and women

593

00:26:10,620 --> 00:26:12,860

that were phenomenal in other departments I worked for,

594

00:26:12,860 --> 00:26:15,100

but collectively as an entire department,

595

00:26:15,100 --> 00:26:17,540

it was head and shoulders above the other ones.

596

00:26:17,540 --> 00:26:20,180

So I can understand that California lens

597

00:26:20,180 --> 00:26:21,220

you're talking about.

598

00:26:22,180 --> 00:26:25,380

Yeah, and I hear it from a lot of people too.

599

00:26:25,380 --> 00:26:28,700

And you see the body worn cam videos now,

600

00:26:28,700 --> 00:26:31,940

which I think is a general thing

601

00:26:31,940 --> 00:26:33,380

across the entire country now

602

00:26:33,380 --> 00:26:35,460

where every single police officer is carrying

603

00:26:35,460 --> 00:26:38,060

a body worn camera and you have to activate it

604

00:26:38,060 --> 00:26:39,540

for every single call for service.

605

00:26:39,540 --> 00:26:42,420

And a lot of those on social media that you see

606

00:26:42,420 --> 00:26:44,100
that are in the state of California,

607

00:26:44,100 --> 00:26:47,820
you really do start to see, in my opinion,

608

00:26:47,820 --> 00:26:52,180
the difference of the training, the comfort level,

609

00:26:52,180 --> 00:26:54,900
the staying calm under pressure,

610

00:26:54,900 --> 00:26:59,140
but then also the use of force side of things as well

611

00:26:59,140 --> 00:27:01,340
in California kind of differs from other states.

612

00:27:01,340 --> 00:27:04,420
So in that aspect, I'm fortunate to be a police officer

613

00:27:04,420 --> 00:27:05,820
in California.

614

00:27:05,820 --> 00:27:07,500
Now, why do you think that is?

615

00:27:07,500 --> 00:27:09,820
I mean, obviously the learning curve, for example,

616

00:27:09,820 --> 00:27:13,820
of LAPD, with the violence that that city has endured

617

00:27:13,820 --> 00:27:16,340
for several decades now,

618

00:27:16,340 --> 00:27:19,140
has definitely pushed the standard.

619

00:27:19,140 --> 00:27:20,660
And obviously you have the other side,

620

00:27:20,660 --> 00:27:22,140
rampart scandals and that kind of thing

621

00:27:22,140 --> 00:27:24,540
that's also moving the needle.

622

00:27:24,540 --> 00:27:26,500
Why do you think the state of California

623

00:27:26,500 --> 00:27:31,260
has been able to kind of accelerate that side

624

00:27:31,260 --> 00:27:33,700
a little bit more than some of the other states?

625

00:27:34,500 --> 00:27:36,220
That's a good question.

626

00:27:36,220 --> 00:27:37,380
That is a good question.

627

00:27:37,380 --> 00:27:40,660
Yeah, I think maybe because the Rodney King

628

00:27:40,660 --> 00:27:43,780

definitely with LAPD kind of set the standard for that,

629

00:27:43,780 --> 00:27:46,420

where it was like, okay, we are never doing this again,

630

00:27:46,420 --> 00:27:47,580

because that was bad.

631

00:27:49,140 --> 00:27:52,620

But I don't really have a solid answer for you on that one.

632

00:27:52,620 --> 00:27:55,060

I don't know the whole, the politics behind it

633

00:27:55,060 --> 00:27:56,620

or whoever runs things where they're like,

634

00:27:56,620 --> 00:27:58,620

hey, I want super high standards,

635

00:27:58,620 --> 00:28:03,260

but ultimately I'm pretty happy with where we're at.

636

00:28:04,700 --> 00:28:08,380

Now, I wanna walk through obviously to the point

637

00:28:08,380 --> 00:28:10,300

where you decided to become part of the solution

638

00:28:10,300 --> 00:28:11,820

when it came to the mental health side,

639

00:28:11,820 --> 00:28:14,620

but in your career, just in general,

640

00:28:14,620 --> 00:28:15,580

we talk about your dad,

641

00:28:15,580 --> 00:28:18,980

what about some of the career calls that you've had so far?

642

00:28:22,740 --> 00:28:27,740

One that comes to mind is a call for service at a KFC.

643

00:28:29,260 --> 00:28:32,620

And it's kind of in like a little bit of a ghetto area

644

00:28:32,620 --> 00:28:35,340

where it's a lot of narcotics are being used,

645

00:28:35,340 --> 00:28:37,340

a lot of firearms, stolen vehicles.

646

00:28:37,340 --> 00:28:40,580

And you kind of see like the crime rate

647

00:28:40,580 --> 00:28:42,020

in that area is pretty high.

648

00:28:42,020 --> 00:28:45,540

And it was a pretty busy night

649

00:28:45,540 --> 00:28:48,060

and my buddy and I got a call for service

650

00:28:48,060 --> 00:28:50,020

and we're on the complete opposite side of town

651

00:28:50,020 --> 00:28:53,620

where it was a gentleman inside of the KFC

652

00:28:53,620 --> 00:28:56,700

waving a sword around with a bunch of patrons

653

00:28:56,700 --> 00:28:58,420

inside of the business.

654

00:28:58,420 --> 00:29:03,420

And I was pretty young in addition to my partner,

655

00:29:04,020 --> 00:29:06,220

we were young, we were both on probation

656

00:29:06,220 --> 00:29:08,820

and we just got released to the weekend graveyard team.

657

00:29:08,820 --> 00:29:11,980

And of course we hear this call come out

658

00:29:11,980 --> 00:29:14,060

and after doing the job for a few years,

659

00:29:14,060 --> 00:29:17,180

you're like, okay, like I don't need to drive

660

00:29:17,180 --> 00:29:19,140

like Mach 3 with my hair on fire,

661

00:29:19,140 --> 00:29:20,460

like I'm in a blue angel, you know,

662

00:29:20,460 --> 00:29:22,700

like I can get there safely,

663

00:29:22,700 --> 00:29:24,340

make sure I stop at all the red lights.

664

00:29:24,340 --> 00:29:26,940

Well, that did not apply for me and my buddy.

665

00:29:26,940 --> 00:29:29,580

We did not learn that part of being a police officer yet.

666

00:29:29,580 --> 00:29:32,380

So you think you turn on the lights and siren

667

00:29:32,380 --> 00:29:34,060

and you are just good to go, right?

668

00:29:34,060 --> 00:29:38,260

So lights and siren come on, we dispatch ourselves

669

00:29:38,260 --> 00:29:40,540

and while we're in route to the call,

670

00:29:40,540 --> 00:29:43,340

we're going through like the heavily populated areas

671

00:29:43,340 --> 00:29:47,380

within the city, not stopping for red lights whatsoever

672

00:29:47,380 --> 00:29:50,300

and just literally just going right through them.

673

00:29:51,500 --> 00:29:52,700

I'll touch on that part later

674

00:29:52,700 --> 00:29:54,860

because we got kind of in trouble for that.

675

00:29:55,940 --> 00:29:58,500

So end up pulling up to the call,

676

00:29:58,500 --> 00:29:59,500

get into the parking lot

677

00:29:59,500 --> 00:30:03,020

and seeing the individual walking towards us,

678

00:30:03,020 --> 00:30:07,460

appear to be having some sort of psychiatric episode

679

00:30:07,460 --> 00:30:09,980

and or under the influence of narcotics.

680

00:30:09,980 --> 00:30:13,340

And he literally had a samurai sword in his hand

681

00:30:13,340 --> 00:30:15,260

and was walking towards us.

682

00:30:15,260 --> 00:30:16,700

The sword was in his right hand

683

00:30:16,700 --> 00:30:18,220
and he had it over his shoulder.

684

00:30:18,220 --> 00:30:20,340
So it looked like it was wound up a little bit

685

00:30:20,340 --> 00:30:25,340
and immediately get out of the car, get behind some cover

686

00:30:25,540 --> 00:30:27,100
and we're drawing our firearms.

687

00:30:27,100 --> 00:30:28,940
So it's just me and my buddy at this point

688

00:30:28,940 --> 00:30:31,900
and we're giving him commands to get on the ground

689

00:30:31,900 --> 00:30:34,060
and this is where our training kind of kicked in,

690

00:30:34,060 --> 00:30:36,300
where my buddy gave him commands

691

00:30:36,300 --> 00:30:39,500
and then I was just like super focused on where he was,

692

00:30:39,500 --> 00:30:42,660
if he attacked us, how many times I would have to shoot,

693

00:30:42,660 --> 00:30:44,660
our backdrop and where the patrons were

694

00:30:44,660 --> 00:30:45,860

inside of the business.

695

00:30:47,540 --> 00:30:50,020

And ultimately he kind of kept walking towards us,

696

00:30:50,020 --> 00:30:51,420

kept walking towards us

697

00:30:51,420 --> 00:30:53,980

and not listened to any of our commands whatsoever.

698

00:30:53,980 --> 00:30:57,620

And it got to the point where I had my finger on the trigger

699

00:30:57,620 --> 00:31:00,340

and I started taking out the slack in my trigger,

700

00:31:00,340 --> 00:31:01,660

where I hit the wall in the trigger

701

00:31:01,660 --> 00:31:03,940

where I was ready to break off a shot if I needed to.

702

00:31:03,940 --> 00:31:08,100

And in my head and my buddy told me this at the same time

703

00:31:09,380 --> 00:31:11,820

or at a later time, but he had the same thought in his head

704

00:31:11,820 --> 00:31:16,620

where he was like, if this person makes another three steps,

705

00:31:16,620 --> 00:31:18,100

we're using deadly force.

706

00:31:18,100 --> 00:31:20,020

This is kind of where it comes into.

707

00:31:20,020 --> 00:31:22,180

And he took two steps and then he dropped the knife

708

00:31:22,180 --> 00:31:24,900

and we were able to take him into custody.

709

00:31:24,900 --> 00:31:29,900

So that was one of my crazy calls as a younger officer

710

00:31:29,900 --> 00:31:31,700

that when someone asked me like,

711

00:31:31,700 --> 00:31:33,540

what's your like kind of career call,

712

00:31:33,540 --> 00:31:35,660

that's pretty much it, but it was close.

713

00:31:35,660 --> 00:31:39,540

And then we're winding back to driving lights and siren

714

00:31:39,540 --> 00:31:41,140

thinking that you're the greatest thing in the world

715

00:31:41,140 --> 00:31:42,500

and yet you can do no wrong.

716

00:31:43,420 --> 00:31:45,780

My buddy and I were playing follow the leader

717

00:31:45,780 --> 00:31:48,580

where I went through the stoplight first

718

00:31:48,580 --> 00:31:50,100

in this heavily populated area,

719

00:31:50,100 --> 00:31:52,260

probably at like 50 miles an hour.

720

00:31:52,260 --> 00:31:56,380

And my sergeant at the time was stopped at that light

721

00:31:56,380 --> 00:31:59,580

ready to clear that intersection to go to the call.

722

00:31:59,580 --> 00:32:02,060

And he said, he just like saw us drive by

723

00:32:02,060 --> 00:32:05,340

and was like whoosh, whoosh, like it was NASCAR.

724

00:32:05,340 --> 00:32:07,060

So he pulls up to the call and he's like,

725

00:32:07,060 --> 00:32:08,780

hey, good job guys, good job.

726

00:32:08,780 --> 00:32:11,180

But if you ever drive that fast again or I see you,

727

00:32:11,180 --> 00:32:12,260

I will have your ass.

728

00:32:12,260 --> 00:32:14,580

And we're like, copy that sergeant, like copy that.

729

00:32:14,580 --> 00:32:16,940

So one of the career calls.

730

00:32:18,140 --> 00:32:21,660

That is something that, obviously I think is misunderstood

731

00:32:21,660 --> 00:32:23,940

by young first responders.

732

00:32:23,940 --> 00:32:26,940

And as you do the training, I mean, in the fire service,

733

00:32:26,940 --> 00:32:30,300

we have the, oh my God, I've forgotten the acronym now.

734

00:32:30,300 --> 00:32:33,500

But anyway, we do the ambulance training.

735

00:32:33,500 --> 00:32:35,180

We do, when I was in Hialeah,

736

00:32:35,180 --> 00:32:37,460

we actually did the skid pan and the cruiser

737

00:32:37,460 --> 00:32:38,300

and all that stuff too.

738

00:32:38,300 --> 00:32:41,340

And then later in my career, they'd have an SUV

739

00:32:41,340 --> 00:32:44,260

that had these little kind of wheel racks

740

00:32:44,260 --> 00:32:46,780

on each of the wheels and it would kind of pick up the car

741

00:32:46,780 --> 00:32:48,500

and therefore simulate sliding.

742

00:32:48,500 --> 00:32:50,500

So you did a lot of driver training and then you had engine

743

00:32:50,500 --> 00:32:52,980

and you had the tiller truck and all these other things.

744

00:32:52,980 --> 00:32:55,580

But first see that understanding that you're asking

745

00:32:55,580 --> 00:32:57,500

permission to go through that red light

746

00:32:57,500 --> 00:32:58,740

that you are coming to a stop,

747

00:32:58,740 --> 00:33:00,580

no matter what you're responding to.

748

00:33:02,020 --> 00:33:04,180

But secondly, when we're not responding,

749

00:33:04,180 --> 00:33:07,100
and I find this in law enforcement,

750

00:33:07,100 --> 00:33:09,620
and I wanna get to this topic in a second,

751

00:33:09,620 --> 00:33:13,100
using your blinker, not riding the ass of the car in front,

752

00:33:13,100 --> 00:33:16,700
because I'd locally, I will call out local police here,

753

00:33:16,700 --> 00:33:18,780
they drive like fucking asshole sometimes.

754

00:33:18,780 --> 00:33:21,180
I'm like, you are supposed to be the example

755

00:33:21,180 --> 00:33:23,260
for especially these young drivers.

756

00:33:23,260 --> 00:33:25,100
And if you're not using your blinker and you're not,

757

00:33:25,100 --> 00:33:27,540
I'm talking not going cold, I'm talking normal,

758

00:33:27,540 --> 00:33:29,940
then how the hell can you tell anyone else

759

00:33:29,940 --> 00:33:31,020
that they shouldn't be doing this?

760

00:33:31,020 --> 00:33:34,740

And until we fix the standards of driving in this country,

761

00:33:34,740 --> 00:33:37,580

we're gonna continue having all these deaths on the road.

762

00:33:38,660 --> 00:33:39,740

Yeah, I agree.

763

00:33:39,740 --> 00:33:41,860

And that's where a lot of our complaints come into play,

764

00:33:41,860 --> 00:33:45,460

where it's like, hey, I just saw a cruiser 46 drive by me

765

00:33:46,380 --> 00:33:47,700

and then cut me off.

766

00:33:47,700 --> 00:33:49,540

And it's a simple phone call to the department

767

00:33:49,540 --> 00:33:52,180

and make a complaint with a supervisor where,

768

00:33:52,180 --> 00:33:53,380

I mean, you're literally,

769

00:33:53,380 --> 00:33:56,060

you're in a black and white police car sometimes,

770

00:33:56,060 --> 00:33:58,660

all black, whatever, but it says,

771

00:33:58,660 --> 00:34:00,900

New York Police Department on the side,

772

00:34:00,900 --> 00:34:02,860

there's no getting away from it.

773

00:34:02,860 --> 00:34:06,300

But there are definitely a lot of officers

774

00:34:06,300 --> 00:34:08,700

who are injured responding to calls

775

00:34:08,700 --> 00:34:09,860

or just driving normally.

