

## Mirian “Bev” Perez



Mirian “Bev” Perez is the CEO/Founder of Self Help In Every Law-Enforcement Department “SHIELDUS” Co., a non-profit organization focused on breaking the stigma of mental health amongst First Responders, offering wellness retreats as a safe place for them to be heard and supported. Our goal is to end the suicide epidemic amongst First Responders everywhere: <https://www.shieldus.app>

Mirian “Bev” is a former police officer, detective and leader in her squad, she served the Prince George’s County Police Department for ten years. After her experience as a police officer and her educational background she has now dedicated her life to sharing her story of overcoming Post-Traumatic Stress Disorder, Anxiety, and depression. Mirian is a motivational speaker and wellness coach; her goal is to educate, inspire, and break down the stigma of mental health amongst First Responders. Mirian is a certified lifeguard through the Red Cross, member of US Master Swimming-(Adult Learn to Swim)- Instructor and avid surfer. Mirian has utilized the use of water sports, mindfulness skills along with her certification with the Center For Mind Body Medicine to encourage Post-Traumatic Growth; using water as medicine. Mirian is also a group facilitator, working in partnership with FHE-Health’s Shatterproof’s First Responders Program, in Deerfield Beach, Florida. Shatterproof is an inpatient/outpatient rehabilitation treatment center for First Responder's who are dealing with: emotional numbness, alcohol, drug and /or food problems, flashbacks, nightmares, sleeping problems and more. Mirian is currently offering coping skills, mental fitness and peer support with First Responders at FHE Health- Shatterproof: <https://fherehab.com/services/first-responders/>.

Other certifications Mirian has obtained are: CPR & First Aid Certification through the Red Cross, Psychological First Aid, Mental Health First Aid, ASIST Training Certified (Applied Suicide Intervention Skills Training), Wellness Recovery Action Plan Certification (W.R.A.P), Motivational Interviewing, Peer-Support Specialist, Trauma-Informed, Dialectical Behavior Therapy (DBT), Soon to be an Adaptive Surf Coach through the International Surf Association and soon to have her Law Enforcement Psychological Autopsy Certification.