



PRESS RELEASE



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May 20, 2025

FOR IMMEDIATE RELEASE

The Faith Fight Finish Foundation to Provide Resources for Tarrant County (TX) Officer Health and Wellness*O2X Human Performance to optimize mental wellness and occupational performance*

Tarrant County, TX – Beginning in May of 2025, the Tarrant County Sheriff's Office will launch a groundbreaking human performance initiative designed to support officer wellbeing and optimize readiness. The program, sponsored by [The Faith Fight Finish Foundation](#), will provide a full-time Human Performance Specialist embedded within the department and comprehensive mental health resources - including a series of specialized resilience seminars tailored for law enforcement officers.

The program will be delivered by [O2X Human Performance](#), a Massachusetts-based training and education company founded by former Navy SEALs. O2X works with thousands of first responders nationwide and has designed programs for federal, state, and local agencies across the country. Their evidence-based approach focuses on helping tactical athletes maintain peak performance throughout their careers while addressing the unique mental health challenges faced by law enforcement and other tactical populations.

"This is a fantastic program and I'm looking forward to seeing results and the opportunities this provides for our Tarrant County team," said Sheriff Bill Waybourn. "The men and women who work here to keep Tarrant County safe face daily mental and physical challenges and we believe this will help them navigate those issues."

Law enforcement personnel, including Tarrant County's 1,500+ employees, encounter significant mental and physical stressors daily that can have both immediate and long-term impacts on health and performance. This new partnership represents a significant investment in mitigating these occupational hazards. Through the O2X Integrated Readiness Platform (IRP), Tarrant County Sheriff's Office will receive an O2X On-Site Specialist, along with access to O2X's tech resources, quarterly assessments, and in-person education seminars surrounding mental health & resilience.

The Faith Fight Finish Foundation's sponsorship makes this program possible and reflects their commitment to supporting the mental health and performance needs of those who serve and protect the



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Tarrant County community. This initiative will reach all 1,500+ employees within the Tarrant County Sheriff's Office, creating a culture that prioritizes mental wellness alongside physical readiness. The

curriculum, developed in tandem by O2X and Faith Fight Finish Foundation, will address critical areas including stress management, trauma response, sleep optimization, emotional regulation, and building resilience. Each session will provide practical tools and strategies that law enforcement personnel can implement immediately to enhance their mental wellbeing.

"We are proud to reinforce Tarrant County Sheriff's Office by supporting the implementation of the O2X Integrated Readiness Platform. Investing in the community's safety through police training, education and mental health advocacy is important to our foundation's mission of bridging the gap between law enforcement populations and the communities they serve." said Shannon Rotenberg, Executive Director of The Faith Fight Finish Foundation. "We're thankful for Sheriff Waybourn's leadership and are excited to witness the holistic curriculum of this groundbreaking program provided by O2X. We believe it has the potential to be a game-changer for first responders around the country."

"We're honored to partner with the Tarrant County Sheriff's Office and The Faith Fight Finish Foundation to deliver this vital program," said Paul McCullough, Co-founder at O2X Human Performance. "Law enforcement officers face unique mental and physical challenges throughout their careers. Our comprehensive approach will help these dedicated public servants develop the skills and resilience needed to thrive both on and off duty."

About O2X Human Performance

O2X Human Performance provides comprehensive, science-backed programs to hundreds of public safety departments, federal agencies, and the military. O2X works with clients to elevate culture, improve mental and physical wellbeing, support healthy lifestyles, and reduce healthcare costs associated with injuries and illnesses. Driven by results and cutting edge research, O2X programs are designed and delivered by a team of Special Operations veterans, high level athletes, and hundreds of leading experts in their respective fields of human performance.

Visit o2x.com for additional information.

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