776

00:34:09,860 --> 00:34:13,140

And I will say to all my ambulance drivers out there,

777

00:34:13,140 --> 00:34:15,060

you are the best code three drivers ever

778

00:34:15,060 --> 00:34:17,660

because I've never really responded

779

00:34:17,660 --> 00:34:21,740

to an ambulance traffic collision while driving code three.

780

00:34:21,740 --> 00:34:23,540

You don't really hear about it that much.

781

00:34:23,540 --> 00:34:25,820

And they come to complete stops

782

00:34:25,820 --> 00:34:27,900
at every single intersection

783

00:34:27,900 --> 00:34:29,940
and they clear left and right each lane.

784

00:34:29,940 --> 00:34:32,300
And then they proceed where cops,

785

00:34:32,300 --> 00:34:34,700
you kind of think that you're the greatest thing

786

00:34:34,700 --> 00:34:36,580
in the world and that you're untouchable,

787

00:34:36,580 --> 00:34:39,020
which is kind of correlates to mental health here.

788

00:34:39,020 --> 00:34:40,260
And I can discuss that later,

789

00:34:40,260 --> 00:34:42,500
but where you think you're untouchable,

790

00:34:42,500 --> 00:34:44,140
where you're like, oh, no, whatever, I'm good.

791

00:34:44,140 --> 00:34:46,220
I got blue and red lights on the top of the siren

792

00:34:46,220 --> 00:34:50,500
and you start to see some bad accidents.

793

00:34:50,500 --> 00:34:52,540

Absolutely, well, what was really interesting

794

00:34:52,540 --> 00:34:54,820

about your resume is you are also

795

00:34:54,820 --> 00:34:57,860

in major accident investigation.

796

00:34:57,860 --> 00:34:59,340

I wrote a book three years ago

797

00:34:59,340 --> 00:35:02,180

and one of the chapters was basically deaths on the road.

798

00:35:02,180 --> 00:35:04,340

And every chapter was like a story of my career.

799

00:35:04,340 --> 00:35:07,060

And then it would go into kind of lessons learned takeaways

800

00:35:07,060 --> 00:35:10,220

and what I've learned from the real experts in the world.

801

00:35:10,220 --> 00:35:14,700

But when you start exploring the accidents in America,

802

00:35:14,700 --> 00:35:17,060

I forget, I always forget, I need to look it up.

803

00:35:17,060 --> 00:35:21,420

But it's either five or six million accidents a year,

804

00:35:21,420 --> 00:35:26,260

40,000 people die on our roads every single year.

805

00:35:26,260 --> 00:35:29,780

And then obviously you don't have to be an expert

806

00:35:29,780 --> 00:35:31,780

to figure out that must mean hundreds of thousands

807

00:35:31,780 --> 00:35:35,620

of people left with life altering injuries per year.

808

00:35:35,620 --> 00:35:38,140

Yet I've been here over 20 years now.

809

00:35:38,140 --> 00:35:42,620

I have never seen a governing agency, a politician

810

00:35:42,620 --> 00:35:45,340

or anyone talk about changing the way

811

00:35:45,340 --> 00:35:48,660

that we educate our drivers so we can make our roads safer.

812

00:35:48,660 --> 00:35:52,380

We just put up more speed bumps, more signs, more,

813

00:35:52,380 --> 00:35:54,620

oh, so-and-so died here with some flowers,

814

00:35:54,620 --> 00:35:58,540

but we don't seem to get the proactive element of why,

815

00:35:58,540 --> 00:36:01,500

why do we have, I think it's something like a 10th

816

00:36:01,500 --> 00:36:03,620

of the deaths in the UK, something like that.

817

00:36:03,620 --> 00:36:07,020

It's a fraction and that's again per capita.

818

00:36:07,020 --> 00:36:08,900

So that's apples to apples.

819

00:36:08,900 --> 00:36:11,820

So with you having this kind of background

820

00:36:11,820 --> 00:36:15,580

of investigating specifically the roads themselves,

821

00:36:15,580 --> 00:36:18,820

what's your take of the overall death toll

822

00:36:18,820 --> 00:36:21,660

and have you had any thoughts about how we change that?

823

00:36:23,380 --> 00:36:26,820

Yeah, and it is crazy to see how many collisions

824

00:36:26,820 --> 00:36:27,660

are out there.

825

00:36:27,660 --> 00:36:31,460

Now we see a lot of vehicles with dash cam videos.

826

00:36:31,460 --> 00:36:34,180

So in additions to video surveillance footage,

827

00:36:34,180 --> 00:36:36,740

which are on the buildings or the red light cameras

828

00:36:36,740 --> 00:36:38,300

that you have at major intersections

829

00:36:38,300 --> 00:36:41,740

and you see some of these collisions

830

00:36:41,740 --> 00:36:46,380

and it's crazy the amount of people

831

00:36:46,380 --> 00:36:48,380

that are on their cell phones.

832

00:36:48,380 --> 00:36:49,740

I think that's one of the big things

833

00:36:49,740 --> 00:36:51,900

and I'm guilty of it, trust me,

834

00:36:51,900 --> 00:36:55,260

guilty of being on my phone while I'm driving,

835

00:36:55,260 --> 00:36:58,340

even in a patrol car, there are times where

836

00:36:58,340 --> 00:37:00,260

we're allowed to use our phones while we're driving

837

00:37:00,260 --> 00:37:01,540

if it's for work purposes,

838

00:37:01,540 --> 00:37:04,980

but I still feel bad when someone pulls up next to me

839

00:37:04,980 --> 00:37:07,360

and I'm in a patrol car and I'm on my cell phone

840

00:37:07,360 --> 00:37:09,460

and they look at me, I just feel like,

841

00:37:09,460 --> 00:37:11,660

I just wanna like crumble up in a ball and be like,

842

00:37:11,660 --> 00:37:13,740

I promise it's work related, you know?

843

00:37:15,700 --> 00:37:17,220

And then also you're on the computer

844

00:37:17,220 --> 00:37:18,580

and you're driving with your left knee

845

00:37:18,580 --> 00:37:21,500

and you're leaning over and using the computer

846

00:37:21,500 --> 00:37:25,020

to read a call or type something, it's not good.

847

00:37:25,020 --> 00:37:30,020

But yeah, I would honestly say like my two big things are,

848

00:37:31,580 --> 00:37:34,440

we have to figure out some way that when you turn

849

00:37:34,440 --> 00:37:38,060

your vehicle on, your cell phone shuts off.

850

00:37:38,060 --> 00:37:42,580

That's my big thing because I could easily go work

851

00:37:42,580 --> 00:37:47,280

a traffic detail and I can get 25 cell phone citations

852

00:37:47,280 --> 00:37:48,540

in one 10 hour shift.

853

00:37:48,540 --> 00:37:51,440

Like it's easy to the point where you cannot,

854

00:37:51,440 --> 00:37:53,500

you can't even finish out writing a ticket

855

00:37:53,500 --> 00:37:56,340

and then there's already two other vehicles that passed you

856

00:37:56,340 --> 00:37:57,380

that are on their cell phone.

857

00:37:57,380 --> 00:38:00,460

So in my opinion, there needs to be something

858

00:38:00,460 --> 00:38:04,020

that shuts off your cell phone

859

00:38:04,020 --> 00:38:05,500
the moment your vehicle starts.

860

00:38:05,500 --> 00:38:08,620
You know, with Apple and all these iPhone 25s

861

00:38:08,620 --> 00:38:11,280
that they're at, with all this technology that we have,

862

00:38:11,280 --> 00:38:14,100
there has to be some sort of solution to that.

863

00:38:14,100 --> 00:38:15,580
And that's my number one.

864

00:38:15,580 --> 00:38:20,580
And then number two, I think there should be a governor

865

00:38:20,580 --> 00:38:22,620
on some of the vehicles in my opinion,

866

00:38:22,620 --> 00:38:27,420
where we can't see vehicles on the freeway going over 90,

867

00:38:27,420 --> 00:38:30,340
you know, like there's gotta be something in regards to that.

868

00:38:30,340 --> 00:38:31,540
So those are my two.

869

00:38:31,540 --> 00:38:33,880
Well, those are both asking technology

870

00:38:33,880 --> 00:38:35,140
to fix the problem though.

871

00:38:35,140 --> 00:38:40,140
What I observed in the UK, the driving test is so hard

872

00:38:40,820 --> 00:38:43,460
that usually people have to do it two or three times

873

00:38:43,460 --> 00:38:44,340
before they pass it.

874

00:38:44,340 --> 00:38:46,260
You know, there's this huge written test,

875

00:38:46,260 --> 00:38:47,420
but then the skills test,

876

00:38:47,420 --> 00:38:48,940
if you have to do it near perfectly

877

00:38:48,940 --> 00:38:50,860
because you have been practicing this,

878

00:38:50,860 --> 00:38:52,340
you should be amazing at it.

879

00:38:52,340 --> 00:38:55,380
So, you know, roundabouts and reversing around corners

880

00:38:55,380 --> 00:38:57,180
and hill starts and all the things,

881

00:38:57,180 --> 00:38:59,460

and you know, usually in a stick shift as well

882

00:38:59,460 --> 00:39:00,900

in a manual car.

883

00:39:00,900 --> 00:39:03,420

And so they just set the bar extremely high

884

00:39:03,420 --> 00:39:06,020

because we have narrow little roads, no medians,

885

00:39:06,020 --> 00:39:07,780

you know, country lanes, you know,

886

00:39:07,780 --> 00:39:09,300

it's very, very hilly in that country.

887

00:39:09,300 --> 00:39:13,540

So they're teaching us to be able to drive, you know,

888

00:39:13,540 --> 00:39:15,660

safely enough to be on a road, you know,

889

00:39:15,660 --> 00:39:17,980

and it's 17 is when we get our license as well.

890

00:39:17,980 --> 00:39:20,220

So then I compare what I witnessed

891

00:39:20,220 --> 00:39:22,480

when I took my Florida driving test,

892

00:39:22,480 --> 00:39:24,660

where I genuinely hand on my heart,

893

00:39:24,660 --> 00:39:25,780

thought it was the warmup,

894

00:39:25,780 --> 00:39:27,740

and then we were about to do the real test

895

00:39:27,740 --> 00:39:29,900

and they say, congratulations, you passed.

896

00:39:29,900 --> 00:39:32,460

Around, you know, literally a parking lot,

897

00:39:32,460 --> 00:39:35,300

few suburban neighborhoods, and then came back.

898

00:39:35,300 --> 00:39:37,580

And I'm like, what in the fuck was that?

899

00:39:37,580 --> 00:39:40,620

You know, and again, it's just simply, you know,

900

00:39:40,620 --> 00:39:43,180

you've been held, it's like the fire service, like Anaheim,

901

00:39:43,180 --> 00:39:45,860

when you've been held at a high standard,

902

00:39:45,860 --> 00:39:47,180

you never wanna go backwards.

903

00:39:47,180 --> 00:39:48,880

And this was like way backwards.

904

00:39:48,880 --> 00:39:50,740

Then fast forward, I become a firefighter

905

00:39:50,740 --> 00:39:54,280

and see death after death, after death, after death.

906

00:39:54,280 --> 00:39:55,600

And you're like, this is, you know,

907

00:39:55,600 --> 00:39:57,740

they say insanity is doing the same thing, you know,

908

00:39:57,740 --> 00:39:59,340

expecting different results.

909

00:39:59,340 --> 00:40:00,880

In 22 years in America,

910

00:40:00,880 --> 00:40:03,180

I've never seen any even discussion

911

00:40:03,180 --> 00:40:05,060

about making our tests harder,

912

00:40:05,060 --> 00:40:08,300

or maybe even raising the age a little bit.

913

00:40:08,300 --> 00:40:10,740

So from the human perspective,

914

00:40:10,740 --> 00:40:13,140

from the test standard perspective,

915

00:40:13,140 --> 00:40:16,500

what are your thoughts on, you know,

916

00:40:16,500 --> 00:40:19,180

changing the way that we teach, actually teaching,

917

00:40:19,180 --> 00:40:21,340

because I mean, we seem to be reactive.

918

00:40:21,340 --> 00:40:24,080

Here's how to operate this machine,

919

00:40:24,080 --> 00:40:26,140

but we don't seem to teach why use a blinker,

920

00:40:26,140 --> 00:40:28,420

why you actually, you know, hold distance,

921

00:40:28,420 --> 00:40:30,700

how the weather changes the way you do.

922

00:40:30,700 --> 00:40:32,700

You know, in sharing the road

923

00:40:32,700 --> 00:40:34,980

rather than trying to win the race on the road,

924

00:40:34,980 --> 00:40:37,840

all those seem to kind of be lost on a lot of people.

925

00:40:38,740 --> 00:40:43,300

Yeah, and I think it's a generational thing, honestly,

926

00:40:43,300 --> 00:40:44,980

where we're such in a rush.

927

00:40:44,980 --> 00:40:48,780

Everybody is in a rush where you're coming up

928

00:40:48,780 --> 00:40:50,540

to a four-way lighted intersection

929

00:40:50,540 --> 00:40:54,100

and you see it turn yellow and you're like, nope,

930

00:40:54,100 --> 00:40:55,260

hard on the accelerator,

931

00:40:55,260 --> 00:40:58,060

and you're trying to go through and like taking the risks.

932

00:40:58,060 --> 00:41:02,500

But I think something that I experienced in high school

933

00:41:02,500 --> 00:41:04,900

where the local California Highway Patrol

934

00:41:04,900 --> 00:41:08,900

did avoid the 23 in regards to driving

935

00:41:08,900 --> 00:41:10,740

under the influence investigations,

936

00:41:10,740 --> 00:41:12,780

and they came out to our high school

937

00:41:12,780 --> 00:41:17,780

and put on an education block where they set up two vehicles

938

00:41:17,780 --> 00:41:20,260

with moderate damage to them,

939

00:41:20,260 --> 00:41:23,940

and they actually did like the radio dispatch

940

00:41:23,940 --> 00:41:25,660

of what a collision would sound like,

941

00:41:25,660 --> 00:41:28,540

and then it was, hey, now this is the process

942

00:41:28,540 --> 00:41:31,660

of what the first responder community has to go through

943

00:41:31,660 --> 00:41:33,860

to notify your family and your friends

944

00:41:33,860 --> 00:41:37,980

that it was a fatality traffic collision

945

00:41:37,980 --> 00:41:39,140

or a serious injury

946

00:41:39,140 --> 00:41:41,740

where now you find yourself in the hospital.

947

00:41:41,740 --> 00:41:45,600

So, and I really, that hit home with a lot of us

948

00:41:45,600 --> 00:41:46,980

because you know it,

949

00:41:46,980 --> 00:41:48,740

right when you're starting to get your license,

950

00:41:48,740 --> 00:41:51,160

you know, you start drinking in high school

951

00:41:51,160 --> 00:41:52,700

and you start to combine the two

952

00:41:52,700 --> 00:41:56,220

or you're doing risky stuff and you're always on your phone.

953

00:41:56,220 --> 00:41:59,220

Like, I think we need more of that going on

954

00:41:59,220 --> 00:42:01,460

and like throughout the process

955

00:42:01,460 --> 00:42:03,240

of getting your permit and your license,

956

00:42:03,240 --> 00:42:05,780

you need to be taking some more classes.

957

00:42:05,780 --> 00:42:09,060

You need to hear, like read some police reports

958

00:42:09,060 --> 00:42:11,280
of some fatality traffic collisions

959

00:42:11,280 --> 00:42:13,940
or see some videos and be like, it is not worth it.

960

00:42:14,820 --> 00:42:15,660
That's it.

