

Rescue the Rescuer: An Interview with First Responder Stephen Kavalkovich

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KRISTIN: Hey everyone, it’s Kristin Sunanta-Walker, host of Mental Health News Radio. I am super excited because I have Stephen Kavalkovich on the show. He is one of our newest podcasters with a show called *Rescue the Rescuer*. Stephen, thank you so much for coming on.

STEPHEN: Thank you so much for having me. It’s an honor and a pleasure to be your guest today.

KRISTIN: Now, you started this show because why? Tell our listeners a little bit about your background, why you wanted to do this particular show, and what it’s about.

STEPHEN: Well, most of my adult career and adult life I was a paramedic in the New Jersey metro area for about fifteen years. Back around 9/11, I went to ground zero. Honestly, I used being a rescue worker there - well, unfortunately it was more of a recovery worker; because by the time we got there, there really wasn’t anybody to rescue. Either they were at the hospital, they were evacuated, or unfortunately had already passed away obviously from the attack. That was around beginning of my career. But I used 9/11 as an excuse for a long time to do destructive things to myself – as crazy as that sounds. Fast forward many years that I spent working as a medic and living with a lot of regret, shame and guilt. Not even so much from adult things – it actually started way back from when I was a kid – childhood abuse and childhood identity issues that I struggled with. So, I wound up using drugs and alcohol primarily to cope, to numb out feelings, or just to try to forget about things I didn’t want to think about or feel. For many years I worked as a medic saving people, but really never realized how sick I was. I wound up at a point where I was losing many jobs, losing all my relationships, lost my wife, lost my kids, and lost my career eventually. I wound up turning from drinking (using alcohol to escape), to opiate pills, and eventually to stealing pills from a medic truck, from patients’ houses, and doing things that I never in a rational mind would have ever done.

KRISTIN: Right.

STEPHEN: But unfortunately, once those things get into your brain and the chemicals take hold, you’re not thinking rationally. You’re not thinking about the consequences; you are really just on a fight or flight mechanism all the time. I wound up losing my career when I turned to heroin – again, something I never thought I would have ever done. Heroin turned into a financial decision. (I’m sure we can get into that later.) But I lost my career. What I realized as I was finally getting into recovery, after losing everything and coming to a point of sheer desperation, was that working in the field as a first responder, even when I was struggling heavily, I didn’t feel that I had anybody that I could talk to. There was a certain code of silence that I felt existed within the field that we are supposed to be strong and tough. I found out that it really wasn’t true because I was suffering in silence for a long time. I was isolated and didn’t realize people knew how bad it was getting because I could hide it. In the end, it was pretty obvious. My physical appearance and my irrational

and erratic behavior – I couldn't hide it. But people knew. That is what saddened me. It didn't make me angry at anybody. It made me sad to realize that they didn't feel that they could do anything about it. Fast forward now to the point that I realized it was time to do something. I realized I could never talk about stealing pills from people's houses while I was still working on an ambulance. But when I lost that, I realized that I was given a unique opportunity to be able to share it because there is a freedom to share it now. I started writing online. I started a couple of blogs and writing for multiple different online magazines and publications.

KRISTIN: Like what magazines?

STEPHEN: Well, [In Recovery](#) magazine, I believe they have a regular paper magazine publication, but I started writing some articles for them online, and I started my own blog. Today, people's attention span, they don't have the attention to read – and it really saddens me because I love to. There is so much grabbing people's attention nowadays.

KRISTIN: Oh yeah. They post psychology articles today and say, "It's a three-minute read. It's a seven-minute read." That's how "bad" it is, that if it's longer than a ten-minute read then people think, "Eh!" But that's the nature of the way society is moving – so I get it.

