

# CAPABILITY STATEMENT

## TARGET 2 ZERO

Rapid Stress Recovery Training

Scarlett N Williams, LLC

New River Valley & National / International Service Area

### Core Competencies

Scarlett N Williams, LLC (developer Target 2 Zero) delivers a three-capacity system for organizations that cannot afford a compromised workforce: **Enhance** — restoring situational awareness and decision-making capacity under operational stress; **Prevent** — intercepting acute stress before it becomes chronic; and **Treat** — rapidly resolving trauma that is already present. T2Z's proprietary protocol achieves **84% PTSD symptom reduction** and processes trauma **86% faster** than current gold standard of care with zero dissociation — validated across first responder, military, health care, athletic, and academic populations.

#### ENHANCE & PREVENT — Performance & Resilience

- Rapid Stress Recovery (RSR) — Daily Performance & Stress Inoculation Tool
- Situational Awareness & Decision-Making Capacity Tier 2 Training
- Pre-Incident Readiness & Operational Stress Management
- First Responder & Military Performance Optimization
- Student, Staff & Family RSR Psychoeducation (K-12 & CSB)
- Leadership Resilience & Psychological Safety Programs

#### TREAT & BUILD CAPACITY — Clinical & Training Services

- Rapid Trauma Processing — T2Z Protocol (Individual & Group)
- Individual Trauma Therapy (PTSD, C-PTSD, Acute Stress)
- Crisis & Acute Stress Intervention
- T2Z Clinician Certification (12-hr & 18-hr tracks)
- Train-the-Trainer & Academic Research Collaboration

### Differentiators

**Founder-Developed System** — Built by Scarlett Williams, LPC

**Enhance** → **Prevent** → **Treat** — The only protocol that operates across all three tiers: daily performance optimization, acute stress interception (RSR), and rapid trauma resolution — deployable system-wide from the classroom to the command center.

**Proven Outcomes** — 84% PTSD symptom reduction; 86% faster processing vs. standard EMDR; zero dissociation across 1,000+ individuals trained; 100% target completion rate.

**Scalable Across Populations** — Validated with first responders, military, K-12 staff and students, CSB clinicians, and international mental health professionals — individual, department, & organization delivery models.

**Academic & Research Infrastructure** — IRB-approved RCTs at University of the Cumberland; peer-reviewed publications in progress (Frontiers in Psychology, EJPT, Frontiers in Psychiatry); Virginia Tech statistical partners; BRANY exempt determinations on file.

### Company Data

#### Certifications, Licensure & Designators:

- Licensed Professional Counselor (LPC): Virginia
- NPI: 1962849802

#### Federal Identifiers:

- UEI / SAM.gov: TNXYD3K4Q3T5
- CAGE Code: 9XYX1
- eVA Vendor #: 326109
- EIN / TIN: 932826548

#### NAICS Codes:

- 611430-Professional and Management Development Training
- 611430-Continuing education seminars or conferences

Payment: Check, EFT, Credit/Purchase Card

### Past Performance — Representative Engagements

Client / Engagement	Service Provided
Virginia First Responder Wellness Conference, Norfolk, VA (Sept 2025)	Vendor & Presenter -T2Z Comprehensive Services for First Responders
Tactical Psychology Performance Conference, Fort Bragg (Aug 2025)	Vendor, Sponsor & Presenter -T2Z for Tactical Operations
Blacksburg Middle School, Blacksburg, VA (Aug 2025)	Prevent — (6-8) T2Z Staff Resilience Program
Hampton Roads Area First Responders, VA (2024)	Prevent & Enhance — 100 First Responders Trained in T2Z RSR Technique; Subject of Dr. J. Patrick O'Neal PhD Dissertation, University of the Cumberland (Dec 2024)
Ukrainian Mental Health Professionals (93 participants, 23 sessions)	Prevent— Group T2Z Protocol, Active Conflict Deployment (2022)
Montgomery County School Counselors, VA (2022)	Treat & Prevent— Initial K-5 Deployment
Virginia Tech Police Department, Blacksburg, VA (Oct 2021)	Treat & Prevent — Mandatory Department-Wide Training, All 52 Officers; Recording Made Available to First Responders Nationally
University of the Cumberland (Dr. Sherry Todd, PI)	IRB-Approved Clinical Research- Pilot & Multi-Clinician RCT (Ongoing)