961

00:42:15,660 --> 00:42:18,740
I would say more education for going out to the high schools

962

00:42:18,740 --> 00:42:20,800
and still like every few years,

963

00:42:20,800 --> 00:42:22,620
like going out to a college maybe

964

00:42:22,620 --> 00:42:24,660
and putting on a demonstration.

965

00:42:24,660 --> 00:42:25,540
Yeah, we did it.

966

00:42:25,540 --> 00:42:27,020
I think I did one in California

967

00:42:27,020 --> 00:42:29,220
and one in Orange County if my memory serves me right.

968

00:42:29,220 --> 00:42:31,740
But yeah, we were basically extricating

969

00:42:31,740 --> 00:42:34,020

what ended up being one of their student friends

970

00:42:34,020 --> 00:42:36,180

that was dead, fake dead, you know,

971

00:42:36,180 --> 00:42:37,440

and putting the sheet over them.

972

00:42:37,440 --> 00:42:40,220

And, you know, some of the people watching would be in tears.

973

00:42:40,220 --> 00:42:43,580

So obviously, you know, it hit home.

974

00:42:43,580 --> 00:42:47,280

But the other thing that I think is lost

975

00:42:47,280 --> 00:42:48,820

is kindness and compassion.

976

00:42:48,820 --> 00:42:51,780

If you think about kindness while you're driving,

977

00:42:51,780 --> 00:42:54,220

I'm gonna use my blinker, my indicator,

978

00:42:54,220 --> 00:42:55,960

because I just wanna let the person behind me know

979

00:42:55,960 --> 00:42:57,300

at some point, I'm gonna be putting on my brakes

980

00:42:57,300 --> 00:42:58,740

and turning into this road.

981

00:42:58,740 --> 00:43:01,900

I'm gonna be kind and I don't ride the ass of the person

982

00:43:01,900 --> 00:43:04,520

because God forbid a kid walks out in front of them

983

00:43:04,520 --> 00:43:05,760

and they wouldn't be able to stop.

984

00:43:05,760 --> 00:43:07,100

And then I rammed in the back of them

985

00:43:07,100 --> 00:43:09,080

and then they crushed that kid.

986

00:43:09,080 --> 00:43:11,940

Like when you actually put that thought into people,

987

00:43:11,940 --> 00:43:15,660

I think that would then explain a lot of the whys.

988

00:43:15,660 --> 00:43:18,160

But if you just like, oh, left, right, forward, you know,

989

00:43:18,160 --> 00:43:20,220

stop, that's all you have to do, off you go.

990

00:43:20,220 --> 00:43:22,260

Here's your keys to your death machine.

991

00:43:22,260 --> 00:43:25,540

We're missing the reason why, for example,

992

00:43:25,540 --> 00:43:27,440

our freeways are a complete cluster

993

00:43:27,440 --> 00:43:29,760

because people will sit in the outside lane

994

00:43:29,760 --> 00:43:32,380

side by side with another car and everyone gets frustrated

995

00:43:32,380 --> 00:43:34,620

now they're having to cut around the wrong side.

996

00:43:34,620 --> 00:43:36,700

It's just think about, rather than you,

997

00:43:36,700 --> 00:43:38,880

think about other people.

998

00:43:38,880 --> 00:43:42,420

You know, my actions gonna help or hinder everyone else.

999

00:43:42,420 --> 00:43:45,260

But in this divisive society

1000

00:43:45,260 --> 00:43:46,740

that we found ourselves at the moment,

1001

00:43:46,740 --> 00:43:49,180

we're getting further and further from,

1002

00:43:49,180 --> 00:43:50,820

oh, I'm worried about other people.

1003

00:43:50,820 --> 00:43:52,500

You know, we're told, fuck everyone else.

1004

00:43:52,500 --> 00:43:54,540

There are different political, you know,

1005

00:43:55,780 --> 00:43:57,260

party or whatever it is.

1006

00:43:57,260 --> 00:43:59,860

And this division I think is even hurting us on the roads

1007

00:43:59,860 --> 00:44:01,060

where it's kind of me first,

1008

00:44:01,060 --> 00:44:03,580

fuck everyone else in some people's eyes.

1009

00:44:03,580 --> 00:44:04,420

Yeah.

1010

00:44:04,420 --> 00:44:06,780

And especially over here, and I don't know how it is

1011

00:44:06,780 --> 00:44:09,620

where you are, other parts of the country

1012

00:44:09,620 --> 00:44:11,940

where we're seeing a lot of road rage incidents as well.

1013

00:44:11,940 --> 00:44:14,740

So something super minor turns in from,

1014

00:44:14,740 --> 00:44:16,560

hey, this person cut me off in the freeway.

1015

00:44:16,560 --> 00:44:20,180

And now we're in the in and out parking lot.

1016

00:44:20,180 --> 00:44:22,140

And he just pulled a firearm on me.

1017

00:44:22,140 --> 00:44:24,860

Or there are a lot of shootings as a result

1018

00:44:24,860 --> 00:44:25,820

of road rage incidents.

1019

00:44:25,820 --> 00:44:29,060

So I couldn't agree with you more.

1020

00:44:30,120 --> 00:44:32,860

So what about before we get into some other topics,

1021

00:44:32,860 --> 00:44:36,260

you said you should switch from Marine Corps to Coast Guard.

1022

00:44:36,260 --> 00:44:37,980

And I know you're in the kind of law enforcement role

1023

00:44:37,980 --> 00:44:38,820

in that too.

1024

00:44:39,900 --> 00:44:41,900

And you said, is it maritime law enforcement?

1025

00:44:41,900 --> 00:44:43,300

Is that right?

1026

00:44:43,300 --> 00:44:48,300

Yeah, so it's maritime, why am I drawing a blank

1027

00:44:48,420 --> 00:44:49,260

on it right now?

1028

00:44:49,260 --> 00:44:51,260

It's essentially like being a law enforcement

1029

00:44:51,260 --> 00:44:52,740

for the military.

1030

00:44:52,740 --> 00:44:54,100

Enforcement specialist.

1031

00:44:54,100 --> 00:44:54,940

Yeah, there we go.

1032

00:44:54,940 --> 00:44:59,860

I'm like, why did I just draw the biggest blank?

1033

00:45:01,340 --> 00:45:03,580

Yeah, so when I got out of the Marine Corps,

1034

00:45:04,820 --> 00:45:06,320

I didn't know what I was gonna do.

1035

00:45:06,320 --> 00:45:07,540

So I kind of took a year off

1036

00:45:07,540 --> 00:45:10,740

and I was either gonna go Air Force Security Forces.

1037

00:45:10,740 --> 00:45:12,860

And it's kind of similar to being a police officer there

1038

00:45:12,860 --> 00:45:17,080

as well or Coast Guard maritime enforcement specialist.

1039

00:45:17,080 --> 00:45:18,340

I got it right that time.

1040

00:45:19,340 --> 00:45:21,500

And my father was actually in the Coast Guard

1041

00:45:21,500 --> 00:45:23,940

for a few years before transitioning

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00:45:23,940 --> 00:45:25,040

to the United States Army.

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00:45:25,040 --> 00:45:28,040

And I've always heard good things about the Coast Guard.

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00:45:28,040 --> 00:45:31,180

And even though some people like,

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00:45:31,180 --> 00:45:32,580

they don't really know what the Coast Guard does

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00:45:32,580 --> 00:45:34,620

or anything, when I did more research into it

1047

00:45:34,620 --> 00:45:36,700

and met some of the people, I was like, wow,

1048

00:45:36,700 --> 00:45:40,180

like the people generally care about you.

1049

00:45:40,180 --> 00:45:42,660

Like you actually do get really good training

1050

00:45:43,900 --> 00:45:45,620

and like their mission type,

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00:45:45,620 --> 00:45:47,420

like for me, it seemed pretty cool.

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00:45:47,420 --> 00:45:52,040

So I decided to join the Reserve Unit in San Francisco

1053

00:45:52,040 --> 00:45:53,380

where I'm currently stationed at.

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00:45:53,380 --> 00:45:58,100

And so I'm a part of the Shoreside Security Emblem

1055

00:45:58,100 --> 00:46:00,140

and Emeline element.

1056

00:46:00,140 --> 00:46:02,180

Now I can't talk anymore.

1057

00:46:02,180 --> 00:46:04,860

Where we do a lot of like the ID checks to come on base,

1058

00:46:04,860 --> 00:46:07,700

vehicle and personnel searches.

1059

00:46:07,700 --> 00:46:09,340

You do point defense missions.

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00:46:09,340 --> 00:46:12,220

So you'll have a 50 caliber machine gun

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00:46:12,220 --> 00:46:15,100

or a 240 machine gun on a post.

1062

00:46:15,100 --> 00:46:17,700

And essentially you have your area of responsibility

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00:46:17,700 --> 00:46:20,140

that you're working on and trying to protect

1064

00:46:20,140 --> 00:46:21,140

a high value asset.

1065

00:46:21,140 --> 00:46:24,420

And then our water side division is out in the water.

1066

00:46:24,420 --> 00:46:28,240

So they'll intercept a vessel or any sort of threat

1067

00:46:28,240 --> 00:46:30,140

before we actually do have to engage.

1068

00:46:30,140 --> 00:46:35,100

So when I learned about like the mission set

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00:46:35,100 --> 00:46:36,660

and everything with the Coast Guard,

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00:46:36,660 --> 00:46:39,860

I was like, okay, this is my choice.

1071

00:46:39,860 --> 00:46:41,700

I saw, cause I got a lot of friends now

1072

00:46:41,700 --> 00:46:45,220

that are SEALs that the SEAL community just lost to,

1073

00:46:45,220 --> 00:46:47,420

I believe at least they were still looking for them

1074

00:46:47,420 --> 00:46:51,400

that were doing some sort of kind of ship boarding

1075

00:46:51,400 --> 00:46:52,960

out in the Middle East somewhere.

1076

00:46:52,960 --> 00:46:55,500

And that's absolutely heartbreaking.

1077

00:46:55,500 --> 00:46:58,100

Yeah, it's sad.

1078

00:46:58,100 --> 00:47:00,980

I know, so one of my cousins, a Navy SEAL,

1079

00:47:00,980 --> 00:47:02,740

he just kind of got into his team.

1080

00:47:02,740 --> 00:47:05,980

And so I was talking to him a little bit and it's sad

1081

00:47:05,980 --> 00:47:09,220

but it really shows the like the brotherhood

1082

00:47:09,220 --> 00:47:10,520

when you hear the story a little bit.

1083

00:47:10,520 --> 00:47:12,940

So essentially one falls into the water

1084

00:47:12,940 --> 00:47:15,100

and the other one was like, I'm going with you.

1085

00:47:15,100 --> 00:47:17,200

Like I'll try to do whatever I can to save you.

1086

00:47:17,200 --> 00:47:21,780

So yeah, it's very sad, very sad.

1087

00:47:21,780 --> 00:47:22,760

Absolutely.

1088

00:47:23,780 --> 00:47:27,100

When it comes to the Coast Guard, it's interesting.

1089

00:47:27,100 --> 00:47:29,400

You know, it seems to be the kind of redheaded stepchild

1090

00:47:29,400 --> 00:47:31,580

of the military, but when you dive in,

1091

00:47:31,580 --> 00:47:35,060

I mean, that's who the rescue swimmers are in the Coast Guard.

1092

00:47:35,060 --> 00:47:38,820

And I had one of my guests was Coast Guard during 9-11

1093

00:47:38,820 --> 00:47:41,040

circling around what we talked about earlier.

1094

00:47:41,040 --> 00:47:42,820

And unbeknownst to most people,

1095

00:47:42,820 --> 00:47:46,600

there was an absolutely huge mass evacuation

1096

00:47:46,600 --> 00:47:50,220

off the island primarily orchestrated by the Coast Guard.

1097

00:47:50,220 --> 00:47:52,700

And they got them all off through the water,

1098

00:47:52,700 --> 00:47:53,520

through the Hudson.

1099

00:47:53,520 --> 00:47:57,820

So if people haven't kind of dived into their part

1100

00:47:57,820 --> 00:48:00,580

in 9-11, look that up, because it's incredible.

1101

00:48:00,580 --> 00:48:03,380

And it was not only their ships, but a whole bunch

1102

00:48:03,380 --> 00:48:06,460

of other boats just kind of all went to the shore

1103

00:48:06,460 --> 00:48:07,740

and got all the people off.

1104

00:48:07,740 --> 00:48:08,660

It was incredible.

1105

00:48:09,660 --> 00:48:10,500

Yeah.

1106

00:48:10,500 --> 00:48:13,580

And I, so one of my friends now that's at my unit

1107

00:48:13,580 --> 00:48:16,540

was actually there for 9-11 working.

1108

00:48:16,540 --> 00:48:18,540

He was active duty Coast Guard at the time.

1109

00:48:18,540 --> 00:48:22,080

So hearing his stories of that, it's wild.

1110

00:48:22,080 --> 00:48:23,500

But that was cool to see though,

1111

00:48:23,500 --> 00:48:26,020

them in addition to civilian boat, everything,

1112

00:48:26,020 --> 00:48:28,140

tourist boats going there to help and everything.

1113

00:48:28,140 --> 00:48:31,780

That was the type of compassion that we like to see.

1114

00:48:31,780 --> 00:48:32,620

Yeah.

1115

00:48:32,620 --> 00:48:36,100

And you saw that, I think the beginning of COVID,

1116

00:48:36,100 --> 00:48:38,140

with some of the George Floyd stuff,

1117

00:48:38,140 --> 00:48:41,900

a lot of people were saying, I miss 9-12.

1118

00:48:41,900 --> 00:48:43,660

And I think we need to refine that.

1119

00:48:43,660 --> 00:48:46,340

We all still miss that.

1120

00:48:46,340 --> 00:48:48,500

And obviously, not the devastation that happened

1121

00:48:48,500 --> 00:48:50,220

the day before.

1122

00:48:50,220 --> 00:48:54,400

And obviously the horrendous effects of years and years later

1123

00:48:54,400 --> 00:48:55,860

and all the people we're losing in New York now

1124

00:48:55,860 --> 00:48:57,840

because of their rescue operations.

1125

00:48:57,840 --> 00:49:00,960

But that sense of community, that sense of coming together.

1126

00:49:00,960 --> 00:49:04,140

And I think that by remembering not only that tragedy,

1127

00:49:04,140 --> 00:49:07,980

but the day after how there was so much community

1128

00:49:07,980 --> 00:49:09,900

when we're listening, I mean, I would argue

1129

00:49:09,900 --> 00:49:13,220

the last eight years, two administrations of prying

1130

00:49:13,220 --> 00:49:15,500

this country apart from each other,

1131

00:49:15,500 --> 00:49:19,020

we need to refine that where we were Americans first.

1132

00:49:20,340 --> 00:49:21,180

Yeah.

1133

00:49:21,180 --> 00:49:23,380

And it was granted for, yes,

1134

00:49:23,380 --> 00:49:25,840

such a terrible incident and disaster.

1135

00:49:25,840 --> 00:49:28,900

It was really cool to see, to look back and see the videos

1136

00:49:28,900 --> 00:49:32,260

and the photographs of first responders,

1137

00:49:32,260 --> 00:49:33,780

civilians wanting to help out.

1138

00:49:33,780 --> 00:49:36,060

And it didn't matter what color your skin was,

1139

00:49:36,060 --> 00:49:40,260

what nationality you were, if you were straight or not.

1140

00:49:40,260 --> 00:49:41,420

Like it did not matter.

1141

00:49:41,420 --> 00:49:43,940

They were literally just there to help each other

1142

00:49:43,940 --> 00:49:45,540

because you were an American.

1143

00:49:45,540 --> 00:49:48,860

And we had so many American flags out,

1144

00:49:48,860 --> 00:49:50,340

everybody was supportive.

