



Jared Nesary

Yakima PD Officer (Ret.), Speaker

Topic: *"You Are Never Alone" – A Personal Story of Survival, Courage, and Vulnerability*

Jared Nesary is a United States Marine Corps Veteran with 22 years in law enforcement. Jared worked the majority of his patrol assignment on a swing or graveyard shift. Jared spent 9 years on SWAT, 10 years on Honor Guard, handled two Patrol K-9's "Bruno" and "Yogi" (Da-Bear) was a Gang Officer, School Resource Officer, Peer Support Officer, and was the Department Training Officer, Lead Active Shooter/Rescue Task Force Instructor and the Lead De-Escalation Instructor for the Yakima Police Department when he retired in December 2020.

Jared's story was featured in Police 1 on March 5, 2022:

<https://www.police1.com/health-wellness/articles/i-want-to-be-jared-again-an-officers-story-oftrauma-and-the-process-of-healing-BucyfHhHMku4SfJ2/>

Topic: "You Are Never Alone" - A Personal Story of Survival, Courage, and Vulnerability

Jared will share his personal battle with PTSD, and what healing looks like after residential treatment. His courage to ask for help, which in his words saved his life and career. "You are never alone" is a personal story of survival, courage and vulnerability and a great reminder to all that no matter how dark the darkness gets or how far you have fallen, you are never alone in this battle. Jared survived PTSD and won his life back.