STEPHEN: Exactly. That's why I felt like – I knew that my content was good. I had a lot of blog subscribers. But I just wasn't getting the reach that I was looking for. I started thinking, "How can I do something about this?" My friend actually started a podcast about two months ago. He started doing it completely on his own. I was inspired by it. I bought a microphone and sat it in my office. I didn't do anything with it because I didn't know what to do. It just so happened that the guy I ended up hiring as my producer, James, who you know as well, posted something. I was driving to work, and I was at a stoplight. (Yes, I was looking at my phone.) I saw something pop up on Facebook that he was looking to produce four podcasts.

KRISTIN: We're talking the awesome James Healy, who is now a producer on our network, thank you very much.

STEPHEN: Yes, absolutely. James Healy is awesome! He is like my Jedi Master – my Mr. Miyagi – because he knows all this technical stuff that I don't know anything about. I happened to see that he was looking for people to start shows. Literally, five minutes before that I was thinking, "What am I going to do? What kind of show am I going to do?" I saw that as an opportunity, as a divinely inspired moment to hook up with him. For the last four to five weeks or so we've been building this project. It's basically to give first responders, whom I consider to be anybody in the helping professions – anyone from cops, firemen, military, paramedics, nurses and doctors - but also social workers, teachers, mental health professionals – it can go anywhere. On your show and the network, you talk about the fact that mental health affects everybody because we all have a mental aspect to our lives.

KRISTIN: Yes, that's right! You can't live without it.

STEPHEN: Well, we can, but we'd pretty much be in a vegetative state. So, it's been a project to reach this audience and to let everyone know that underneath your uniform, your badge, your title, or your white coat you are still a human being. The professions may be different, but the humanity underneath is the same and the behaviors tend to be the same too.

KRISTIN: Yes, absolutely. James always corrects me because I add a million digits to everything I say because I exaggerate – so if I say four million it really probably means four hundred thousand. What I love about James is that he is so, "Let's live in reality, Kristin." So, I'll say, "You know, there are four million podcasts." And he will say, "No, there's actually four hundred thousand."

STEPHEN: Yeah, he kind of reigns it in. I know what you mean.

KRISTIN: Because you and I both get super excited and we want this now, and he says, “Okay. No. We’re going to be calm now.”

STEPHEN: Oh, it’s so funny. It reminds me of – I don’t know if you remember from back in the mid-90s (which were my teenage years) Beavis and Butthead. They had the school teacher who played the guitar. It reminds me of that. The world could be blowing up; you could have atomic attacks in the back room and he would say, “Let’s just sing a song. It’s okay.” I just get these images sometimes when I hear things.

KRISTIN: Yeah, exactly. He says, “Stephen really wants these things done, but I’ve got to take my kid to school.” I think, “Yeah, Stephen and I have been chatting a lot on Facebook constantly, but I don’t think anything of it because I am always communicating with someone, so it doesn’t bother me.”

STEPHEN: Yes, exactly. It’s just our nature. That’s why you and I hit it off so well immediately because I think we are cut from the same cloth. You say you want to do something and I’ll say, “Okay. Let’s do it right now. I’ll cut out an hour a day.”

KRISTIN: I said, “Hey, I want you to write a chapter for the book we’re doing that’s about Mental Health News Radio.” I said that on Friday and you had that sucker into me on Saturday. It was awesome.

STEPHEN: Yeah, I’ve been given the opportunity to really get a life, because even in the years that I was a paramedic: I was married, I had a house, I had cars, I had a dog, I had “the American dream”. But I was still suffering. I was walking around just a bundle of despair. A lot of that had to do with not dealing with things that I had been carrying around for fifteen or twenty years or longer. I had to lose it all to gain it all. So now I’m at a point where I get to build a life; I get to build an identity. That’s another thing, too, that I really want to drive home with the show. Again, the show is not about me at all. It is about everybody else.

KRISTIN: Oh, you are being a servant. You are being a servant to keep on helping other people. You are out there, and you are going to be putting yourself on the line every day, having people getting annoyed with you saying the same things. I just got a review that said that, and I sent it to you. That’s just what happens and those are good things, because it means that you are pumping out content. But the show is about you delving into the psyche and the lives and feelings of all of these other people that are doing this first responder work.