1145

00:49:50,340 --> 00:49:51,980

And then that kind of like went away

1146

00:49:51,980 --> 00:49:54,020

and now we're back to, you know.

1147

00:49:54,020 --> 00:49:55,420

Yeah, I think we can find our way back.

1148

00:49:55,420 --> 00:49:58,340

But that shared suffering, I mean, to me,

1149

00:49:58,340 --> 00:50:02,860

the shared suffering now is just the need for a real leader.

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00:50:02,860 --> 00:50:05,540

And I think there's finally a realization

1151

00:50:05,540 --> 00:50:07,100

that the system is just broken.

1152

00:50:07,100 --> 00:50:09,380

You're gonna get the same person every four years.

1153

00:50:09,380 --> 00:50:11,620

They'll have a blue tie, they'll have a red tie,

1154

00:50:11,620 --> 00:50:13,740

same, you know, they're not looking out

1155

00:50:13,740 --> 00:50:15,140

for the good of the nation.

1156

00:50:15,140 --> 00:50:18,120

They're not altruistic, they're not kind and compassionate.

1157

00:50:18,120 --> 00:50:19,900

They may say they attend the Holy Building,

1158

00:50:19,900 --> 00:50:21,980

but they don't seem to learn any of the lessons, you know.

1159

00:50:21,980 --> 00:50:24,980

So I think that I'm hoping that we'll come together

1160

00:50:24,980 --> 00:50:27,740

and demand, you know, firstly, community with ourselves,

1161

00:50:27,740 --> 00:50:30,700

but also demand people that'll be at the helm

1162

00:50:30,700 --> 00:50:33,020

that are actually worthy of that title finally.

1163

00:50:34,020 --> 00:50:35,100

Yeah, I would love to see that.

1164

00:50:35,100 --> 00:50:37,860

I think it would benefit everybody involved.

1165

00:50:37,860 --> 00:50:38,780

100%.

1166

00:50:38,780 --> 00:50:42,140

Well, speaking of compassion and humanity,

1167

00:50:42,140 --> 00:50:44,300

before we get to the Overwatch specifically,

1168

00:50:44,300 --> 00:50:47,500

were there any events, any losses that you had personally

1169

00:50:47,500 --> 00:50:50,340

that drove you to become part of the solution

1170

00:50:50,340 --> 00:50:53,440

when it comes to the mental health and uniform?

1171

00:50:53,440 --> 00:50:55,900

Yeah, and I actually just did a podcast with Brooke

1172

00:50:55,900 --> 00:50:58,980

and shared this story, and so one of my friends, Ben,

1173

00:50:58,980 --> 00:51:01,660

we were at the same police department together,

1174

00:51:01,660 --> 00:51:06,140

and this is one of the shitty things with our community

1175

00:51:06,140 --> 00:51:08,740

is that we always have to wear the mask

1176

00:51:08,740 --> 00:51:11,260

that we're doing okay or that we're strong

1177

00:51:11,260 --> 00:51:15,100

because we're supposed to be the big, bad, tough dudes

1178

00:51:15,100 --> 00:51:16,480
going to all these calls, you know,

1179

00:51:16,480 --> 00:51:21,480
and every single first responder academy

1180

00:51:22,140 --> 00:51:24,620
and every single bootcamp or basic training,

1181

00:51:24,620 --> 00:51:27,740
you're taught to not show weakness.

1182

00:51:27,740 --> 00:51:30,340
You're taught to be a hard charger

1183

00:51:30,340 --> 00:51:33,340
where weakness, pain is weakness leaving the body.

1184

00:51:33,340 --> 00:51:34,300
You don't wanna be weak.

1185

00:51:34,300 --> 00:51:35,140
You don't wanna be weak.

1186

00:51:35,140 --> 00:51:38,020
Well, if you reach out for assistance saying,

1187

00:51:38,020 --> 00:51:39,740
hey, I'm going through a tough time,

1188

00:51:39,740 --> 00:51:42,820
the stigma and the culture now is, hey, you're weak,

1189

00:51:42,820 --> 00:51:44,500

or I don't wanna work with you anymore

1190

00:51:44,500 --> 00:51:46,620

or anything of that nature.

1191

00:51:46,620 --> 00:51:51,620

So, my friend Ben, he died by suicide

1192

00:51:51,620 --> 00:51:55,420

jumping out of a vehicle on a freeway.

1193

00:51:55,420 --> 00:51:57,380

And it was completely out of the blue,

1194

00:51:57,380 --> 00:52:00,820

just like we hear a lot about our suicides,

1195

00:52:00,820 --> 00:52:04,220

not only within just our first responder military community,

1196

00:52:04,220 --> 00:52:05,060

but everybody.

1197

00:52:05,060 --> 00:52:10,020

It's always, in my opinion, like, hey,

1198

00:52:10,020 --> 00:52:12,500

this is the last person that we ever would have thought.

1199

00:52:12,500 --> 00:52:14,300

This was completely out of nowhere.

1200

00:52:14,300 --> 00:52:16,300

I didn't see any signs or symptoms

1201

00:52:16,300 --> 00:52:18,520

or anything that he or she was struggling.

1202

00:52:18,520 --> 00:52:20,820

So, that's what I saw with Ben.

1203

00:52:20,820 --> 00:52:25,740

And I saw how it affected not only our police department,

1204

00:52:25,740 --> 00:52:28,060

but our entire community,

1205

00:52:28,060 --> 00:52:30,140

and our fire departments that worked with him,

1206

00:52:30,140 --> 00:52:32,740

and some of our hospital staff.

1207

00:52:32,740 --> 00:52:35,780

And he was married and portrayed,

1208

00:52:35,780 --> 00:52:37,180

like everything was going well.

1209

00:52:37,180 --> 00:52:39,620

And then all of a sudden, one day you wake up

1210

00:52:39,620 --> 00:52:41,500

and you're like, okay.

1211

00:52:41,500 --> 00:52:43,100

And then you go through the questions.

1212

00:52:43,100 --> 00:52:45,380

You're like, why, what did I miss?

1213

00:52:45,380 --> 00:52:47,000

Could I have done anything to help?

1214

00:52:47,000 --> 00:52:50,980

So, that was a little while ago.

1215

00:52:50,980 --> 00:52:54,340

And that wasn't like the main reason for starting this.

1216

00:52:55,820 --> 00:52:58,540

That was just one of the stories where I was like,

1217

00:52:58,540 --> 00:52:59,380

hey, you know what?

1218

00:52:59,380 --> 00:53:01,180

I have a direct involvement with this

1219

00:53:01,180 --> 00:53:04,860

and lost friends of suicide in the military as well.

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00:53:04,860 --> 00:53:07,180

Like, my dad's lost friends to suicide

1221

00:53:07,180 --> 00:53:08,460

in the police department world.

1222

00:53:08,460 --> 00:53:12,240

And unfortunately, you ask a lot of first responders

1223

00:53:12,240 --> 00:53:13,220

and service members, like,

1224

00:53:13,220 --> 00:53:15,780

do you know someone who's died by suicide

1225

00:53:15,780 --> 00:53:17,140

in your community?

1226

00:53:17,140 --> 00:53:18,580

And they'll raise their hand and say, yeah.

1227

00:53:18,580 --> 00:53:21,500

And you're like, you start to see the numbers

1228

00:53:21,500 --> 00:53:25,200

of the suicide rate just by police officers

1229

00:53:25,200 --> 00:53:26,300

across the country.

1230

00:53:26,300 --> 00:53:29,620

And it was like more than officers shot and killed

1231

00:53:29,620 --> 00:53:30,740

in line of duty or anything.

1232

00:53:30,740 --> 00:53:32,780

And you're like, why do we have so many good people

1233

00:53:32,780 --> 00:53:34,700
out there that wanna do good,

1234

00:53:34,700 --> 00:53:36,720
that are taking their own lives?

1235

00:53:37,940 --> 00:53:38,980
Well, there's a couple of statistics

1236

00:53:38,980 --> 00:53:41,500
that are really scary to me.

1237

00:53:41,500 --> 00:53:44,580
And I'm sure law enforcement is the same as fire.

1238

00:53:44,580 --> 00:53:45,900
The moment we retire,

1239

00:53:45,900 --> 00:53:48,300
we cease to be on any of those stats anymore.

1240

00:53:48,300 --> 00:53:52,780
And so arguably once a firefighter, a police officer,

1241

00:53:52,780 --> 00:53:55,940
a paramedic, a dispatcher has left their tribe,

1242

00:53:55,940 --> 00:53:57,580
they've transitioned out whether they left,

1243

00:53:57,580 --> 00:54:00,220
whether they got fired, whether they retired,

1244

00:54:00,220 --> 00:54:03,480

that's when you're more likely to see everything

1245

00:54:03,480 --> 00:54:05,580

from suicide overdose through to cancer,

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00:54:05,580 --> 00:54:06,660

heart disease, et cetera.

1247

00:54:06,660 --> 00:54:09,940

So I would argue that the stats that we're seeing

1248

00:54:09,940 --> 00:54:11,780

are literally the tip of the iceberg

1249

00:54:11,780 --> 00:54:14,080

because we've disregarded anyone, you know,

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00:54:14,080 --> 00:54:15,980

anyone that kind of gets past 50

1251

00:54:15,980 --> 00:54:18,540

is now not on the spreadsheet anymore.

1252

00:54:18,540 --> 00:54:20,780

So, you know, that's an absolute huge one.

1253

00:54:20,780 --> 00:54:23,580

I remember, I think police and fire, if I'm not mistaken,

1254

00:54:23,580 --> 00:54:25,940

just the ones that were known,

1255

00:54:25,940 --> 00:54:29,220

we doubled our line of duty deaths with suicide alone.

1256

00:54:29,220 --> 00:54:30,740

And then now ironically, I mean,

1257

00:54:30,740 --> 00:54:32,580

I'm just getting inundated with firefighters

1258

00:54:32,580 --> 00:54:34,140

that are dying of cancer again.

1259

00:54:35,380 --> 00:54:38,940

But then the other kind of the elephant in the room now,

1260

00:54:38,940 --> 00:54:40,820

because you and I spoke on the phone a few days ago,

1261

00:54:40,820 --> 00:54:43,860

I think the stigma has been addressed somewhat,

1262

00:54:43,860 --> 00:54:46,420

just putting it into the conversation

1263

00:54:46,420 --> 00:54:48,260

where I think there's still a huge stigma

1264

00:54:48,260 --> 00:54:51,300

is the overdose side, the addiction side.

1265

00:54:51,300 --> 00:54:54,060

So we're not even factoring in, you know,

1266

00:54:54,060 --> 00:54:56,700

overdoses or even quote unquote accidents

1267

00:54:56,700 --> 00:54:58,260

that were actually suicides as well.

1268

00:54:58,260 --> 00:55:00,340

So again, there's even more numbers

1269

00:55:00,340 --> 00:55:03,240

of basically the same underlying mental health challenge.

1270

00:55:04,100 --> 00:55:08,460

Yeah, and there's definitely some that are not reported,

1271

00:55:08,460 --> 00:55:10,500

the numbers, and unfortunately,

1272

00:55:10,500 --> 00:55:13,620

it kind of is what it is at this point and I hate it,

1273

00:55:13,620 --> 00:55:17,140

but you see the numbers of suicides, right?

1274

00:55:17,140 --> 00:55:20,060

So if we say the number of suicides for firefighters

1275

00:55:20,060 --> 00:55:23,840

in the year of 2023 in the country was 20, right?

1276

00:55:23,840 --> 00:55:27,140

Like it's probably 40, realistically.

1277

00:55:27,140 --> 00:55:30,220

Unfortunately, those numbers are, they're not accurate.

1278

00:55:30,220 --> 00:55:34,500

They're, because the only time that they published the number

1279

00:55:34,500 --> 00:55:36,700

and make it known is if the family

1280

00:55:36,700 --> 00:55:39,060

and the department agrees on that, right?

1281

00:55:39,060 --> 00:55:43,700

So how many times are there death by suicides

1282

00:55:43,700 --> 00:55:46,780

in our community and it's not getting reported?

1283

00:55:46,780 --> 00:55:49,000

Yeah, I mean, I literally last year,

1284

00:55:49,000 --> 00:55:51,020

I mean, here where I live, the fire department,

1285

00:55:51,020 --> 00:55:54,060

they had two and they were both young guys too

1286

00:55:54,060 --> 00:55:55,420

within 12 weeks of each other.

1287

00:55:55,420 --> 00:55:58,980

It's not a big, it's a county department, it's not huge.

1288

00:55:58,980 --> 00:56:02,820

So I can, you know, in my actual area here

1289

00:56:02,820 --> 00:56:04,900

and then California where I used to work,

1290

00:56:04,900 --> 00:56:09,820

I can think of 10, 15, so there's no way in hell

1291

00:56:09,820 --> 00:56:12,140

that nationally it was 20, no fucking way.

1292

00:56:12,140 --> 00:56:15,620

So, but again, like you said, the press release will go,

1293

00:56:15,620 --> 00:56:17,540

oh, so-and-so died suddenly.

1294

00:56:17,540 --> 00:56:19,260

And you're like, okay, well, I know what that means,

1295

00:56:19,260 --> 00:56:22,220

but no statistic is gonna reflect what actually happened.

1296

00:56:22,220 --> 00:56:24,740

And it's sad because you understand,

1297

00:56:24,740 --> 00:56:29,660

especially if there's a religious element to, you know,

1298

00:56:29,660 --> 00:56:32,660

an opposition to acknowledging suicide,

1299

00:56:32,660 --> 00:56:35,220

but we're also shooting ourselves in the foot

1300

00:56:35,220 --> 00:56:37,540

by not showing the real numbers

1301

00:56:37,540 --> 00:56:40,060

that actually shows the magnitude of this problem.

1302

00:56:41,140 --> 00:56:44,500

Yeah, because maybe if it was the real numbers,

1303

00:56:44,500 --> 00:56:46,940

maybe that would trigger something to be like, wow, look,

1304

00:56:46,940 --> 00:56:48,700

like we do really have a problem

1305

00:56:48,700 --> 00:56:50,660

or something needs to be done.

1306

00:56:50,660 --> 00:56:52,580

Granted, the numbers that we're already seeing now

1307

00:56:52,580 --> 00:56:57,240

are astronomical and like that's what we're trying to do

1308

00:56:57,240 --> 00:57:00,340

is reduce that by one and just try to help.

1309

00:57:00,340 --> 00:57:03,800

But it's crazy to see and you,

1310

00:57:05,580 --> 00:57:09,180

like you see all these numbers and you see on social media

1311

00:57:09,180 --> 00:57:11,060

and you're like, hey, we just had this happen.

1312

00:57:11,060 --> 00:57:13,780

And then there's not really many changes

1313

00:57:13,780 --> 00:57:14,820

that come from that, right?

1314

00:57:14,820 --> 00:57:18,380

Like a majority of our profession is all reactionary, right?

1315

00:57:18,380 --> 00:57:21,380

Like you're at the firehouse and you're working out

1316

00:57:21,380 --> 00:57:23,380

and you're lifting some weights around,

1317

00:57:23,380 --> 00:57:26,580

like you're on a cruise ship and the tones come out

1318

00:57:26,580 --> 00:57:28,220

and you go to a call, you're reacting to that.

1319

00:57:28,220 --> 00:57:30,700

You have someone that comes in and says like,

1320

00:57:30,700 --> 00:57:32,700

hey, that call is affecting me, you're reacting to that.

1321

00:57:32,700 --> 00:57:36,840

But we're not really good at doing like the proactive stuff

1322

00:57:36,840 --> 00:57:39,660

in regards to mental health in my opinion.

