

Andrew Cox

School Safety Readiness Supervisor, Texas State University

Speaker Bio:

Andrew J. Cox is a team supervisor for the Texas School Safety Center (TxSSC) School Safety Readiness (SSR) Division. He started his career as an enlisted Soldier in the Texas Army National Guard (TXARNG). After graduating from Texas Tech University in 2001, he entered the regular Army as a Second Lieutenant in the Armor Branch. Andrew deployed to Iraq as a tank platoon leader and soon moved to the mortar platoon. Returning from Iraq, he joined the TXARNG again and served in multiple positions, including Company Commander and Operations Officer for the State's Officer Candidate School. He also deployed in support of Hurricanes Katrina and Rita. He left the service in 2008 as a Captain to pursue his entrepreneurial dreams. In 2020, Andrew was asked to apply to the TxSSC's newly formed SSR Division where he served as a specialist and was later promoted to supervisor. Andrew is working on his master's in psychology with a concentration in military and trauma. Within IAEM, he serves on the K-12 and Mental Health and Wellness Caucus.

Presentation Title:

The Power of Vulnerability, Disclosure, and Posttraumatic Growth

“The final stage of healing is using what happens to you to help other people.” – Gloria Steinem

I have experienced multiple traumatic events that impacted my mental health and I struggled immensely for over 37 years. I knew something had to change. A year ago, I discovered a solution that worked for me and it can work for you.