STEPHEN: That’s the interesting thing because the first real episode is me really going into it. I want people to know me. I want to be as transparent as possible. I don’t hold anything back. I don’t hide any secrets. I don’t lie anymore. I did a lot of lying and manipulating while I was trying to cover up what was going on. But now that everything came out into the open and it’s been exposed – I have nothing to hide, and I have nothing to lie about. I figure the best way for the audience to be able to connect and feel that they can trust what I’m doing is for me to be brutally honest about who I am. I don’t want to spoil it, but I’ll share a little piece. When I was fourteen or so, a Christian youth pastor, who was entrusted to be a man of integrity and do the right thing, tried to molest me. At that point, I didn’t even know it then, but shortly thereafter there was another incident that happened (you’ll have to tune into the show so the 8.10 billion people in the world can hear it), and twenty years later I realized that I got into the business of being a first responder and a rescuer because there was no one there to rescue me when that happened to me. It was a subconscious thing that I didn’t even know was there. I connected the dots when the fog cleared up, and I got all of the chemicals and insanity out of my system. I started to realize that back then I got a mission, but I didn’t realize that was why I was doing it.

KRISTIN: Right. That’s how we do this. We are called to do those things. Yes, they are self-serving in that they are there to help us work out our past trauma. But most of us are not consciously aware that that’s what we are doing. Honestly, that is what life is for. Work through your stuff every day of the week, every hour of the day, every second – that’s what it’s about.

STEPHEN: Yeah, and to take it a step further, we're all given gifts and purpose in life, and (not to get religious but I like the term) we are all given a cross to bear. I believe that whatever that is: for me it was having a Christian youth leader try to do that to me, for me it was having to declare bankruptcy a week before I got married, for me it was going through an abortion – for me it was all these things. I'll never forget, about two or three years ago, one of the guys that knew about that event from when I was fourteen, whom I am still friends with today and go to church with, said to me, "I don't know why it had to be you who had to go through all of those things, but I do know that nothing happens in vain. Now your purpose is to take everything from every one of those experiences and be able to share them. You have a unique perspective because you been in most people's seats. You've been through divorce; you've been on the streets; you've overdosed; you've been in jail – you've been to all these places, so you are uniquely qualified to be able to speak into someone's life about it." Regardless of all of those things, the only thing I would take back is the hurt that I caused others. But I certainly wouldn't take back the pain that happened to me, because I wouldn't be able to share it then. I would have nothing to share.

KRISTIN: Yes, that's so true. Tell our listeners what kind of guests you have lined up. You don't have to say who, but what kind of things do you have already recorded coming right out of the gate?

STEPHEN: What I'm really trying to do is provide resources. What's been amazing is that as I've made social media announcements about this project, I've had people from all over the country reaching out to me saying, "I'm so glad you are doing this." There are people who have educational programs and treatment programs to deal with these things like PTSD, relationship failure, depression, anxiety, addictions, grief, and loss. So, what I'm doing is compiling people that I'm vetting, because I want to make sure they are doing the right thing and that their intentions are pure, (you know about that as well as I do that when it comes to the treatment industry, and I hate the word "industry" because that means manufacturing or providing a good or service to make money – and this is not about making money), getting people that are in the industry, getting people that are doing things around the country to get people help, to open up conversations and the lines of communication. I don't believe that I was the only first responder who was doing what I was doing.

KRISTIN: No, because it's a job rife with people that are doing it for a lot of the same reasons you did, and who are suffering in silence. It's rife with people like that, and it's a place where, even if they aren't ready to be a guest, they will want to tune in. They will think, "Oh my gosh! He's telling my story!"

STEPHEN: Exactly. The tagline that I use for the show is that we heal through connection, and we connect through struggle. I believe that strength is a wonderful thing. It's a great human quality, but it can be very dividing. When you have someone who is a celebrity come to a school and say, "Don't do drugs, kids," that's great. But a lot of times kids can't relate to that celebrity because they are like an untouchable person. But we all can relate with struggle, hardship and difficulty because every one of us has had those things. I think it's sort of a reverse thing. It's connecting through the imperfection because none of us is perfect, and we have to accept the fact that it is okay to not be perfect.

