

DANCE FOR DREAMS
P.O Box 12704
El Paso, Texas 79913
(704) 293-4307

24 October 2019

TO ALL: First Responders, Law Enforcement Agencies, and Armed Forces Service Members

SUBJECT: Physical, Mental, and Emotional Sun Star City Outreach Retreat Empowering Seminar (PME-2SCORES)

My name is Deliris Montanez and I have been a resident of El Paso, Texas for over twenty (20) years. A twenty-nine (29) year veteran with the United States Army Reserves who served our country abroad in many capacities but primarily as a Logistics Officer. I have also served twenty-five (25) years as a veteran Law Enforcement Officer in several capacities to include city, county and federal agencies.

As a former Leader, Honor Guard Member and Casualty Assistant Officer, I experienced a lot of pain and sorrow from both victims and family members throughout my career. Because of my education, work and life experiences I decided to make a commitment, and pledge an oath to take the necessary steps of becoming a Stigma Smasher in our Sun City on the endless fight against the suicide epidemic killing many of us at a rapid pace.

Mental Health is no joke and it affects more people than you really know. It is no different than any other illness, but the stigma goes so deep in our careers that neither men or women talk about it because they all have been taught to be strong, to suck it up, and to drive on. Wrong answer.

Many departments have created programs such as Peer Support, Chaplaincy, and Employee Assistant Programs with the hope for their employees to seek help regardless of their one specific need. Even though they might be great programs, they do not work for every employee. Sadly, they only work for a select few. Even though the programs claim to be confidential they are not, as many of them are their own peers. If we don't work on destroying the stigma against suicide and offer an environment which offers **TRUST**, suicides **will** continue to happen because the victims drown in their own pain and sorrow. It is not about hearing or listening to someone, it is about being able to connect and have a rapport with that person and for the victim to not experience backlash.

First Responders **SUICIDE** is Multi-Variate, including organizational variables such as:

- Punitive policy design
- Top down stigma
- Quick to punish but slow to praise paradigm
- Autocratic structure
- Appeal to tradition fallacy of logic

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On 16 November 2019, I am hosting a PME-2SCORES for our own. This seminar is a one-day only event and it is to address subjects not limited to Health and Wellness. It will also address Nutrition, Stress, Anxiety, Post Traumatic Stress Disorder, Post Traumatic Stress Symptoms, Depression, and Suicide among others with a more holistic approach.

Location: Hilton Garden Inn Airport Boulevard, 6650 Gateway Boulevard East, El Paso, Texas 79915

Schedule:

Registration Starts at 8:00 am (Join us for a networking session over coffee or tea and a pastry)

Morning Session: 9:00 am – 11:30 am

Lunch: 11:30 am – 1:00 pm (Lunch will be available for purchase. MUST RSVP for an accurate count.)

Afternoon Session: 1:00 pm – 4:00 pm

This specific seminar is **FREE** of charge and will definitely benefit everyone especially:

- First Responders (Emergency Medical Services, Emergency Medical Technicians, Paramedics, Firefighters) ***
- Law Enforcement (City, County, State, Federal, Private) ***
- Armed Forces Service Members (Active, Guard, Reserves, Retiree, Veterans) ***
- Spouses, and any guest who aims and or desires to become a Stigma Smasher (\$50 Early Bird Special BUT includes lunch)

Guest Speaker will be “That Peer Support Couple, LLC” representing www.bluehelp.org. All information and additional guest speakers can be found on www.facebook.com/equestrianholisticretreatgetawayforthosewhoserveus.

Proceeds will benefit our own Sun City Youth at www.dancefordreamsfoundation.org and www.facebook.com/dancefordreamsfoundation.

All I ask if for this important and paramount information to be shared with every employee in your department and/or agency. One person can't change the world but we can be the one who makes a difference in someone's life.

Point of contact is Ms. Montanez at www.dancefordreamsfoundation@gmail.com or (704) 293-4307.



DELIRIS MONTANEZ
Dance for Dreams
President/Founder