



BEHIND THE TAPE

“A First Responder’s Journey from Tragedy to Healing Others”

Presented by:

Richard Best, M.A.

Mental Health Clinician | Retired Police Officer | Commissioned Military Officer

Founder and President: Warrior Spirit Health & Wellness LLC

What Happens After the Sirens Fade?

Richard Best, one of the first police officers to respond to the Parkland, Florida school shooting at Marjory Stoneman Douglas High School, shares his journey from frontline responder to trauma-focused mental health clinician. His diverse experiences bridge the gap between service and healing.

The real battle often begins when the crime scene clears, and the cameras disappear. This powerful and deeply personal presentation takes you behind the tape to confront the emotional aftermath that many first responders carry, internally and invisibly.

Attendees Will Walk Away With:

-  Real-world insight into the psychological toll of critical incidents
-  Practical tools to build personal and professional resilience
-  Strategies to promote wellness across the agency
-  A powerful reminder to stay mentally prepared for “*that day*”.

Why It Matters:

This session underscores why mental wellness isn’t a luxury. It’s a mission-critical priority. Support begins with understanding and healing begins with honest conversations.

“Rich marries lived experience with academic insight and clinical expertise to deliver a powerful, transformative training. It’s the kind of session that doesn’t just inform ...it shifts perspectives.”

To Bring This Session to Your Agency

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