

Support for society's warriors, protectors, guardians, and healers

What people are saying about Pause First Academy

Pause First Academy is a service provided to employees of the Missouri Department of Corrections. It was first offered during the Pandemic and was a workplace lifesaver for teaching coping skills and relieving stress during a very difficult period. The variety of classes offered means there's something for everyone. (I even keep a binder with all my handouts and notes from the courses so I can have a hard copy of all the useful things I learn.) I would highly recommend that Pause First Academy be part of every employee's training options.

**Robert Bailey - Corrections
Education Specialist 1 MODOC**

To all the members of the Pause First Academy.

Let me say that the Pause First Academy is a valuable and useful tool that I have made great use of. As a recently retired first responder, with 21 years of experience/exposure in the role of firefighter/AEMT, I find the material offered extremely helpful in building and maintaining skills of resilience. Having said that, I have been able to process my own PTSD diagnosis and take steps towards a new and healthier life.

Many thanks to you all.

Randy Beaton - Fire/EMS

I had the opportunity to meet Kim at a training and was so impressed by her story and passion behind her mission. She, her team, and the mission is making a difference in the first line, boots to the ground, first responders that struggle. Many struggle in silence and either don't know how to ask for help, or believe that asking for help is a sign of weakness. I love that the training teaches a group of officers how we can make a difference and then provides us the tools to make it happen. We can then not only help those in need, but teach others to help people.

Jennifer Shevey - Law Enforcement



Col. Brenda Dietzman



Erik Huse



Kim Colegrove



Wendy Hummell



Chief Angela Carus-Yahne



Maj. Darren Ivey

Our instructors have backgrounds in law enforcement, fire service, emergency medicine, corrections, and the military.



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