1323

00:57:40,940 --> 00:57:44,940

Well, I've been talking about this now for quite a while

1324

00:57:44,940 --> 00:57:46,360

and I'm by no means an expert,

1325

00:57:46,360 --> 00:57:49,180

but obviously accumulated not only my own perspectives,

1326

00:57:49,180 --> 00:57:50,940

but all the people including Brooke Barlow

1327

00:57:50,940 --> 00:57:52,540

that you just mentioned earlier.

1328

00:57:53,500 --> 00:57:56,180

But I don't wanna kind of front load the question.

1329

00:57:56,180 --> 00:57:59,980

Through your eyes, what are the contributing factors

1330

00:57:59,980 --> 00:58:04,600

that are creating this epidemic in our professions?

1331

00:58:05,760 --> 00:58:10,440

Yeah, I think it's the process of actually getting help.

1332

00:58:10,440 --> 00:58:12,820

Whatever that may look like, whatever help may look like.

1333

00:58:12,820 --> 00:58:16,460

If you're gonna go to therapy or you need to go

1334

00:58:16,460 --> 00:58:20,980

to a 30 day retreat for substance and addiction,

1335

00:58:20,980 --> 00:58:25,980

the whole process and where it starts is having the,

1336

00:58:26,660 --> 00:58:30,300

the confidentiality and the trust to be able to

1337

00:58:30,300 --> 00:58:33,700

raise your hand and say, hey, I need help.

1338

00:58:33,700 --> 00:58:37,020

Or who to go to without the repercussion of it

1339

00:58:37,020 --> 00:58:39,260

affecting your job and your current position.

1340

00:58:40,900 --> 00:58:45,220

The mask that we wear is like, nope, I'm good, I'm good.

1341

00:58:45,220 --> 00:58:46,440

That call did not affect me.

1342

00:58:46,440 --> 00:58:48,800

And then you go home and you're crying.

1343

00:58:48,800 --> 00:58:50,740

Or I've talked to several dispatchers

1344

00:58:50,740 --> 00:58:53,980

where sometimes after work, they'll cry on their way home

1345

00:58:53,980 --> 00:58:55,500

or they'll sit in a parking lot and cry.

1346

00:58:55,500 --> 00:58:58,540

And you're like, okay, like why don't we have resources

1347

00:58:58,540 --> 00:58:59,380

for you?

1348

00:58:59,380 --> 00:59:01,660

So I think the number one big thing is the,

1349

00:59:01,660 --> 00:59:03,780

obviously the stigma and culture, that's it, right?

1350

00:59:03,780 --> 00:59:06,000

Everybody's talking about that.

1351

00:59:06,000 --> 00:59:11,000

And it is a problem, but why don't we have a smooth

1352

00:59:11,260 --> 00:59:15,140

and confidential process to get anybody in our community

1353

00:59:15,140 --> 00:59:20,060

connected to a therapist that is trained in working with us

1354

00:59:20,060 --> 00:59:23,660

because our first responder military community is different

1355

00:59:23,660 --> 00:59:25,060

than the normal civilian.

1356

00:59:25,060 --> 00:59:29,220

We're hypervigilant, we're worried about our profession

1357

00:59:29,220 --> 00:59:31,820

because we love it so much and we don't wanna lose it.

1358

00:59:31,820 --> 00:59:33,940

We don't want our identity to change.

1359

00:59:33,940 --> 00:59:37,100

But then again, we also don't want anybody at our department

1360

00:59:37,100 --> 00:59:39,220

to know what we're going through.

1361

00:59:39,220 --> 00:59:42,380

Where a lot of the time you say like, oh,

1362

00:59:42,380 --> 00:59:44,160

if you go through peer support team

1363

00:59:44,160 --> 00:59:46,180

or you go through the employment assistant program,

1364

00:59:46,180 --> 00:59:50,620

it's confidential where all it takes is one time for you

1365

00:59:50,620 --> 00:59:52,380

to break that confidentiality.

1366

00:59:52,380 --> 00:59:54,820

And then nobody else in your department's gonna trust

1367

00:59:54,820 --> 00:59:55,860

that process.

1368

00:59:56,980 --> 01:00:00,820

I saw it personally with my son a few years ago

1369

01:00:00,820 --> 01:00:01,800

in middle school.

1370

01:00:02,940 --> 01:00:06,180

He was going through a tough time mentally.

1371

01:00:06,180 --> 01:00:08,220

There was some stuff going on in his mother's house

1372

01:00:08,220 --> 01:00:12,380

we were divorced that was causing trauma at home.

1373

01:00:12,380 --> 01:00:15,460

And he was upset in school and was crying

1374

01:00:15,460 --> 01:00:17,180

in a classroom.

1375

01:00:17,180 --> 01:00:20,780

And the only way to describe it is it was towards the end

1376

01:00:20,780 --> 01:00:22,140
of basically the end of the day.

1377

01:00:22,140 --> 01:00:25,780
And the SRO and the principal at the time

1378

01:00:25,780 --> 01:00:27,560
clearly just wanted to go home.

1379

01:00:27,560 --> 01:00:30,820
So they sent him off on a 72 hour hold

1380

01:00:32,020 --> 01:00:34,700
and basically kidnapped my child for three days.

1381

01:00:34,700 --> 01:00:37,520
And by the time he was actually seen by the people

1382

01:00:37,520 --> 01:00:39,340
in the facility and they were fantastic.

1383

01:00:39,340 --> 01:00:41,300
They were like, I don't know why he sent.

1384

01:00:41,300 --> 01:00:44,180
And they had clearly written protocols

1385

01:00:44,180 --> 01:00:46,820
and these two individuals, these two women

1386

01:00:46,820 --> 01:00:51,820
completely disregarded any of the protocols.

1387

01:00:51,860 --> 01:00:53,780

And he didn't fit any of the criteria.

1388

01:00:53,780 --> 01:00:57,660

And then even if he was kind of in a gray area

1389

01:00:57,660 --> 01:00:59,220

then they're supposed to call a counselor

1390

01:00:59,220 --> 01:01:01,340

from that facility to come down, assess the child.

1391

01:01:01,340 --> 01:01:03,020

And then he would have been like, no.

1392

01:01:03,020 --> 01:01:04,720

And then also I didn't mention this.

1393

01:01:04,720 --> 01:01:08,220

They didn't communicate with me at all.

1394

01:01:08,220 --> 01:01:09,640

Cause he was supposed to check in with me

1395

01:01:09,640 --> 01:01:11,280

and I hadn't got a call from him.

1396

01:01:11,280 --> 01:01:13,700

And he's like, oh, they're here.

1397

01:01:13,700 --> 01:01:15,300

And they said that, oh, that's right.

1398

01:01:15,300 --> 01:01:16,780

The principal got on the phone and she said,

1399

01:01:16,780 --> 01:01:18,340

I'll call you back and let you know.

1400

01:01:18,340 --> 01:01:19,780

And I never got a call back.

1401

01:01:19,780 --> 01:01:22,100

And then she said, oh, he's at the facility now.

1402

01:01:22,100 --> 01:01:22,940

You know what I mean?

1403

01:01:22,940 --> 01:01:24,760

So, and I fought and luckily there was already

1404

01:01:24,760 --> 01:01:27,340

a movement going on, but this was happening

1405

01:01:27,340 --> 01:01:29,220

to children in Florida all the time.

1406

01:01:29,220 --> 01:01:32,500

And while my son was there, multiple kids

1407

01:01:32,500 --> 01:01:34,740

from this middle school came in.

1408

01:01:34,740 --> 01:01:39,140

And we're talking three days, multiple other kids.

1409

01:01:39,140 --> 01:01:41,020

And it was finally put in law

1410

01:01:41,020 --> 01:01:42,000

that you couldn't do it anymore.

1411

01:01:42,000 --> 01:01:45,940

These two women would now be serving jail time for that.

1412

01:01:45,940 --> 01:01:47,460

And this SRO is still working

1413

01:01:47,460 --> 01:01:49,340

as fucking school to this day.

1414

01:01:49,340 --> 01:01:50,660

And the principal is still the principal

1415

01:01:50,660 --> 01:01:53,260

cause they got in before this law changed.

1416

01:01:53,260 --> 01:01:57,100

However, the reason for this monologue is this.

1417

01:01:57,100 --> 01:02:00,780

Do you think those kids are gonna fucking reach out now?

1418

01:02:00,780 --> 01:02:01,900

Never, never.

1419

01:02:01,900 --> 01:02:04,940

So you just fucking destroyed that door,

1420

01:02:04,940 --> 01:02:07,860

that open door policy that you probably give lip service to.

1421

01:02:07,860 --> 01:02:08,820

And it's the same thing.

1422

01:02:08,820 --> 01:02:10,620

I'm using that story to illustrate what you're talking

1423

01:02:10,620 --> 01:02:13,860

about in a fire service and law enforcement especially.

1424

01:02:13,860 --> 01:02:16,220

The moment we betray that trust,

1425

01:02:16,220 --> 01:02:18,880

you have just slammed the door on anyone who was hurting

1426

01:02:18,880 --> 01:02:21,540

because they're not gonna risk reaching out now.

1427

01:02:22,420 --> 01:02:23,400

Yeah.

1428

01:02:23,400 --> 01:02:24,780

Yeah. And it's the same thing

1429

01:02:24,780 --> 01:02:27,980

for the military side of things too.

1430

01:02:27,980 --> 01:02:29,980

And it's also difficult too,

1431

01:02:29,980 --> 01:02:32,120
because a lot of first responders,

1432

01:02:32,120 --> 01:02:33,580
no matter if you're a police officer or not,

1433

01:02:33,580 --> 01:02:35,780
we all like firearms for the most part.

1434

01:02:35,780 --> 01:02:37,620
Everybody likes going shooting with your friends

1435

01:02:37,620 --> 01:02:40,900
and spending time together and you're big

1436

01:02:40,900 --> 01:02:43,580
into collecting firearms or nice guns and everything.

1437

01:02:43,580 --> 01:02:48,580
And if you don't know where to go for help

1438

01:02:48,700 --> 01:02:51,660
or what you can say without getting placed on a hold

1439

01:02:51,660 --> 01:02:52,900
or what you can't say,

1440

01:02:52,900 --> 01:02:55,380
like nobody's gonna risk it

1441

01:02:55,380 --> 01:02:57,540
because you get your guns taken away.

1442

01:02:57,540 --> 01:02:58,960

And then like if you're a police officer

1443

01:02:58,960 --> 01:03:02,460

and you raise that red flag or your hand and you say,

1444

01:03:02,460 --> 01:03:04,400

hey, you know what, Sergeant,

1445

01:03:04,400 --> 01:03:07,100

you're on the peer support team, I need some help.

1446

01:03:07,100 --> 01:03:09,260

If for whatever reason that peer support team

1447

01:03:09,260 --> 01:03:11,540

like tells the rest of the department, that's a problem.

1448

01:03:11,540 --> 01:03:12,780

And people start finding out,

1449

01:03:12,780 --> 01:03:14,220

cause it's like high school

1450

01:03:14,220 --> 01:03:17,220

where you like find out everything about each other's lives.

1451

01:03:18,300 --> 01:03:21,960

But more importantly, like if you don't get the help

1452

01:03:21,960 --> 01:03:23,620

that you need and it's not confidential

1453

01:03:23,620 --> 01:03:25,900

and you get placed on a psychiatric hold

1454

01:03:25,900 --> 01:03:27,420

or they take your firearm from you

1455

01:03:27,420 --> 01:03:30,340

and you find yourself in a suit at the front desk

1456

01:03:30,340 --> 01:03:31,780

taking walk-in reports

1457

01:03:31,780 --> 01:03:34,780

and you're still on the schedule for patrol that day

1458

01:03:34,780 --> 01:03:36,460

but you don't show up to briefing.

1459

01:03:36,460 --> 01:03:38,500

Everybody in briefing is gonna know.

1460

01:03:38,500 --> 01:03:39,340

And then they're gonna be like,

1461

01:03:39,340 --> 01:03:41,540

why is Greg at the front desk

1462

01:03:41,540 --> 01:03:44,020

taking walk-in reports in a suit with no gun?

1463

01:03:45,140 --> 01:03:47,340

That's not like nobody in our community

1464

01:03:47,340 --> 01:03:48,700
is willing to risk that.

1465

01:03:50,420 --> 01:03:52,140
The last two interviews I did,

1466

01:03:52,140 --> 01:03:54,420
the first one, Jeremy Sharlo,

1467

01:03:54,420 --> 01:03:57,140
police officer shot in the line of duty.

1468

01:03:57,140 --> 01:04:00,900
They took his gun, but they didn't give him another one.

1469

01:04:00,900 --> 01:04:02,440
Now, obviously for ballistics and everything,

1470

01:04:02,440 --> 01:04:04,340
of course he's gonna give them the gun.

1471

01:04:04,340 --> 01:04:05,900
But as he said nationally,

1472

01:04:05,900 --> 01:04:07,220
there's supposed to be a replacement gun.

1473

01:04:07,220 --> 01:04:09,300
He wasn't in trouble at all.

1474

01:04:09,300 --> 01:04:11,460
It was just an officer involved shooting.

1475

01:04:11,460 --> 01:04:14,140

But to have someone in uniform

1476

01:04:14,140 --> 01:04:16,980

that isn't an issued a weapon,

1477

01:04:16,980 --> 01:04:20,220

now you've taken, especially in modern times,

1478

01:04:20,220 --> 01:04:21,540

someone who's a big target

1479

01:04:21,540 --> 01:04:24,400

and you've neutered them basically.

1480

01:04:24,400 --> 01:04:26,180

Another guy interviewed, Harry,

1481

01:04:27,260 --> 01:04:31,860

was a British veteran and he had mental health challenges.

1482

01:04:31,860 --> 01:04:34,620

He had his struggles when he came back from combat.

1483

01:04:34,620 --> 01:04:37,660

And in the training after that,

1484

01:04:37,660 --> 01:04:39,380

they took away his rifle,

1485

01:04:39,380 --> 01:04:41,420

even though it was the blank firing rifle

1486

01:04:41,420 --> 01:04:43,540

with the yellow piece on the end of the barrel.

1487

01:04:43,540 --> 01:04:46,240

And they gave him a wooden cutout of a gun.

1488

01:04:46,240 --> 01:04:48,140

And he had to be alongside all the soldiers

1489

01:04:48,140 --> 01:04:51,300

that were using the actual weapon.

1490

01:04:51,300 --> 01:04:55,580

So you talk about stigma, you talk about humiliation.

1491

01:04:55,580 --> 01:04:57,060

These men and women are already struggling

1492

01:04:57,060 --> 01:05:00,320

with guilt and shame and you've just fucking compounded it.

1493

01:05:00,320 --> 01:05:03,980

So now, this is what's so good about these conversations.

1494

01:05:03,980 --> 01:05:06,660

You talked about where we've come from, where we were.

1495

01:05:06,660 --> 01:05:08,380

Now we're looking back going,

1496

01:05:08,380 --> 01:05:10,540

what the fuck were you thinking?

1497

01:05:10,540 --> 01:05:14,500

It's so clear now, but until we had this conversation,

1498

01:05:14,500 --> 01:05:16,340

we've always done it that way.

1499

01:05:16,340 --> 01:05:19,180

And now I wonder how many times that humiliation

1500

01:05:19,180 --> 01:05:21,300

was kind of the final nail in the coffin

1501

01:05:21,300 --> 01:05:23,140

for some of these people that we lost.

1502

01:05:25,060 --> 01:05:29,100

Yeah, and we'll never know, unfortunately, right?

