

*This is a letter I received from Sam Voshell via email.  
Kip Teitsort*

Dear Kip,

I want to write a letter that is long over due in coming. This letter is to tell you of my personal experience with your program. Mostly it is to THANK YOU for having such a great program and caring about the safety of healthcare providers when most turn a blind or apathetic eye.

My first class was July 2005 (that seems like a long time ago). I had trained in Shotokan, Hapkido, wrestling and boxing. I had the typical macho mentality of "I'll hit them in the head with an O2 tank". Your class changed all that, I was truly amazed and excited. I got more out of those two days than any two days of training ever.

The techniques were no nonsense, effective and easy to practice and thereby master. The "principles" were what really sold me. I had trained all my life but never had anything explained and connected so effectively. After the class was over and I was practicing weeks later I could still use the principles to work through a training problem and get the solution I needed.

The physical part of the training was why I took the first class but the mental aspects are what hooked and changed me. You taught me to "Be Aware of your surroundings", "Trust your inner voice", "Leave if at all possible" and DEFEND yourself or others only as a regrettable last resort!

As you know I was part of the Code 10 team (violent person response team) during my 9 years of service as a respiratory therapist at Ozarks Medical Center. I had to take the CPI course to be on the team. I found the verbal parts useful but the hands on aspect very lacking. I had no confidence in the techniques and when I asked the instructors about their effectiveness the response given was "this is not for a violent patient". When I am called to a code 10 it is for a VIOLENT patient! How did that help me? It didn't.

After your class I saw things in a new light. After practice I could with confidence, effectively, and safely help the situation. I had always went before to help my fellow workers "as best I could". Now I am able to dissect the situation quickly and effectively, helping others to not hurt the patient or get hurt themselves. As you know this is no small thing, when the adrenaline is high, having a confident and cool head counts for a lot. It allows others to remain calm and things under control.

I became an instructor to help get this incredible message out to those that need it. I sing the praises of DT4EMS whenever I can and encourage as many people to take the classes as possible. I have seen an elderly security guard stop a 21-year-old psych patient with "elbow control" quickly and easily. I remember when an employee from education used the "what's the color purple" phrase to bring a frightening situation to a safe conclusion.

I recently went to work at Cox south in Springfield. While there I found myself talking the staff about safety issues and realized how far I had come in being able to help my fellow employees and caregivers.

While I was walking through the E.R. I witnessed a large confused man climbing over the side rail of the stretcher, I used "elbow control" and "body part to body mass" to help a small nurse place him back in the stretcher. No falling out breaking his hip, no falling on the nurse causing her harm, no stress or excitement. I am sure that the people you have trained have saved countless injuries and yes dollars. Not through secret ninja tricks or fake crap that only works on compliant willing people, but with an incredible no nonsense down to earth approach that's truly effective. It has changed me and made me better and I THANK YOU.

Sincerely,

Samuel E Voshell JR RRT