

PRE-STORY-Things I did not tell any of you about prior to starting Nucalm-

Victim of childhood sex abuse (very young 4-7)-family member-multiple family members victimized-perps sister (my age) died from alcohol/drug overdose in our late 30s-I tracked perp up until his death (murdered in Kansas City 2018ish?)

On the job since July 1997 (just shy of 30 years). Single parent -4 children

Youngest child diagnosed with leukemia December 1998-

Left Waukon 2003 to move to Marshalltown for work

New chief came to Marshalltown 2012 ish-

My daughter (cancer survivor) had significant behavior issues/mental health issues (related to cancer treatment-blood brain barrier and the use of methotrexate)

Due to the crossover of parenting a difficult child/and policing-I was the new chief's first IA-TRAUMATIC EXPERIENCE FOR ME (policing was the only solid consistent thing and I gave my heart and soul to this profession)-felt abandoned by profession

5 years of distrust of the system/admin-but still committed to policing-hated my boss-HOWEVER-realized during this time that there were some significant areas of my life where I needed professional development and that just because I felt a certain way did not make it fact---truly a huge growth period for me. Up until this point, I felt I had processed my childhood trauma-felt that I had processed my child's cancer, and felt like I had a grip on parenting a child with disabilities---and the IA did show that I had not done anything wrong

Was promoted-held multiple positions at MPD, actually presented trainings on women in policing, resiliency trainings, led our peer support team and participated in executive level peer support, human trafficking, crisis negotiations, and , led critical incident debriefs for our agency as well as external agencies---my boss, whom I hated, became a trusted close friend who I continued to look to for professional development. I was moved to the detective division to lead that team in 2018. Survived a tornado in Marshalltown, a derecho, and covid-19. In 2020, had contact with a young male who was known to our department for his violence -had been sent to prison-and released after a few years to our halfway house. The kid had a heck of a story-and he was changed when he came out of prison-my boss, though he had concerns, allowed me a another coworker assist this guy as he needed support transitioning back into a community-when all he had ever known since 8 years old was gangs, and not liking law enforcement. At one point, early on, the DOC was going to revoke his parole-for something ridiculous, and we fought for him to not get revoked, and after some time, we

got the DOC to agree to not revoke and allow him to stay out of prison on parole. With assistance, he got a job and worked his way out of the residential facility. It was a funny/odd relationship—he was about 6'3 300 pound black man, and I was like his pseudo mom. He would call me to tell me he was so excited to buy curtains for his apartment at Walmart---it was the little things. He was doing great compared to where he had come from, but lets be real—a 22 year old kid who grew up like he did was not going to change his whole life in the snap of fingers—and frankly—cops never really let someone outgrow their past. I went to one of his PO meetings the beginning of March 2020. I told him he could not live with one foot in the streets and one foot in a normal world, and expect the streets to not catch up to him. One of the last things I said was, “I will stand over your body at your murder scene to process the crime—do me a solid and write down names of possible suspects and put it in your freezer, because the list could be long if you stay in the streets.” I then left for vacation in TN. When I returned, you know, it was COVID time, so once you left the state, you got to follow up your vacation with an additional 3 day time off to ensure you weren't sick. The first night back, my boss called and needed all hands on deck for a shooting. Long story short, my guy, dead—drive by shooting—10 holes in his body by an AK-47-920 at night, residential neighborhood—one witness who was wounded. I literally stood over his body at his homicide scene. It took me almost a year to get enough evidence on the bad guy to get him identified, arrested, jailed, prosecuted, and found guilty. My guys mom would not attend trial—she didn't do anything regarding the death of her son. She is the reason he saw a dead body by 8 years old—and why he joined a gang by 9 to have his basic needs met—anyway—this was a tough one. I still struggle some with feeling like had we not advocated for him so much, he would have been revoked and gone back to prison and would still be alive—so—though I did not pull the trigger and kill him, there is a level of feeling responsible for his death. I balance that with while he was out, he met a girl, she ended up pregnant, and after his death, gave birth to his daughter who looks just like him—I keep saying she is the blessing in the tragedy.