1503

01:05:29,100 --> 01:05:31,300

And that's the shitty part about it is,

1504

01:05:31,300 --> 01:05:34,860

we'll never be able to know, unfortunately,

1505

01:05:34,860 --> 01:05:36,460

because that person's not with us anymore.

1506

01:05:36,460 --> 01:05:40,580

But if that continues and it doesn't get better

1507

01:05:40,580 --> 01:05:42,980

and we're not taking any proactive steps,

1508

01:05:42,980 --> 01:05:45,700

like really sitting down and having hard conversations

1509

01:05:45,700 --> 01:05:47,680

and taking proactive steps on like,

1510

01:05:47,680 --> 01:05:51,980

how can we create a safe and confidential place

1511

01:05:51,980 --> 01:05:55,360

for our community to get help or just get some resources,

1512

01:05:55,360 --> 01:05:58,020

even if it's not like, hey, I need to go to therapy,

1513

01:05:58,020 --> 01:06:00,900

because a lot of people hear that word therapy

1514

01:06:00,900 --> 01:06:02,860

and they wanna do an about facing movement

1515

01:06:02,860 --> 01:06:04,540

and turn around and walk the other way.

1516

01:06:04,540 --> 01:06:06,480

Nobody wants to talk about therapy.

1517

01:06:08,020 --> 01:06:11,260

And that word alone is very triggering.

1518

01:06:11,260 --> 01:06:12,560

You hear the word therapy and you're like,

1519

01:06:12,560 --> 01:06:14,740

oh, really, you're going to therapy for what?

1520

01:06:14,740 --> 01:06:16,140

And then you start having a lot of questions.

1521

01:06:16,140 --> 01:06:20,780

But yeah, I think things do need to change

1522

01:06:20,780 --> 01:06:23,500

and it's frustrating to kind of see,

1523

01:06:24,420 --> 01:06:26,780

like being involved in the Overwatch Collective now

1524

01:06:26,780 --> 01:06:29,140

and kind of having a connection across the country

1525

01:06:29,140 --> 01:06:32,380

and hearing people say, this is what my peer support team

1526

01:06:32,380 --> 01:06:35,060

looks like and this is an incident that just happened.

1527

01:06:35,060 --> 01:06:37,460

And you're like, guys, what are we doing?

1528

01:06:37,460 --> 01:06:39,740

Come on, like we cannot do that anymore

1529

01:06:39,740 --> 01:06:42,240

because we may have just lost that person.

1530

01:06:43,660 --> 01:06:45,500

Well, speaking of loss, and I've touched on this

1531

01:06:45,500 --> 01:06:49,380

a few times in the podcast, EAP,

1532

01:06:49,380 --> 01:06:51,540

the number of horror stories that I've heard,

1533

01:06:51,540 --> 01:06:53,620

and there are a handful of departments

1534

01:06:53,620 --> 01:06:57,340

where they've vetted people in their EAP system.

1535

01:06:57,340 --> 01:06:59,420

And if their men and women go to them,

1536

01:06:59,420 --> 01:07:02,300

then they're going to find a culturally competent clinician

1537

01:07:02,300 --> 01:07:04,700

who is going to do the right thing.

1538

01:07:04,700 --> 01:07:07,900

But more often than not, it's a kind of box checking

1539

01:07:08,900 --> 01:07:12,980

mental health thing that applies to all the civilian staff

1540

01:07:12,980 --> 01:07:14,860

as well as people out of uniform.

1541

01:07:14,860 --> 01:07:17,540

And so, you hear it over and over again,

1542

01:07:17,540 --> 01:07:19,980

police officers, firefighters that find themselves

1543

01:07:19,980 --> 01:07:22,700

in an office with a person and the counselor burst

1544

01:07:22,700 --> 01:07:24,820

into tears or the counselor tells them to get out,

1545

01:07:24,820 --> 01:07:25,700

I can't help you.

1546

01:07:25,700 --> 01:07:27,660

And I've always said, kind of underlining

1547

01:07:27,660 --> 01:07:29,900

what we spoke about a minute ago,

1548

01:07:29,900 --> 01:07:31,860

I'm hearing those stories,

1549

01:07:31,860 --> 01:07:34,620

but how many people aren't here to tell that story anymore

1550

01:07:34,620 --> 01:07:38,040

because they finally mustered up the courage to seek help.

1551

01:07:38,040 --> 01:07:40,420

And then they were told, I can't help you.

1552

01:07:40,420 --> 01:07:41,820

Well, they burst into tears, go, well,

1553

01:07:41,820 --> 01:07:44,220

I must be a piece of shit then, I must be crazy.

1554

01:07:44,220 --> 01:07:46,100

And then they go and finish the job.

1555

01:07:46,100 --> 01:07:50,260

So I think the EAP conversation,

1556

01:07:50,260 --> 01:07:52,900

the finding a culturally competent clinician,

1557

01:07:52,900 --> 01:07:55,260

someone who has worked with our profession,

1558

01:07:55,260 --> 01:07:59,620

that can sit down and also offer a toolbox rather than,

1559

01:07:59,620 --> 01:08:03,380

oh, this is the thing that will help you is the next step.

1560

01:08:03,380 --> 01:08:05,380

Stigma, we get it, most of us.

1561

01:08:05,380 --> 01:08:08,380

It's like, how do we get person struggling A

1562

01:08:08,380 --> 01:08:10,060

to person with solution B?

1563

01:08:10,060 --> 01:08:12,700

That seems to be the real stumbling block for us now.

1564

01:08:14,000 --> 01:08:17,360

Yeah, and I think there are some good stories

1565

01:08:17,360 --> 01:08:20,220

that I've heard with EAP and that's great.

1566

01:08:20,220 --> 01:08:21,820

I do feel like it's a check in the box

1567

01:08:21,820 --> 01:08:23,500

for a lot of departments, yes.

1568

01:08:23,500 --> 01:08:28,500

But I still see so many challenges with that

1569

01:08:28,500 --> 01:08:33,500

where you could get therapists in the area

1570

01:08:34,100 --> 01:08:36,040

if you do reach out and it'll be like, hey,

1571

01:08:36,040 --> 01:08:38,460

here's a list of the therapists that we have in the area

1572

01:08:38,460 --> 01:08:43,460

that our EAP works with, or just one resource, whatever.

1573

01:08:44,340 --> 01:08:48,060

And it's up to that first responder to make the phone calls,

1574

01:08:48,060 --> 01:08:49,740

to try to contact the therapist,

1575

01:08:49,740 --> 01:08:51,820

to try to schedule an appointment.

1576

01:08:51,820 --> 01:08:55,380

And some of them we find that they're not practicing anymore

1577

01:08:55,380 --> 01:08:57,480

so they haven't updated their website.

1578

01:08:58,360 --> 01:09:00,300

You go to make a phone call and you're like,

1579

01:09:00,300 --> 01:09:01,700

I don't know what to say

1580

01:09:01,700 --> 01:09:03,740

if you're even able to get connected to them.

1581

01:09:03,740 --> 01:09:06,140

Sometimes you get a voicemail and you leave a voicemail

1582

01:09:06,140 --> 01:09:08,940

and you don't get a call back for a few days.

1583

01:09:08,940 --> 01:09:10,780

What if you need help quickly?

1584

01:09:12,180 --> 01:09:17,180

And then also it's like, why are we creating more work

1585

01:09:17,180 --> 01:09:20,400

for that first responder that may be stressful work

1586

01:09:20,400 --> 01:09:23,980

when he or she is already at a point where it's like, hey,

1587

01:09:23,980 --> 01:09:26,260

this person has finally reached out for help.

1588

01:09:26,260 --> 01:09:28,980

So in my opinion, and what I've seen,

1589

01:09:28,980 --> 01:09:33,780

what we need to do is create a place where the moment

1590

01:09:33,780 --> 01:09:37,020

that someone says, hey, I need help, I need resources,

1591

01:09:37,020 --> 01:09:40,600

I'll take anything, they need to be,

1592

01:09:40,600 --> 01:09:42,860

it needs to be the least amount of work

1593

01:09:42,860 --> 01:09:44,100

for that person at all.

1594

01:09:44,100 --> 01:09:45,680

And the least amount is stress

1595

01:09:45,680 --> 01:09:47,620

because the stress is already built up.

1596

01:09:47,620 --> 01:09:52,180

I mean, I've found even when I've been in a very low place

1597

01:09:52,180 --> 01:09:53,540

and I've never, I've talked about this a lot,

1598

01:09:53,540 --> 01:09:56,660

I've never been suicidal, but I mean, I've been

1599

01:09:56,660 --> 01:10:01,500

at a huge, huge depth between being a single dad,

1600

01:10:01,500 --> 01:10:04,820

newly divorced, working a busy rescue for a department

1601

01:10:04,820 --> 01:10:07,500

and going through paramedic school all at the same time

1602

01:10:07,500 --> 01:10:10,200

and trying to juggle finances and everything else.

1603

01:10:10,200 --> 01:10:12,480

When you are in that low place,

1604

01:10:12,480 --> 01:10:15,100

something as simple as doing the dishes

1605

01:10:15,100 --> 01:10:18,500

seems like an absolutely mammoth task.

1606

01:10:18,500 --> 01:10:21,580

And so you think about how am I gonna orchestrate finding

1607

01:10:21,580 --> 01:10:24,540

the counselor and then setting up appointments,

1608

01:10:24,540 --> 01:10:28,220

someone who's not struggling can breeze in there,

1609

01:10:28,220 --> 01:10:30,220

put their arm around them and say, look, I'm gonna help you,

1610

01:10:30,220 --> 01:10:32,900

I'm gonna walk you through this, we'll get this done.

1611

01:10:32,900 --> 01:10:34,940

But you can also look down your nose and be like,

1612

01:10:34,940 --> 01:10:36,860

well, just fucking call them, what's wrong with you?

1613

01:10:36,860 --> 01:10:39,380

Well, they are in crisis, that's what's wrong with them.

1614

01:10:39,380 --> 01:10:42,180

They don't have the capacity to think the way that we do

1615

01:10:42,180 --> 01:10:45,180

and we're well rested and we're not struggling.

1616

01:10:45,180 --> 01:10:50,180

Yeah, and it's crazy when you think about this whole process

1617

01:10:50,860 --> 01:10:53,060

and I love having a conversation with you about it

1618

01:10:53,060 --> 01:10:55,340

where, and like I do with so many other people

1619

01:10:55,340 --> 01:10:57,760

on our podcast where it's like, you have all these ideas

1620

01:10:57,760 --> 01:10:59,680

and all these ideas and what needs to be done

1621

01:10:59,680 --> 01:11:03,340

and you're like, okay, so let's finally do something.

1622

01:11:03,340 --> 01:11:04,660

Let's make something known about it

1623

01:11:04,660 --> 01:11:08,220

where you talk about just doing the dishes

1624

01:11:08,220 --> 01:11:09,260

and that could be a hard task.

1625

01:11:09,260 --> 01:11:12,700

Sometimes it's hard for people to even get out of bed,

1626

01:11:12,700 --> 01:11:15,500

where it's like, and obviously throughout that time,

1627

01:11:15,500 --> 01:11:17,420

you're probably gonna have your phone with you.

1628

01:11:17,420 --> 01:11:21,660

So you need resources right away at your fingertips.

1629

01:11:21,660 --> 01:11:24,500

Absolutely, so let's talk about the Overwatch Collective

1630

01:11:24,500 --> 01:11:27,980

then what made you decide to do that

1631

01:11:27,980 --> 01:11:29,260

even in the first place?

1632

01:11:29,260 --> 01:11:30,500

How did you stand it up?

1633

01:11:30,500 --> 01:11:32,480

And then what are the resources that you're offering

1634

01:11:32,480 --> 01:11:34,340

to our first responders in military?

1635

01:11:35,340 --> 01:11:38,980

Yeah, so that's a lot, good questions, I'll get into it,

1636

01:11:38,980 --> 01:11:40,940

but I can answer that in like an hour and a half

1637

01:11:40,940 --> 01:11:42,740

or I can answer it in five minutes.

1638

01:11:44,100 --> 01:11:48,020

So my buddy, Jesse, he was also in the Marine Corps

1639

01:11:48,020 --> 01:11:50,200

and then we met in the Coast Guard.

1640

01:11:50,200 --> 01:11:51,340

We were at the same unit

1641

01:11:51,340 --> 01:11:54,620

and since we were both in the Marine Corps,

1642

01:11:54,620 --> 01:11:56,380

we kind of had a special little bond

1643

01:11:56,380 --> 01:11:58,700

and so we did everything together.

1644

01:11:58,700 --> 01:12:00,620

We were in the field together doing our training.

1645

01:12:00,620 --> 01:12:03,320

He ended up living at my house for a little bit

1646

01:12:03,320 --> 01:12:07,780

and he brought up the idea of starting a podcast

1647

01:12:07,780 --> 01:12:09,700

and I was like, I don't know what goes into

1648

01:12:09,700 --> 01:12:11,940

starting a podcast, I don't know technology,

1649

01:12:11,940 --> 01:12:14,300

I'm not the smartest individual out there

1650

01:12:15,340 --> 01:12:18,740

and he was like, let's talk about life in the military

1651

01:12:18,740 --> 01:12:21,180

and you could talk about being a first responder

1652

01:12:21,180 --> 01:12:22,900

and I was like, okay, and I was like,

1653

01:12:22,900 --> 01:12:24,540

why don't we talk about mental health

1654

01:12:24,540 --> 01:12:26,960

and we've both lost friends to suicide.

1655

01:12:26,960 --> 01:12:28,900

We just had a mental health debrief

1656

01:12:28,900 --> 01:12:31,560

and everybody was like, all right, next,

1657

01:12:31,560 --> 01:12:33,900

onto the next one, let's fill this gap,

1658

01:12:33,900 --> 01:12:35,360

let's work on this problem.

1659

01:12:35,360 --> 01:12:39,160

So then we ordered some basic equipment,

1660

01:12:39,160 --> 01:12:42,360

set up in his apartment garage

1661

01:12:42,360 --> 01:12:46,440

and put up a bunch of flags the first episode

1662

01:12:46,440 --> 01:12:48,680

to hide the boxes that were stacked up

1663

01:12:48,680 --> 01:12:50,200

and ultimately we were just like,

1664

01:12:50,200 --> 01:12:51,720

hey, this is what our idea is

1665

01:12:51,720 --> 01:12:53,400

and this is what we wanna work on

1666

01:12:53,400 --> 01:12:55,640

and talk about mental health and the resources

1667

01:12:55,640 --> 01:12:58,240

and we cover the basis being in the military,

1668

01:12:58,240 --> 01:12:59,560

me being a police officer

1669

01:12:59,560 --> 01:13:01,560

and knowing a lot of first responders

1670

01:13:01,560 --> 01:13:03,800

and like, hey, let's start talking about this

1671

01:13:03,800 --> 01:13:06,240

and then we started to have people on the podcast

1672

01:13:06,240 --> 01:13:08,880

and we had a brand new officer,

1673

01:13:08,880 --> 01:13:10,440
we had three dispatchers,

1674

01:13:10,440 --> 01:13:11,680
an officer who was involved

1675

01:13:11,680 --> 01:13:13,400
and an officer involved shooting

1676

01:13:13,400 --> 01:13:17,600
with a diagnosis of PTSD and a suicide attempt

1677

01:13:17,600 --> 01:13:19,440
and a combat veteran and we were like,

1678

01:13:19,440 --> 01:13:22,480
let's get everybody within this community

1679

01:13:22,480 --> 01:13:26,000
on the podcast to start and kind of see where it goes

1680

01:13:26,000 --> 01:13:29,880
and then after about 15 episodes,

1681

01:13:29,880 --> 01:13:31,920
we started to receive some donations

1682

01:13:31,920 --> 01:13:34,000
and they were like, hey, we love what you're doing

1683

01:13:34,000 --> 01:13:35,920
about talking about this and normalizing

1684

01:13:35,920 --> 01:13:38,320
and having people share their stories

1685

01:13:38,320 --> 01:13:40,280
of essentially their traumas

1686

01:13:40,280 --> 01:13:42,120
and discussing suicide attempts

1687

01:13:42,120 --> 01:13:43,760
and their ideations at the time

1688

01:13:43,760 --> 01:13:48,160
and we were like, okay, great, good feedback,

1689

01:13:48,160 --> 01:13:49,320
now we want more.