KRISTIN: Right, absolutely. Let me ask you a question. How do you deal with... well, let me give you a backstory since you just started listening to our show. Because we do shows within a show (we have regulars that come on every week and we talk to those people each week), our listeners can scroll through on iTunes if they only like those shows. We have fans of just those mediums. The most popular shows by far are when we talk about people who have lied to us, who have been very narcissistic even to the point of being personality disordered, who have really hurt us and the damage it has done. Not addicts. We don't go there because I've been the great enabler of addicts forever, so we don't do it in that way. It is more focused on character disordered people. However, some of those behaviors are behaviors that I'm sure you have participated in or behaved like when you were in your addiction. I know that you just said the people that you hurt. So how do you not shame spiral? I'm not saying you should, but I know I do about the things that I'm not proud of. How do you deal with that on a daily basis when you know that you have done these things that have hurt people and not let that cripple you from doing what you are doing now? Because you know, there are the haters out there who are

going to say, "I remember this guy. He did this." They won't let go of your past. They won't let go of when you lied or when you hurt them or whatever. It's hard to move past that, to be positive, and to go do something great. So how do you handle those kinds of things?

STEPHEN: For me, I look at it from the perspective that every person is dealing with their own internal turmoil or battle, whatever that is. I can get upset and sometimes get angry because I'm human and I do. But I try to step back and remember that I don't know what they are dealing with. I don't know what truths they haven't looked at within themselves. I believe it is a human thing. Until we finally deal with ourselves, we will keep behaving in those irrational ways; and we will start hating and be jealous, angry and resentful until we deal with those things. I have to remember I have a very small circle of people in my life that have been patient with me and have stuck by me. I have to remember that I can't force anybody's process; I just have to remember that they are sick too. I always relate things to movies because I love movies and film. There is a movie from the early 80s that I saw as a child that stuck with me even then. It's *The Neverending Story*. I'm not going to go into the whole thing, but everyone should see it because it is one of the deepest movies I've ever seen.

KRISTIN: It's so cool. I love it! Yes, I want to fly on that...

STEPHEN: On Falkor, yeah. Of course, who doesn't? He's awesome! There's a scene in there where this kid, the guy who's supposed to save the world, has to go through these gates. There's one called the magic mirror gate. The guy tells him, "Most men never make it through there because most men run away screaming when they have to look in the mirror." That hit me when I was seven years old, and it stayed with me because it is so true. Most men would much rather run and not face it. But until you face it, you will just be on this hamster wheel, and it will just keep repeating itself over and over again. So, you face it or you succumb to it and die eventually because you never dealt with it. That's the long-winded answer to say, as far as the haters and those who will remind me of my past, I say, "Do what you have to do, but I was saved for a reason. I was spared my life for a reason, and it's a lot bigger than me." I have a certain family member right now who has created quite a big divide in my life. I've done everything I can. She even forgave me for all the past mistakes I made over a year ago. I still have the voicemail that says it. But she still holds everything against me.

KRISTIN: That's not really forgiving.

STEPHEN: That's correct. She writes an online blog, and she doesn't use my name, but I know what she's talking about. I used to use that stuff to fuel my addiction, to fuel the pain, to keep going and destroy myself. But now I say, that's her problem. That's not my problem. I learned a long time ago that I have to pray for people like that and thank God I'm not as sick as they are any more.

