

**Kelley Meshirer**

Kelley has served Public Safety since 2012 through various non-profit avenues and has experience, leadership, and training in areas including critical incidents, suicide prevention/intervention, peer support, and mental health. She has been a first responder spouse to a 26-and-a-half-year veteran of federal law enforcement since 2004. She has navigated several critical incidents and line-of-duty injuries throughout her husband's career. The most life-changing in 2018 when he was involved in a line-of-duty shooting incident and survived. She attributes her wellness to hard work and the support they received from her husband's agency, friends, family, community, and primarily her faith. She also greatly recognizes the benefit her family received from the counseling of a trauma specialist. Kelley is an honors graduate from Liberty University with a Master's in Addiction Counseling and is currently a doctoral student seeking her Ph.D. in Psychology focused on Trauma. She practices at Thrive with Chaos and is an ICISF Instructor for Critical Incident Stress Management. She trains on several other subjects including suicide prevention, resiliency, post-traumatic growth, the nervous system and stress response, and first responder couples. She lives in Southern Arizona with her family.