1690

01:13:51,160 --> 01:13:54,360
So then we applied for a 501c3 nonprofit

1691

01:13:54,360 --> 01:13:57,560
through LegalZoom, which I got tasked with that,

1692

01:13:57,560 --> 01:14:00,640
which was an absolute headache of a process

1693

01:14:00,640 --> 01:14:03,960
but ultimately started to get,

1694

01:14:05,360 --> 01:14:06,320
once we got approved,

1695

01:14:06,320 --> 01:14:08,880

we got our first therapist onboarded with us

1696

01:14:08,880 --> 01:14:09,920

in the state of California

1697

01:14:09,920 --> 01:14:12,760

and we were like, hey, we have donations somehow,

1698

01:14:12,760 --> 01:14:14,840

we wanna connect people to you

1699

01:14:15,920 --> 01:14:18,640

and not have their department find out

1700

01:14:18,640 --> 01:14:21,520

or anybody find out just the four of us

1701

01:14:21,520 --> 01:14:23,040

and then we'll pay for them to go,

1702

01:14:23,040 --> 01:14:24,280

how do we do that?

1703

01:14:24,280 --> 01:14:26,840

We were just like, what does that process look like?

1704

01:14:28,280 --> 01:14:30,160

And then that's kind of where it started

1705

01:14:30,160 --> 01:14:32,520

and then we started paying for therapy.

1706

01:14:33,600 --> 01:14:34,800

So expand on that.

1707

01:14:34,800 --> 01:14:37,280

I mean, what are the barriers to entry

1708

01:14:37,280 --> 01:14:39,000

that you were seeing through your eyes

1709

01:14:39,000 --> 01:14:40,520

and what are you able to bring?

1710

01:14:40,520 --> 01:14:41,560

I mean, we touched on Brooke,

1711

01:14:41,560 --> 01:14:43,640

she's an incredible resource,

1712

01:14:43,640 --> 01:14:45,400

amazing counselor in California,

1713

01:14:45,400 --> 01:14:47,240

she also has a license here in Florida now

1714

01:14:47,240 --> 01:14:48,920

to do virtually as well.

1715

01:14:48,920 --> 01:14:50,960

So what were the challenges that you were seeing

1716

01:14:50,960 --> 01:14:52,720

and what have you been able to bring

1717

01:14:52,720 --> 01:14:53,880
to these men and women?

1718

01:14:54,840 --> 01:14:57,440
Yeah, so obviously like what we just talked about,

1719

01:14:57,440 --> 01:14:59,800
the challenges of when you have someone in our community

1720

01:14:59,800 --> 01:15:02,240
that's struggling, that can't get out of bed,

1721

01:15:02,240 --> 01:15:05,960
that can't do the dishes, that doesn't trust the EAP,

1722

01:15:05,960 --> 01:15:08,400
doesn't trust the peer support team,

1723

01:15:08,400 --> 01:15:10,560
is worried about the stigma and the culture

1724

01:15:10,560 --> 01:15:14,880
and everything that goes along with mental health

1725

01:15:14,880 --> 01:15:16,120
and reaching out for help.

1726

01:15:16,120 --> 01:15:17,400
And if you're listening to this

1727

01:15:17,400 --> 01:15:19,400
and you're a first responder in the military,

1728

01:15:19,400 --> 01:15:21,280

you know exactly what I'm talking about.

1729

01:15:21,280 --> 01:15:23,440

It's a struggle to reach out

1730

01:15:23,440 --> 01:15:25,600

and you don't see it that much.

1731

01:15:25,600 --> 01:15:27,840

So then we started to figure out like, okay,

1732

01:15:27,840 --> 01:15:28,920

where's the gap?

1733

01:15:28,920 --> 01:15:30,160

Like what do we need to do

1734

01:15:30,160 --> 01:15:32,680

to get our own contracted therapists?

1735

01:15:32,680 --> 01:15:34,960

Number one, we need a contract.

1736

01:15:34,960 --> 01:15:37,520

So we went on Microsoft Word, filled out a contract

1737

01:15:37,520 --> 01:15:39,880

and then we had to go through a vetting process

1738

01:15:39,880 --> 01:15:41,120

for each of our therapists

1739

01:15:41,120 --> 01:15:43,320

because I didn't wanna start something

1740

01:15:43,320 --> 01:15:45,520

that was like kind of like the EAP

1741

01:15:45,520 --> 01:15:47,640

where you might get connected to a therapist

1742

01:15:47,640 --> 01:15:50,520

that doesn't know anything about first responders

1743

01:15:50,520 --> 01:15:52,480

and knowing the importance of working

1744

01:15:52,480 --> 01:15:56,240

with a culturally competent therapist, that's what we need.

1745

01:15:56,240 --> 01:15:59,360

So we ensured that the people that we had on

1746

01:15:59,360 --> 01:16:01,240

were all culturally competent,

1747

01:16:01,240 --> 01:16:04,320

got their first responder training certifications,

1748

01:16:04,320 --> 01:16:07,480

their EMDR training certifications,

1749

01:16:07,480 --> 01:16:10,400

had a phone call with them and vetted that therapist

1750

01:16:10,400 --> 01:16:13,400

to ensure that he or she can work well with our community.

1751

01:16:13,400 --> 01:16:18,320

And then it was, okay, let's try to get therapists

1752

01:16:18,320 --> 01:16:20,840

in every single state across the country,

1753

01:16:20,840 --> 01:16:23,320

do a podcast with every single therapist

1754

01:16:23,320 --> 01:16:26,360

talking about their personal life,

1755

01:16:26,360 --> 01:16:27,960

like what they like to do for fun,

1756

01:16:27,960 --> 01:16:30,760

what therapy would look like with him or her

1757

01:16:30,760 --> 01:16:33,360

and some of the trainings and certifications

1758

01:16:33,360 --> 01:16:36,160

so that when a first responder service member

1759

01:16:36,160 --> 01:16:40,040

or family member comes to us or to our website,

1760

01:16:40,040 --> 01:16:42,760

they can be like, okay, I'm in the state of Florida,

1761

01:16:42,760 --> 01:16:44,960

I wanna see what therapists are contracted.

1762

01:16:44,960 --> 01:16:47,280

So you already know that they're vetted

1763

01:16:47,280 --> 01:16:50,240

and then you can take a few days to listen to a podcast,

1764

01:16:50,240 --> 01:16:52,640

read their bio, go to their website.

1765

01:16:52,640 --> 01:16:54,240

So that first therapy session

1766

01:16:54,240 --> 01:16:56,920

is as much of a success as possible.

1767

01:16:57,920 --> 01:17:00,120

So what about financial barriers?

1768

01:17:00,120 --> 01:17:02,080

From what I'm seeing,

1769

01:17:02,080 --> 01:17:05,760

even if mental health counseling is covered,

1770

01:17:05,760 --> 01:17:08,680

more often than not, it's a very small amount of sessions

1771

01:17:08,680 --> 01:17:12,040

and to think that you're gonna unpack 20 years,

1772

01:17:12,040 --> 01:17:13,120
that's just in the profession,

1773

01:17:13,120 --> 01:17:15,040
but arguably 30, 40 years,

1774

01:17:15,040 --> 01:17:15,920
if you're going all the way back

1775

01:17:15,920 --> 01:17:17,680
to the beginning of childhood

1776

01:17:17,680 --> 01:17:21,200
where many problems may actually have their nucleus,

1777

01:17:21,200 --> 01:17:23,800
it's not gonna happen in three or four sessions.

1778

01:17:23,800 --> 01:17:27,880
So what are you seeing as far as the true availability

1779

01:17:27,880 --> 01:17:29,640
to mental health counseling

1780

01:17:29,640 --> 01:17:31,600
and how are you guys bridging the gap?

1781

01:17:32,800 --> 01:17:35,240
Yeah, so outside of us,

1782

01:17:35,240 --> 01:17:37,720
I think the common theme

1783

01:17:37,720 --> 01:17:40,360

is through the Employment Assistant Program,

1784

01:17:40,360 --> 01:17:43,520

from everything that I've heard over the past few years,

1785

01:17:43,520 --> 01:17:48,520

it ranges from somewhere to five to 15 therapy sessions,

1786

01:17:48,640 --> 01:17:49,680

if you reach out for help.

1787

01:17:49,680 --> 01:17:53,600

Sometimes it'll be 10 per incident.

1788

01:17:53,600 --> 01:17:55,120

So like if you wanna go to therapy

1789

01:17:55,120 --> 01:17:58,120

because of a domestic violence call

1790

01:17:58,120 --> 01:17:59,400

that really messed with you,

1791

01:17:59,400 --> 01:18:01,320

you get 10 therapy sessions for that,

1792

01:18:01,320 --> 01:18:02,840

but it could be,

1793

01:18:02,840 --> 01:18:05,880

you don't have to talk about that incident for all 10.

1794

01:18:05,880 --> 01:18:07,120

So then if you need more, you just say,

1795

01:18:07,120 --> 01:18:08,800

oh, I wanna talk about another incident.

1796

01:18:08,800 --> 01:18:10,840

So there's a workaround with that.

1797

01:18:10,840 --> 01:18:14,600

But yeah, so through some of the insurance

1798

01:18:14,600 --> 01:18:16,640

through the departments,

1799

01:18:16,640 --> 01:18:20,080

they'll pay for five to 10 therapy sessions

1800

01:18:20,080 --> 01:18:22,640

and you don't really get to choose your therapist

1801

01:18:22,640 --> 01:18:24,000

and that therapist.

1802

01:18:25,720 --> 01:18:28,200

And sometimes it takes five therapy sessions

1803

01:18:28,200 --> 01:18:30,400

to feel comfortable with your therapist

1804

01:18:30,400 --> 01:18:31,640

is what we've heard as well,

1805

01:18:32,880 --> 01:18:34,880

or maybe you don't get along with your therapist

1806

01:18:34,880 --> 01:18:36,640

after the second or third one.

1807

01:18:36,640 --> 01:18:37,480

And then you're like,

1808

01:18:37,480 --> 01:18:40,000

okay, I just used up half of my therapy sessions

1809

01:18:40,000 --> 01:18:41,840

and now I need to find another one.

1810

01:18:42,760 --> 01:18:46,600

So there's a lot of challenges with that,

1811

01:18:46,600 --> 01:18:48,720

that I think deter people in our community

1812

01:18:48,720 --> 01:18:51,120

from actually seeking those resources

1813

01:18:51,120 --> 01:18:55,640

and getting assistance where you come to us

1814

01:18:55,640 --> 01:18:59,280

and I think we have figured it out.

1815

01:18:59,280 --> 01:19:04,280

So you come to us and we'll connect you to the therapist

1816

01:19:06,360 --> 01:19:08,720

in a matter of three to five days is what I say.

1817

01:19:08,720 --> 01:19:10,720

Sometimes we've done it in eight hours,

1818

01:19:10,720 --> 01:19:12,560

sometimes 16 hours,

1819

01:19:12,560 --> 01:19:15,200

sometimes it does take five days

1820

01:19:15,200 --> 01:19:18,200

for us to get a first responder service member,

1821

01:19:18,200 --> 01:19:20,480

family member, spouse, significant other

1822

01:19:20,480 --> 01:19:22,520

connected to one of our therapists.

1823

01:19:22,520 --> 01:19:27,360

And it's an easy submission that you do on our website.

1824

01:19:27,360 --> 01:19:29,880

You see if you do have a preferred therapist,

1825

01:19:29,880 --> 01:19:31,960

like after listening to a few podcasts and be like,

1826

01:19:31,960 --> 01:19:33,920

hey, I really wanna work with James,

1827

01:19:33,920 --> 01:19:35,640

then we'll connect you with James.

1828

01:19:35,640 --> 01:19:39,320

And we just ask for like a two to three paragraph

1829

01:19:39,320 --> 01:19:41,240

explanation of who you are,

1830

01:19:41,240 --> 01:19:42,600

what your profession is,

1831

01:19:42,600 --> 01:19:44,600

or if you're a spouse or significant other

1832

01:19:44,600 --> 01:19:48,280

of a dispatcher and why you're seeking therapy

1833

01:19:48,280 --> 01:19:49,560

through the Overwatch Collective,

1834

01:19:49,560 --> 01:19:51,600

do you need financial assistance?

1835

01:19:52,520 --> 01:19:55,360

And then that submission goes to our secretary

1836

01:19:55,360 --> 01:20:00,120

and then our secretary reaches out to that individual

1837

01:20:00,120 --> 01:20:03,520

via email and sends him or her a message saying,

1838

01:20:03,520 --> 01:20:05,760

hey, we appreciate you reaching out.

1839

01:20:05,760 --> 01:20:08,160

This is sometimes the biggest step.

1840

01:20:08,160 --> 01:20:11,880

And then we say, hey, here's the next step of the process.

1841

01:20:11,880 --> 01:20:13,360

We need you to fill out this waiver

1842

01:20:13,360 --> 01:20:16,440

that's basically saying our nonprofit's not liable,

1843

01:20:16,440 --> 01:20:17,840

blah, blah, blah, blah, blah.

1844

01:20:17,840 --> 01:20:19,920

And then once we get the waiver,

1845

01:20:19,920 --> 01:20:22,560

you get connected to the therapist right away.

1846

01:20:22,560 --> 01:20:25,920

So it's a very confidential process.

1847

01:20:25,920 --> 01:20:28,920

There's like four people that will ever know

1848

01:20:28,920 --> 01:20:32,760

and you can pick your therapist who's vetted.

1849

01:20:32,760 --> 01:20:34,440

You can listen to a podcast.

1850

01:20:35,800 --> 01:20:36,620

And then from there,

1851

01:20:36,620 --> 01:20:39,080

it's off to the races with you and the therapist.

1852

01:20:39,080 --> 01:20:41,280

Like we don't have to hear from that first responder

1853

01:20:41,280 --> 01:20:43,600

or anybody who's going to therapy after that.

1854

01:20:43,600 --> 01:20:48,000

It's all between our secretary and the therapist.

1855

01:20:48,000 --> 01:20:49,320

And what about wait times?

1856

01:20:49,320 --> 01:20:50,480

I know especially the VA,

1857

01:20:50,480 --> 01:20:53,240

the horror stories I've heard of members of the military

1858

01:20:53,240 --> 01:20:55,680

that are in crisis and the next available appointment

1859

01:20:55,680 --> 01:20:57,880

is five months, six months away.

1860

01:20:57,880 --> 01:21:02,080

How are you able to keep a network that has appointments

1861

01:21:02,080 --> 01:21:03,520

that are actually somewhat recent

1862

01:21:03,520 --> 01:21:05,140

so people can get help soon?

1863

01:21:06,240 --> 01:21:09,440

Yeah, so when we do have someone reach out,

1864

01:21:09,440 --> 01:21:11,560

we do our secretary does this as well

1865

01:21:11,560 --> 01:21:13,520

where she'll kind of be like,

1866

01:21:13,520 --> 01:21:17,840

hey, this would be a really good fit for Jill, for example.