KRISTIN: Yeah, well not all of them are sick. I mean this person does sound like it, but some of them are people – and it's a whole other venue of our show – but there are people who are character disordered. They aren't addicted or in addiction where there's a period of your life (that is hopefully just a period) and you overcome it and you make amends for that behavior. There are people who are character disordered, and they literally enjoy hurting people. That is how they get off in life. When those kind of people...yeah, I will talk about them and I will talk about them until I draw my last breath because they are an epidemic unto themselves. However, it's completely different when you are dealing with someone who has the disease of addiction and they are not getting the help they need. They can't get out of it. Most often, they are dealing with tremendous childhood wounds and that is what leads them down the path of addiction in the first place. The last thing that they need is to be shamed. How many people end up doing well in recovery that were shamed into it? Like zero percent of those people make it through.

STEPHEN: That's so true. I can think back to when I was married. We wound up living with my ex-wife's family because I blew everything. I kept losing my jobs and was turning into a complete disaster. Her family stepped in and said, "Come

live with us.” It was their protective nature to protect their daughter and their grandchildren. So, we stayed there, and I ended up using drugs at their house. Her mother caught me on the front step at ten o’clock at night using drugs. She brought me in the house and completely berated me: called me a loser and a failure, nothing but the POS of the earth and all this. But I already felt those things. Hearing them from someone else only made it worse. I’m not blaming her, because she didn’t know what she didn’t know; but it definitely didn’t help. That reminds me of another point I want to bring up about people who are going to hold your past against you. I’ve been divorced almost five years now. I still see my ex-in-laws all the time because my kids live with them. There’s still a very big tension in the room whenever I am there. I used to come home and complain to my girlfriend about how they were cold to me or how they were rude to me. But you know what? Some people are just hurt, and I have to understand that it wasn’t their fault. I made the mistakes. I did the hurting. If they don’t want to ever get over that, it is totally okay.

KRISTIN: Being on the receiving end of that side of the fence, you don’t get a medal for being an enabler of an addict – it means I’ve got my own problems, you know what I mean? So I get that award. But I get it. It’s hard to get over those wounds. It’s hard to trust that person again, especially when someone can look you right in the eyes with a big tear rolling down their cheek and tell you they are so sorry. Then they steal from you – again. Yes, you have to have compassion for everybody on this journey, and it is rough. It’s rough unzipping your skin and walking around with your soul out there. You know you are going to take some gut punches, but you just get out there and keep going.

STEPHEN: Yeah, you do. That’s what I do, and I will bring my faith into it because I do have a strong faith. I think it’s almost ironic, because the guy who tried to preach Jesus to me at the age of fourteen tried to molest me. I didn’t want to hear anything about Jesus for a long time after that.

KRISTIN: I bet!

STEPHEN: But, now things have changed, and that is where my strength comes from. It’s funny how that works. I have to remember, when I want to get angry thinking about the guy who did that, there’s a good chance that happened to him. There’s a good possibility. If he was sitting here today, I could honestly sit there with him and tell him to his face, “I forgive you for what you did. I don’t want to hang out with you; but I forgive you.” So, my faith is my strength; and as far as the Christian standpoint, if you look back in the New Testament, the guys who hung out with Jesus weren’t the elite. They weren’t the rich. They weren’t the popular. They were the losers. They were the guys who made all of the mistakes. They kept screwing up all of the time. I believe that God uses the imperfect people and things of this world to shame the proud. Not so much to shame in the literal sense, but to make them look at themselves and say, “Drop your ego a little bit. You are no better than anybody.” I believe that’s why I was placed in the unique position I was placed in. Also, I’m not afraid to talk to anybody.

KRISTIN: You’re not afraid to do a podcast and talk about your feelings being a dude from New Jersey. That’s not exactly a hotbed of welcome mats – being a guy from New Jersey talking about feelings.

STEPHEN: No. And going back to what we were talking about a little bit ago about identity, I always thought from a young age that I had to be a guy’s guy. I had to like sports. I had to like to be macho and tough. I tried to fit that mold for a long time, but the fact of the matter is that isn’t me. I played football as a kid, but I cried all the time. My mom had to pick me up from soccer camp before lunchtime in the summer because I cried. It wasn’t for me. I thought there was something wrong with me; but the fact is that I just wasn’t built that way. I was built to be a different, unique individual. We’ve talked about this, and we joke about it, but I’m the guy who will sit on Sunday afternoon and watch reruns of The Golden Girls, or I Love Lucy, or I go to a Broadway show. That’s just who I am. And it’s okay to be who I am because if we were all the same this would be a pretty boring world, that’s for sure!

