



RE: Rotary Grant

March 23, 2022

Greetings,

In 2014, Michael A. Hammer and I co-founded the *At Ease* program to help first responders deal with the issues that come from the stressors of working in trauma-based professions. First responders are on the frontlines responding to difficult circumstances every day, and what we don't see is how these events impact their well-being and mental health. Working in fields that deal with trauma has caused some to turn to isolation, substance abuse and even suicide, as their way of dealing with Post Traumatic Stress (PTS).

The **good news** is – we are helping to Keep our first responders strong, and it is a privilege, through confidential counseling that is free to our first responders and their families. I would like to share an example of a testimonial that we have recently received to share the impact this program has on our first responders:

*I would like to offer my sincere thanks to this organization for providing me with an excellent counselor. My counselor contacted me within 24 hours of me requesting help from At Ease and set up a online meeting. From the start, I felt comfortable with her and have been meeting with her weekly for 5 months, when I completed my sessions! I never knew that I had underlying, complex PTSD issues after being a firefighter/fire officer the last 32 years. She was able to uncover these things while being extremely encouraging and competent. I am unable to describe how great she has been and made such a positive difference in my life. This experience has been one of the most difficult times I had to endure, and at the same time the most important and beneficial 5 months of my life. I would like to thank you for providing her, as well as the financial component, to get me through this. I would like to express my gratitude for my counselor and her professionalism and unwavering support, I will miss her and cannot recommend her enough for others.*

**This is why we do what we do.**

As I reflect on the stories, that I sometimes hear first-hand, I am deeply moved that the spirit of our first responders never wavers as they face some of the most difficult situations in life. They put themselves in harms way and continue to put on their uniform as they serve our communities every-day.

911 At Ease International exists to support first responders and their families, so they can be at their best to serve their community. At Ease is committed to Keeping our first responders strong. We do this through confidential, trauma-trained excellent counseling. At Ease is trusted by first responders and it is our honor to serve our first responders and their families in this meaningful way. There are many ways to be involved, but with your contribution you can make a generous impactful to help our first responders!

***\$5,000 in support provides direct counseling to first responders and immediate family members, including children.***

Your contributions are making a life changing and sometimes life saving impact. I look forward to connecting with you to learn more about your interests and to discuss this good work we do for the sake of our first responders and our communities. Thank you for your partnership and care for our communities in this special way.

Thank you for helping in ***Keeping our first responders strong.***

Respectfully Submitted,

*Mike McGrew*

Sgt. Mike McGrew, Ret.