



Join *Matthew Griffin* and *Alec Iurato* for a  
*Transformative Event*

## **THE TREASURE IN THE TRAUMA**

**WHEN: THURSDAY, JUNE 25, 2026**

**WHERE: NOMAD'S ADVENTURE QUEST, SOUTH WINDSOR**

**COST: \$239.00**

**CT POST CREDITS WILL BE ISSUED**

On March 17, 2017, **Matt Griffin** wrote his suicide note. In the depths of despair, he was ready to surrender to the shadows. Yet, a timely call from a friend, became the catalyst for a profound transformation. This is not just a story of survival, but a celebration of resilience, empathy, and the daily commitment to know it's okay to not be okay, it's just not okay to stay that way. This presentation will change how you view suicide, mental health and most importantly how you address trauma both personally and professionally. Matt will discuss the years of research leading to the 4x #1 best seller, **"The Journey to Midnight"**, and what he has come to learn about how you can survive and thrive in a career as a first responder. As first responders, you consume a steady diet of "GTS" (**Grief, Tragedy and Sadness**). It can leave a first responder lost, broken, and alone. However, what if you shifted your perspective and saw GTS through a post traumatic growth mindset? What if you could turn pain into progress, what if you could take your mess and make it your message? This presentation will explore the idea that, even in the midst of our most difficult experiences, there is a hidden treasure, waiting to be discovered.

After surviving a critical line-of-duty shooting in 2022 and a long recovery involving multiple surgeries and extensive therapy, **Alec Iurato** has become a strong advocate for officer wellness and resilience. Alec's experiences and lessons learned from such a horrific incident have provided officers from around the country with insight into law enforcement shootings, line of duty deaths, and recovery from a mental health and physical well-being point of view. In his presentations, Alec speaks candidly about officer wellness, sharing lessons from personal experience and from building a department-wide wellness program. Topics include physical fitness, mental health, peer support, family and chaplain resources, and creating a culture that normalizes asking for help. He also highlights best practices in law enforcement training—such as realistic scenario training, fitness and nutrition for performance, and proactive wellness initiatives that improve **officer safety, decision-making, and career longevity**.



Matthew is a 21 year veteran of the US Navy, Virginia Beach Police Department and Keene New Hampshire Police Department. Matthew specialized in undercover operations during his tenure and was assigned to the Attorney General's Drug Task Force. Today, Matthew's journey has led him to become the owner of Journey Speaking and Books. This venture followed the successful release of his book, "The Journey to Midnight", which achieved the remarkable feat of securing the #1 spot on Amazon's best seller list four times.

Matthew has been featured across the spectrum of media platforms, including podcasts, TV shows, and the PBS series "Hiding in Plain Sight", where he was chosen as the headliner for Season Two. He is currently finishing the screenplay with the help of a nationally recognized screen writer to feature as a major motion picture. As a national speaker, mentor, and consultant, Matthew is driven by a profound passion for reshaping the cultural narrative around mental health. His advocacy extends to law-enforcement, the military, firefighting, emergency services, and anyone willing to find the light at the end of the tunnel.



Alec began his law enforcement career with the Bristol Police Department in 2018 after graduating from the New Britain Police Academy. After serving in the Patrol Division, he was selected as an operator for the Central Region Emergency Response Team (CRERT). In October 2022, Alec was involved in an officer-involved shooting which resulted in him sustaining multiple gunshot wounds to his foot, ankle, leg, and lower back.

Alec endured five surgeries removing over fifty bullet fragments along with a year and a half of physical therapy and many other forms of therapy to get him to be the best version of himself.

Throughout his career, Alec has received numerous local and national honors, including the City of Bristol Medal of Honor, Police Cross, Officer of the Year, multiple Awards of Valor, a National Law Enforcement Top Cops Award (NAPO), and induction into the National Law Enforcement Hall of Fame. He is also a highly competitive SWAT and tactical shooter, earning multiple podium finishes at state and national competitions.

Alec currently serves in the Bristol Police Training Division as an instructor in use of force, firearms, defensive tactics, less-lethal systems, and physical fitness. Alec is the coordinator of the Bristol Police Wellness Program and an active member of the Bristol Police PEER Support Team. With the implementation of the Bristol Police Wellness Program, an extreme focus has been placed on the following areas: physical fitness, peer support, outlets, family liaison, and the chaplain program.

**Price Includes Lunch.**

**A portion of the proceeds will be donated to**



*... and a portion of proceeds will help fund fee waivers for New Remedial Training / Mentoring Sessions - More Info to Come!*