KRISTIN: Oh absolutely! That’s the thing that is fun about podcasting. People will ask me, “How do you find people to talk to?” I think, “Are you kidding? There are so many people on this planet that have lives that are completely different

than mine, and I want to talk to those people.” I find them endlessly fascinating. I don’t care if I repeat my stories, because when I am on a show with a guest, it is about the guest. I repeat things because they’ve never heard what I’ve said before. I’m sorry listeners have, but they haven’t. Sometimes it moves the conversation along. People can get irritated with that, but it really does bring out someone else and their story. Just because I like talking to people on a podcast, it doesn’t mean the guest is always comfortable. Many times, they are not. A lot of times I pick people that are so nervous about coming on the show. They are shaking. Before we do a show, they tell me, “I don’t know what to say. Please don’t leave me hanging. Please talk a lot.” But I find them so fascinating that it is like a challenge to find out who they are and get them to share it. If I help them forget that they are being interviewed, I think, “Yes! I have done my job today.”

STEPHEN: Yeah, that makes perfect sense to me. What is that statistic (and I’m not a big numbers, statistics, graphs and charts kind of guy) where they say that nine out of ten people are more afraid of public speaking than they are of dying. People are afraid of that; whereas I was born speaking. From the time I came out of the womb I wasn’t shutting up, and I haven’t shut up since. I believe I was born to do this. I’ve always believed that I was born to speak to people because I’m not afraid to, just like there are people that are born to sing. I think one of the biggest tragedies in the world is waking up one day and realizing that you never fulfilled that dream or purpose in your life because you were too afraid.

KRISTIN: That is so true. Well, what I want to see happen is for all of us that are on this network to go to venues, speak and talk about what it is to be a podcaster. No one comes to this network because they are hoping to become a star. There are, like James Healy says, 400,000 podcasts out there. We are doing this to be of service; and it is something that adds to your resume. There is no such thing anymore as that one hit star. You write a book and the next thing you know it is turned into a screenplay and you’re a millionaire. That’s not how it works anymore. You have to have all of these things in your wheelhouse. You have to have a podcast. You have to have a book. You have to go speak at events. You have to get on TV – whatever. You have to do a lot of things in order to keep your message churning and burning, and that adds to your resume. So, it’s another tool that is utilized to get your message out there. It’s a platform where really passionate people want to use this medium as part of their tool chest.

STEPHEN: There’s a gentleman you may have heard of. His name is Michael Hyatt. He wrote a book called [Platform: Get Noticed in a Noisy World](#). He was the CEO and president of Thomas Nelson Publishers for many years. Here’s another interesting story. I went to a church in Tennessee when I was a kid, and he was a deacon at that church. I didn’t know that, but now he’s very big throughout the world. He’s very well known. Basically, he created an online university talking about building your platform. It talks about building your blog, having a blog, having a podcast, writing a book, doing webinars, doing vlogs and whatever; because like you said, there are so many people that want to get their message out, and the technology is there. I love the fact that I can sit in my office, look out the window and be able to speak to people on every corner of the globe (well, not corner because the globe is still round, but there are corners I’m pretty sure). That’s amazing! Even for my blog, I’ve had people send me messages from places that I’ve never heard of (like Bahrain and these other weird places that I don’t know about) saying, “I read your blog post and it really inspired me.” I think, “What? Are you kidding me?”

KRISTIN: Yeah, I know. We have listeners in Croatia and I think, “What? We do?” I love it!

STEPHEN: Every morning I check the stats on my blog. This morning it said I had six people look at it in India and one in Turkey. What? That is insane to me. But, we have the best opportunity right now. Sometimes I think technology is going to kill us all; and it might. But while we are alive, we might as well use it to our best advantage to serve others.