A couple more tough calls (a 13 year old suicide-jumper). Became very close with the family through the investigation and ensuing trauma. 2022—Rotated back to patrol—first day on—fatality accident—second day on—my husband let me know he reconnected with his high school sweetheart and that was it—

2022—Divorced—went to the FBINA—thank god

July 2023—took Chief job in Decorah

Jan 2024—2 grandkids move in with me due to unsafe environment at home—I start not sleeping well—no real friend base in Decorah—work and home—very different frame of mind regarding women in law enforcement compared to the metro area—very different

mindset on how victims are treated in investigations-very different attitude regarding prosecuting cases vs giving plea deals to defendants---felt like EVERYTHING WAS A FIGHT-over 2.5 hours away from any of my kids or other grandkids---very isolated and no peers in LE that get it or me-not sleeping and starting to experience what I now would say was anxiety. I could literally feel the chemical change in my body-the adrenaline/cortisol change-the increased heart rate-the fight or flight feeling---even though I was not in an “unsafe” environment. Well---physically unsafe anyway. I had started dating exclusively. That environment contributed to lack of emotional safety-disrespect for boundaries, and lack of joint future vision-it was more one sided. One more thing to add to the fight-just to be heard. So-Jan 24 through April 26—tried supplements, went to my dr-started to experience physical symptoms-pain in hips so bad I attributed my sleep difficulty to that-pain my leg so bad it ached for 2 hours after I would lie down. Heartburn so bad lying down was uncomfortable. Dr chalking it up to menopause natural aging (nothing felt natural about this)-anger (I am not an angry person-never have I been told I was an angry person in general), wanted to medicate for anxiety for pain for sleep---I would not take the meds—as a root cause was never identified or explained.

Here is the embarrassing part for me---all the previous stuff is open book stuff—I share a lot of it in trainings I give, especially on resiliency--- but now-as Chief-coming full circle, I started to question myself. I have a lot of professional friends in the mental health world and have participated in so many trainings on the benefits of downloading “stuff” to avoid stuffing it or carrying it-talk it through-debrief it-don’t hold it in. I felt that I had done a pretty good job of that historically. I felt that, though the tough times left a mark, and scars that still tied to emotion, I was healthy in the way I related to these incidents, and the way I related these incidents to others to show *how* to survive the challenges. But because things stayed broken for so long it must be ME. I must be broken. Maybe I didn’t process the way I should have. Maybe I am an angry person. Maybe I really don’t know what I thought I knew. I must be the problem. I started to be my worst critic-my biggest challenger-and the world started to take on a fairly “dark” appearance. No one is trustworthy. I’m an idiot for trusting people. I can’t even read people appropriately. I quit smiling/laughing in any authentic way. I could still perform when necessary, but nothing real. This was a weird existence where I could show up and do my job-smile on demand, make decisions that had zero focus on anything personal, attend council meetings, do employee appreciation awards/meals/etc-but it was shell work---inside was hollow. The chemical dumps were so frequent that I would say at a minimum of 30-40 times a day. Even in conversations with people-and I would just keep moving through it-but inside I hated my life.

NOW-As the sponsorship coordinator for the Iowa chapter of the FBINAA, we were in full swing for the Iowa Spring Retrainer. Jeff Brinkley said he had NuCalm coming to be a vendor at the event. I had never heard of this-so of course, started googling it. I was so mindblown that something like this exists (and is not new) and no one medically had ever even suggested this to me. I told Jeff I was stoked for this. I did the recovery thing at the retrainer. I was nervous as David had said that this could possibly bring up emotions-and I really did not want that to happen. It was a different experience, and I was unsure how I felt about it. My mind saw landscapes and mountains and valleys and it was very dark reds and blacks and it was not necessary uncomfortable, but I would also say, not comfortable either. By the time it was done, the landscapes had changed in color to very light airy more “safe” spaces, and I felt like my legs and my midsection were floating at different points. It was a different experience.

Because I was so tired of feeling like I felt, and living this life that was fake and lonely and generally unhappy, I was desperate for a solution. I know this makes one impulsive, so I held off on signing up. I asked Jeff to connect me to someone to talk me through more about NuCalm. Jeff set up a zoom with Ryan Layne and Karen Hubert. Information was provided that made total sense. I explained to them all about my lack of sleep-which was between 3.5 and 4 hours a night-multiple wakeups-and about every 4-7 nights there would be a crash because I was exhausted and then it would take a couple days to recover from the crash doing it all over again. I would never back away from an argument/and could be easily offended and felt like I had to stand my ground on my opinion. I over explained, and tried to argue/convince people to understand my perspective---a good fight was always welcome.-I quit liking who I was—and continuously wondered how I got there from such a beautiful story of how it all started.

I started my free trial on May 4, 2026. I was not able to do anything during the day but was able to do the deep sleep that night. I used deepest sleep sleep melodies. My body is used to waking up a lot at night-and did wake up several times, but went back to sleep quickly. I slept from 915-510. I woke up May 5 and immediately said something is different but could not put my finger on what it was. I was not running around smiling and laughing (look 510 is still early) but I also was not in a negative mindset. I was more pleasant with the grandkids, I was ready early, which rarely happens, yet, still could not quite say what was different. At about 11 am, I had my first adrenaline/cortisol shot. It was then that I was able to recognize that I generally have that within 5-10 minutes of waking up. It had taken 6 hours for me to feel it. Amazing. My mind was clearer at work, and again, it was just the shifting of the negative to—if not positive—at least neutral.