1867

01:21:17,840 --> 01:21:21,160

She deals a lot with service members

1868

01:21:21,160 --> 01:21:23,440

and then also has specific training

1869

01:21:23,440 --> 01:21:25,760

to alcohol addiction and all of that.

1870

01:21:25,760 --> 01:21:30,180

So we actually had a veteran reach out to us

1871

01:21:30,180 --> 01:21:31,240
for that exact reason.

1872

01:21:31,240 --> 01:21:34,640
And we got him connected to this therapist

1873

01:21:34,640 --> 01:21:36,120
and it's a perfect match.

1874

01:21:36,120 --> 01:21:38,640
And that was only in a few days.

1875

01:21:38,640 --> 01:21:43,400
So when we were in the process of getting our therapists

1876

01:21:43,400 --> 01:21:45,240
in every single state,

1877

01:21:45,240 --> 01:21:48,360
it did take a little while when people would reach out

1878

01:21:48,360 --> 01:21:50,920
for therapy in like Oklahoma, for example.

1879

01:21:50,920 --> 01:21:54,920
And we didn't have a contracted therapist in Oklahoma yet.

1880

01:21:54,920 --> 01:21:58,360
And then we had to go actively look and see like,

1881

01:21:58,360 --> 01:22:01,480
okay, we need to find culturally competent therapists

1882

01:22:01,480 --> 01:22:03,240

but then we also need to have a phone call

1883

01:22:03,240 --> 01:22:07,160

or email chain back and forth and be like,

1884

01:22:07,160 --> 01:22:09,560

this is the services that we provide.

1885

01:22:09,560 --> 01:22:11,800

We pay for therapy, blah, blah, blah.

1886

01:22:11,800 --> 01:22:14,040

Are you interested in this or not?

1887

01:22:14,040 --> 01:22:15,600

And through that process,

1888

01:22:15,600 --> 01:22:18,160

we really see how challenging it is

1889

01:22:18,160 --> 01:22:21,480

to find a culturally competent therapist.

1890

01:22:21,480 --> 01:22:25,460

And if it's frustrating for us, you sure as shit,

1891

01:22:25,460 --> 01:22:26,760

it's frustrating for that person

1892

01:22:26,760 --> 01:22:28,800

that is finally reaching out for help.

1893

01:22:29,920 --> 01:22:32,880

What can we do on our side

1894

01:22:32,880 --> 01:22:35,600

and obviously the world of psychology

1895

01:22:35,600 --> 01:22:40,600

to increase the amount to encourage

1896

01:22:40,800 --> 01:22:44,800

the mental health professionals to start kind of learning

1897

01:22:44,800 --> 01:22:48,200

or getting the training so they are actually able

1898

01:22:48,200 --> 01:22:50,640

to be effective when it comes

1899

01:22:50,640 --> 01:22:52,240

to counseling people in uniform?

1900

01:22:53,760 --> 01:22:56,080

Yeah, and that's a great question.

1901

01:22:56,080 --> 01:22:59,480

And I personally don't think everybody is gonna be able

1902

01:22:59,480 --> 01:23:02,440

to have specific training to work with our community.

1903

01:23:02,440 --> 01:23:05,080

I don't really see that happening.

1904

01:23:05,080 --> 01:23:07,080

I think it takes a very special person

1905

01:23:07,080 --> 01:23:09,760

to wanna work with our community.

1906

01:23:09,760 --> 01:23:13,080

And a lot of the time we do see prior service members,

1907

01:23:13,080 --> 01:23:17,160

prior first responders who get out of the profession,

1908

01:23:17,160 --> 01:23:19,240

whether early or after retirement,

1909

01:23:19,240 --> 01:23:22,400

and they're like, okay, something needs to change

1910

01:23:22,400 --> 01:23:23,920

and I can be this change.

1911

01:23:25,900 --> 01:23:28,400

And so we do have a few of those as well

1912

01:23:28,400 --> 01:23:31,040

where they're prior first responder, prior service member.

1913

01:23:31,040 --> 01:23:32,840

And it's like, hey, yeah, I did 10 years

1914

01:23:32,840 --> 01:23:35,040

and now I just wanna come back and help.

1915

01:23:36,160 --> 01:23:40,640

But I think there's also a lot of trauma

1916

01:23:40,640 --> 01:23:43,640

that goes into working with someone in our community

1917

01:23:43,640 --> 01:23:47,440

because you're hearing the worst of the worst.

1918

01:23:47,440 --> 01:23:50,600

So then you're getting secondary post-traumatic stress

1919

01:23:50,600 --> 01:23:53,400

from that incident where a lot of our therapists,

1920

01:23:53,400 --> 01:23:56,220

I'd say a majority of them also have their own therapists

1921

01:23:56,220 --> 01:23:59,400

that they work with, where they'll do weekly check-ins

1922

01:23:59,400 --> 01:24:01,740

and be like, hey, I had this really tough therapy session

1923

01:24:01,740 --> 01:24:04,240

with this firefighter who saw this.

1924

01:24:04,240 --> 01:24:07,920

And because there's no way you could be a therapist

1925

01:24:07,920 --> 01:24:10,600

and go a year or two

1926

01:24:10,600 --> 01:24:13,120

and you're seeing first responders and service members

1927

01:24:13,120 --> 01:24:17,200

and you're hearing about murder, suicides

1928

01:24:17,200 --> 01:24:19,340

and fatality, traffic collisions.

1929

01:24:19,340 --> 01:24:23,000

And when you do EMDR, the eye movement desensitization

1930

01:24:23,000 --> 01:24:25,000

reprocessing therapy,

1931

01:24:25,000 --> 01:24:27,200

you're hearing that first responder talk

1932

01:24:27,200 --> 01:24:29,440

about all the six senses that they have,

1933

01:24:29,440 --> 01:24:32,960

the smell, the sight, which also you're thinking about

1934

01:24:32,960 --> 01:24:36,040

and you're trying to imagine, which is also traumatic.

1935

01:24:37,160 --> 01:24:38,000

Absolutely.

1936

01:24:38,000 --> 01:24:40,840

I don't know if you've had this, but even just doing this,

1937

01:24:40,840 --> 01:24:45,840

I've realized now that if I have a series of guests

1938

01:24:46,480 --> 01:24:49,440

that all really get deep into their story,

1939

01:24:49,440 --> 01:24:51,500

which I encourage and invite

1940

01:24:51,500 --> 01:24:56,040

and I think is the most incredibly courageous vulnerability,

1941

01:24:56,040 --> 01:24:59,160

you have to be careful even doing conversations with this.

1942

01:24:59,160 --> 01:25:01,280

If you're someone that is kind of the go-to

1943

01:25:01,280 --> 01:25:04,400

in your department, you're kind of like the peer support

1944

01:25:05,680 --> 01:25:08,280

ear as it were, again, being mindful

1945

01:25:08,280 --> 01:25:10,960

of your own mental health and realizing there's times

1946

01:25:10,960 --> 01:25:12,560

where you need to kind of hit the pause button

1947

01:25:12,560 --> 01:25:15,760

and go offload, go on a cruise or whatever it is.

1948

01:25:15,760 --> 01:25:18,880

Cause it does, I always think of the green mile.

1949

01:25:18,880 --> 01:25:21,360

It's like that, you're trying to take everyone's pain,

1950

01:25:21,360 --> 01:25:22,280

but it's a certain point

1951

01:25:22,280 --> 01:25:23,600

where you've got to let it out yourself.

1952

01:25:23,600 --> 01:25:26,040

Otherwise it will start to bring you down too.

1953

01:25:26,040 --> 01:25:29,320

Yeah, and I completely agree with you

1954

01:25:29,320 --> 01:25:30,720

and I've been there as well.

1955

01:25:30,720 --> 01:25:33,600

And so our podcast that we have is not,

1956

01:25:34,800 --> 01:25:35,960

it's nothing crazy.

1957

01:25:35,960 --> 01:25:37,840

I do the podcast out of the garage

1958

01:25:37,840 --> 01:25:40,020

and it's a flag that's held up behind us.

1959

01:25:40,020 --> 01:25:42,200

And we don't spend too much money on it

1960

01:25:42,200 --> 01:25:44,920

because we want a majority of our funds to go to therapy,

1961

01:25:44,920 --> 01:25:46,760

but all we care about is the content.

1962

01:25:47,720 --> 01:25:51,080

And just like you mentioned where you have these people

1963

01:25:51,080 --> 01:25:54,240

come on and you're sitting across the table from them

1964

01:25:54,240 --> 01:25:59,240

and they're talking about the cold barrel of their pistol

1965

01:26:00,080 --> 01:26:02,160

and how that felt when he put it in his mouth

1966

01:26:02,160 --> 01:26:04,720

and considered dying by suicide.

1967

01:26:04,720 --> 01:26:07,080

And just doing the podcast alone,

1968

01:26:07,080 --> 01:26:10,640

I've done a few where it's like emotionally draining

1969

01:26:10,640 --> 01:26:13,320

and you're just physically and emotionally drained after it

1970

01:26:13,320 --> 01:26:17,000

where you're like, okay, like I need a bit of a break

1971

01:26:17,000 --> 01:26:19,440

or I need to go take a nap or go for a walk or something

1972

01:26:19,440 --> 01:26:22,060

because they are very draining.

1973

01:26:22,060 --> 01:26:23,540

And it's similar to that therapist

1974

01:26:23,540 --> 01:26:25,200

with the secondary post-traumatic stress

1975

01:26:25,200 --> 01:26:27,960

because you're getting deep into that story.

1976

01:26:27,960 --> 01:26:29,300

Absolutely.

1977

01:26:29,300 --> 01:26:30,640

Well, for people listening,

1978

01:26:30,640 --> 01:26:32,640

where can they find the Overwatch Collective

1979

01:26:32,640 --> 01:26:35,460

whether they wanna use your resources or even donate?

1980

01:26:36,520 --> 01:26:39,240

Yeah, so we made it super simple for our community,

1981

01:26:39,240 --> 01:26:41,600

just like finding therapy.

1982

01:26:41,600 --> 01:26:43,680

So you type in the Overwatch Collective on anything

1983

01:26:43,680 --> 01:26:44,980

and you'll find it.

1984

01:26:44,980 --> 01:26:46,560

The Overwatch Collective.com,

1985

01:26:46,560 --> 01:26:48,560

Instagram, the Overwatch Collective,

1986

01:26:48,560 --> 01:26:50,160

TikTok, the Overwatch Collective.

1987

01:26:50,160 --> 01:26:54,080

We do have our own mental health app as well.

1988

01:26:54,080 --> 01:26:59,080

So you go to the app store on your Apple phone or Android,

1989

01:26:59,240 --> 01:27:00,600

even the green text users

1990

01:27:00,600 --> 01:27:03,260

that ruin all the group text messages.

1991

01:27:03,260 --> 01:27:05,280

You download the Overwatch Collective app

1992

01:27:05,280 --> 01:27:08,120

and we have our wellness program on there.

1993

01:27:08,120 --> 01:27:10,240

We have other podcasts that we vet

1994

01:27:10,240 --> 01:27:12,420

and they're good for our community and beneficial.

1995

01:27:12,420 --> 01:27:15,040

We have audio rooms where you can essentially

1996

01:27:15,040 --> 01:27:17,320

do your own podcasts and they save.

1997

01:27:17,320 --> 01:27:21,080

And we have all these resources that do audio rooms

1998

01:27:21,080 --> 01:27:24,200

and you have a social media aspect as well.

1999

01:27:24,200 --> 01:27:27,520

And then the next update is gonna be our buddy program

2000

01:27:27,520 --> 01:27:28,360

that we have on there

2001

01:27:28,360 --> 01:27:30,080

and then all of our therapists as well.

2002

01:27:30,080 --> 01:27:34,200

And with the app, you can use it as Greg Grogan

2003

01:27:34,200 --> 01:27:37,620

or you can hit one button and go into incognito mode

2004

01:27:37,620 --> 01:27:39,440

where you can be completely anonymous

2005

01:27:39,440 --> 01:27:41,200

while still using the entire app

2006

01:27:41,200 --> 01:27:43,760

and getting the benefits and resources.

2007

01:27:43,760 --> 01:27:44,880

Beautiful.

2008

01:27:44,880 --> 01:27:46,800

Well, Greg, I wanna say thank you so much.

2009

01:27:46,800 --> 01:27:50,480

Firstly, I mean, obviously your time in uniform in itself,

2010

01:27:50,480 --> 01:27:54,720

but so often guests that have come on here

2011

01:27:54,720 --> 01:27:57,240

are members of the military, first responders

2012

01:27:57,240 --> 01:27:59,280

and either during service like in your case

2013

01:27:59,280 --> 01:28:03,280

or after service, they still wanna continue to serve.

2014

01:28:03,280 --> 01:28:04,240

They still wanna help.

2015

01:28:04,240 --> 01:28:07,020

They adore the community that they were in

2016

01:28:07,020 --> 01:28:08,880

and it's those incredible men and women

2017

01:28:08,880 --> 01:28:11,000

that are really at the helm

2018

01:28:11,000 --> 01:28:12,880

of all the things that are helping our people.

2019

01:28:12,880 --> 01:28:14,760

I mean, arguably we pay a lot of taxes

2020

01:28:14,760 --> 01:28:17,200

and there's some very large organizations and unions,

2021

01:28:17,200 --> 01:28:20,240

et cetera that should be taking care of our people,

2022

01:28:20,240 --> 01:28:22,080

but there are many, many gaps

2023

01:28:22,080 --> 01:28:24,920

and I have so much admiration for people that stand up

2024

01:28:24,920 --> 01:28:27,360

and try and be proactive in that area.

2025

01:28:27,360 --> 01:28:29,600

So I wanna thank you not only for your service

2026

01:28:29,600 --> 01:28:31,080

but also for being so generous

2027

01:28:31,080 --> 01:28:33,920

and coming on the Behind the Shield podcast today.

2028

01:28:33,920 --> 01:28:34,760

Now, I appreciate it.

2029

01:28:34,760 --> 01:28:35,600

Thank you.

2030

01:28:35,600 --> 01:28:38,780

It's really quick, just a little bit more into donating.

2031

01:28:38,780 --> 01:28:39,920

If you do wanna donate,

2032

01:28:39,920 --> 01:28:43,320

we're a 501C3 non-profit organization.

2033

01:28:43,320 --> 01:28:45,840

So we'll send you a donor letter.

2034

01:28:45,840 --> 01:28:47,680

As of now, our statistics,

2035

01:28:47,680 --> 01:28:51,880

we've connected 124 people to our therapists.

2036

01:28:51,880 --> 01:28:53,960

We're almost at a thousand therapy sessions,

2037

01:28:53,960 --> 01:28:56,960

either fully covered or financially assisted.

2038

01:28:56,960 --> 01:28:58,960

And then we're almost at a hundred thousand dollars

2039

01:28:58,960 --> 01:29:02,080

total spent in therapy over like a 16 month period.

2040

01:29:02,080 --> 01:29:05,800

So all of the donations, the merchandise sale,

2041

01:29:05,800 --> 01:29:09,760

everything all goes back to our non-profit.

2042

01:29:09,760 --> 01:29:14,760

So thank you for your support.

2043

01:29:14,860 --> 01:29:15,700

Thank you.

2044

01:29:15,700 --> 01:29:16,540

Thank you.

2045

01:29:16,540 --> 01:29:17,360

Thank you.

2046

01:29:17,360 --> 01:29:18,200

Thank you.

2047

01:29:18,200 --> 01:29:19,020

Thank you.

2048

01:29:19,020 --> 01:29:40,840

Thank you.