KRISTIN: Absolutely! You know what my plans are. Every person that is a part of this, they have their own business. They have their own job. They do their own thing. They don’t do it full time like I do, so I have to be very relaxed and very “James Healy” about things because they don’t do it full time. You all are busy. But, I want us all to go to venues

together and talk about what we all talk about at as many venues all over the globe as possible. I feel like what we have now is this community of really great people that are disruptors, that are change makers, that go against the grain. You listen to Rich Jones' show – talk about a disruptor. It is that kind of message that you want to get out there. The people that are looking for change – change that actually makes a difference – that's what we are about.

STEPHEN: Yes. I haven't even really been in contact with you for more than a week, and we've already created so much in not even a week of time because we are both people that see the same vision. When I first hooked up with James and started creating this thing, I was hoping that maybe my mom and my girlfriend would listen to this show; and maybe some people that I knew from my past would listen and give me a Facebook like. I had no idea that a week before the launch of the show that Mental Health News Radio would say, "Hey, come and join us." What? You're kidding me?

KRISTIN: Yes, it's cool. I'm always looking for people who have a unique voice and that fire - that fire and that willingness to put yourself out there no matter how many naysayers there may be. I knew that a first responder would be someone who would put themselves out there because that is what you did in your job. Hello?

STEPHEN: Yeah, it's true. That's the nature of it. Now I just want people to know that it's okay. One of my biggest messages is that I want people to stay working in their field: to stay working on the ambulance, to stay in the emergency room, to stay in the police car. I lost all of that. I cannot get back on an ambulance anymore. But you know what, if I can inspire someone else to get help to deal with the issues they are dealing with before they lose that, then my job is done!

KRISTIN: I see it already: firemen, firewomen, policemen, policewomen. Whatever gender, whatever anything – they are in their truck, their car, their whatever – and they are listening to your show and thinking, "Yes! We have a voice out there." That's what I see.

STEPHEN: It's so exciting. They say you want to get in on the ground floor of something, like if you bought Apple shares in 1981. I couldn't believe, when I investigated to see if there was a show out there like this, that there was nothing. I couldn't believe that throughout the entire globe, there was nothing. They say if you find a void in the marketplace (and I hate the word marketplace when it comes to this) and you are able to fill it, not only can you become massively successful - and when I say successful for me, I don't care if I ever have a car better than the one I already have; it's about being able to help people on a massive scale – that is a legacy I can leave for my kids, for their kids, and for other people.

KRISTIN: So, tell our listeners when the first show is going to air.

STEPHEN: I'm chomping at the bit right now.

KRISTIN: I think next week at the latest, right?

STEPHEN: Yeah, it will be at the latest next week. But I spoke to James early this morning, and he was finishing some things up. So hopefully we should be up by Friday; but at the latest it will be next week. As of right now, I believe we will be putting up four or maybe five of the first episodes that we've already recorded. I've already got two interviews lined up for this afternoon to continue recording.

KRISTIN: Sweet! Well, this is a good intro of you to our listeners. Tell our listeners where they can find you. I know they can go to [iTunes](#), but they will look for *Rescue the Rescuer*, and what is your website?

STEPHEN: The same website; it is rescuetherescuer.com. People can find me on the network at MHNRNetwork.com. That's where you can find information about the show, information about me, and you can also find my [blog](#) as well. I write about all different stuff. A couple of months ago I wrote about the wisdom of Mary Poppins. I try to take a

different view on things. So those are the places that you can find me. You can find me all over Social Media if you can venture to spell my last name.

KRISTIN: Exactly! Well, Stephen, thank you so much for coming on and talking about your show, and for being a part of our network.

STEPHEN: Oh, thank you so much. I am so honored to be a part of it. Thanks for having me. I look forward to doing great things to serve the world.

KRISTIN: Absolutely. I want to say thank you to our listeners for another edition of Mental Health News Radio.

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Myles the Therapy Dog: Woof!!!