Again-no time for a day recovery session-so that night my second night (**May 5, 2026-2nd night 9pm-5 am**) and I chose deepest sleep + Summer Rain. My body tried to wake up a few times but vague memories of it, obviously falling back to sleep quickly. I woke up aware that there was no surge of adrenaline/cortisol. I felt positive. Me and kids ready early, got to work and tackled the day. At 3 pm, I messaged Karen to advise her of my experience so far. I could not believe the difference I was feeling after 2 days. It was after 3 pm when I emailed her to tell her that I still had not had a chemical dump, and was feeling good.

The following is the email I sent on May 6, 2026 at 330.

Karen

Thank you for your reply—so-second night of the deep sleep plus. This is probably going to sound ridiculous, and if my update is not the norm, please let me know, because I am a tad weirded out. So, yesterday, after one day of the deep sleep it was 11 am or better before I had the dump of adrenaline (for no reason) and the physiological reactions that come out of nowhere. I thought nice, but they are still there.....even though I felt so much more rested. My responses with people were a tad more reasonable as well, less short.

Today, it is 3:22 pm, I have not had one adrenaline dump as of this time. I have typed up 3 reports, (I generally can't focus on typing the reports in the office as there are too many peripheral things going on). I did the reports between signing up for a potluck food commitment, coordinating a tractor parade (its an iowa thing) with the high school and ensuring we had enough manpower to do it under short notice (its tomorrow-they forgot to tell us), talking insurance changes with the team, and arranging an appt with a dietician to talk sugar free healthy menus moving forward to get a grip on all aspects of health to maximize the benefits of the all I am doing. This is all after the 2nd sleep thing. No recovery, as again, it is hard for me to get away to do it during work. I am however thinking of bringing my chair into my office and using my lunch break as that recovery time.

All I know is that I have felt like I am falling apart at the seams for some time, when really it has not been falling apart at the seams at all, but the inability to see it clearly---I just cannot tell you the relief I feel over something so simple (does not feel simple at all, but I know to others it must seem simple to be impacted so quickly). Anyway---so far, that is my experience. Nothing but good stuff to this point.

Tricia

Truly relieved to know I was not broken!!!!!!! I cannot explain how euphoric the relief felt. To someone who has not ever felt the despair in accepting that life is just going to suck for the rest of forever---it is hard to explain. Hope-light, I truly felt hope again. After 2 days. It was after 7 ish pm that I got a tinge of the chemical dump, but even then

it was minimal compared to “normal”. I got so much work done-I was feeling so much more like the old me that I liked.

May 6, 2026 Third Night I liked the deepest sleep + so much that I used that again with the summer rain. No real recollection of waking up. Felt so good that I could not believe it. Was actually used to waking up feeling good-no battery acid in stomach no chemical dumps. Drinking way less coffee. Felt like I had control of my life back, to a degree. Like, I could self regulate, and this made me want to own more of my healthy choices to add to getting my life back on track. I reached out to a dietician (Karen has such great ideas on reducing sugar, staying hydrated, and tracking vitals, and balancing pH). Truly feel like my head is back in the game-I don't feel like I farm out to others the responsibility of my emotional response. Granted-people are still people-and they do and say things often to evoke a response. Knowing that I can own that response and control that response is so empowering! Prior to this, at least for the last 2.5 years, it has felt like everything was overwhelming, and now, eh....no big deal. I can handle it. And, I can discern what actually warrants a response from me. Prior to, everything got a response. Now, sometimes, just the look on my face and a chuckle and walk away might be all that is given. All I can say is life changing.

In fact-so life changing, I had to call Jeff to tell him thank you. Truly. People deserve to know this exists. 100%. And, I called my mom and talked her into the free trial. She could hear in my voice that something was different. And, I talked to the head of dispatch. I encouraged her to get her people to really look at the email I sent out telling everyone to look at this program. I explained the difference it has made to me. It actually makes me more open to talking about the struggle, knowing that it is not a forever struggle!

(May 7th-4th Night) I again did deepest sleep + and chose the pacific ocean. Prior to sleep, there was a difficult conversation that was had, where my feelings got hurt, I felt an emotional response to things said, and was able to confront it, calmly, state my thought to the matter, without becoming angry or over the top. I was clear, calm, and specific in my response. I was then able to turn on the pacific ocean, and go to sleep. Prior to NuCalm, my brain would not have been able to shut off. It would have overthought, leading me to adrenaline/cortisol shots throughout the night, making sleep impossible. This did not happen. I cannot speak enough to this program. The fact that it is on my phone and can go with me anywhere is amazing and I am so thankful! This weekend I plan to do the recovery piece as well. I am excited to use the focus piece as well, however, the reports I am writing currently are audio taped interviews, so I can't have headphones on over the interview I am trying to type up.

