

#ThinkABILITY

RASHAD BRISTO

RaShad Bristo is a motivational speaker and author from Mansfield, LA. Born with one arm, life hasn't always been easy for RaShad.

He always found comfort and words of wisdom through his grandparents. He recalls his grandfather saying, "Son, your disability does not define you, your determination does."

With that mentality, he pursued one of his dreams of becoming a police officer. He graduated from Grambling State University with a Bachelor's Degree in Criminal Justice.

Hired and deputized by DeSoto Parish Sheriff's Office, RaShad was sent to the police academy. After going through weeks of vigorous training and excelling among his peers, he was denied certification to become a Peace Officer, due to his disability, just a few days before his graduation. After much discussion and a belief in himself and his



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abilities, he was eventually granted the certification and went on to live his dream. He was the first person, with one arm, to graduate from the police academy and went on to become a deputy sheriff, D.A.R.E. Officer, and juvenile probation officer.

After retiring from Law Enforcement, he found a desire to become a motivational speaker and author. In 2016, RaShad was recognized as the Ken Vince Memorial Award recipient by the Governor's Outstanding Leadership on Disabilities (GOLD) Awards for his ongoing work and contributions to individuals with disabilities around the state.

Through his work as motivational speaker and activities in the community, he hopes to reach out to others and inspire them to pursue their dreams and become the best that they can be.

You can watch a short YouTube video on Rashad at <https://www.youtube.com/watch?v=pmDJTqCGPHE>



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#ThinkABILITY is a month long social media campaign to celebrate the accomplishments of individuals with disabilities. The campaign is coordinated by Families Helping Families of Jefferson and held annually during the month of **March**. Learn more about it at <http://fhfjefferson.org/whats-going-on/special-events/thinkability>

Changing Lives. Every Day.