PS-zero chemical dumps-this week has been crazy-mon night kids concert tues night kids concert, wed night groceries, thurs night, kids bike fixes and laundry and getting kids ready to go to moms for the weekend. And, it was an easier week than I have had in a long time. Truly thankful for this relief!.

May 8- 5th Night Friday night Summer Rain Deepest Sleep+—Friday's are usually pretty crazy for me-I take grandkids to Independence to meet their mom for their weekend visit. My grandson did not wait at school for pickup, and rode the bus to daycare, adding 45 minutes to the wait to start the commute. Not a big deal-handled it well. Got them to Independence, made it back. Some additional stressors that would generally make it hard to sleep once I returned home—so I did not get to bed at a regular time and was up until probably 11. I had to get up at 4 am, so I was worried I would not get good sleep. True to form, I slept well. My mind did not insist on staying on-it went off as it should and I was able to fall asleep with zero issues. I was able to get up at 4 and enjoyed a full day out of town with family. Returned home around 4:45 pm and was tired, with several things to do yet. I did the power nap and I can not believe it, but was able to get so much stuff done-and stayed up a bit later than normal as well. Unbelievable. I was in a great headspace-I really truly feel in control of myself/my emotions/my response-I don't feel like I am living on the edge wondering who I am anymore.

May 9-6th Night Saturday night—Summer Rain Deepest Sleep+, went to bed later than usual, as I am packing up kids belongings as they are reintegrating back into their mother's care. The power nap I did around 4:45ish sure gave me the power boost to keep moving, no doubts. I was able to fall asleep without issue. I used to lay down and check my watch every hour on the hour throughout the night. I used to be able to tell you roughly when I fell asleep, as I had such great tracking of the time. Now, I lay down, and I am out in no time---like falling off a cliff-I don't even know when it happens. And I wake up so refreshed. I may wake up from time to time, and I listen for the sound of the rain (my favorite), and I am right back to sleep. That makes the mornings so much easier when I have fun stuff planned, now I know I can enjoy it, rather than go into it feeling like I used to. **The difference in me is very empowering. I feel like the conversations around me may be the same, but my responses to them are different. I will summarize all of that at the end of my journaling this experience, and why I think this has been such a critical journey for me.**

May 10-7th Night Today was mother's day. I woke up early and went to church. I was able to go get the kids a bit early, get a little shopping in, and then go meet up with a lot of my family to celebrate together. We had music food and laughter and it was good to

be with them like that. I got kiddos home, and dealing with an 8 year old and 7 year old trying to wind down get showered and get ready for bed for school can be overwhelming. I am less stressed about these things, and our relationship has gotten so much easier---because I am so much more in control of me and how I am responding to things.

Finished out the day, and again was able to fall sound asleep without issue and wake up refreshed. I was prepared to purchase my package today, and it says I have one day left of the free trial, so I am going to use that and will buy my package tomorrow!

My mom used it one night, slept great. Did not use it the next night-slept awful-said she was going to use it again. I am waiting to hear back from her to gauge her experience!

May 11-8th Night I had a meeting tonight after work, so a lot of juggling things around, grabbing kids from daycare, taking to another sitter about 20 miles away, back for a meeting, and then back to sitter to get them and then home-makes for a busy night. Apprehensive that the free trial was going to run out and not be available tonight. Some major stressors again occurred before the meeting-which under normal circumstances would just cycle through my head impacting my sleep, making them seem bigger than what they are, and unmanageable. Thank goodness the trial was still up and running! I did the deepest sleep plus summer rain-slept fantastically.

I made sure that I subscribed on Tuesday for the year for the edge package, as my life has come back into manageable focus for me. It is not that the stressors have gone away, but they are manageable. From the way it has been described to me, it seems like my prefrontal cortex is engaging again, putting realistic thinking back into the game rather than just a survivalistic mindset. That is the game changer. I feel empowered to handle it. To anyone who doesn't know, it probably sounds ridiculous. I don't even care if that is how it sounds to anyone at this point. I know what I know, and I know that I have my life back. I know that I need to continue my work on being self aware, and accountable to myself with my actions, feelings, thoughts and boundaries, and that in practicing self care, I am more able to offer the top level of care to those that I lead and to those that I love most in this world. There are not enough thank yous to give to you all for sharing the NuCalm experience. It is a shame that this is not new technology and this is the first time I have heard of this. I will spend the rest of my life making sure people know about this.

Sincerely-

Tricia Thein