**Presenter Names:**

Nancy Bohl-Penrod, Ph.D., Daniel Amen, M.D., Jeff McGreevy, Peter Killeen, Martin Serna Rick Ortega, Duane Sweeton, Kimerly Lightly, Steve Diaz, Joseph Piersante, David Picone, Neil Gang, Nikki Stevens, Paul Meyer, Chris Fields, Susan Broderick, J.D., Alana Negroni, M.S., Jocelyn Roland, Ph.D., Stephen Odom, Ph.D., Steven Froehlich, Ph.D., Craig Root, Morgan Luttrell

**Statement of Purpose:**

The Wellness on the Front-Line Training conference unites a spectrum of public safety disciplines with a common purpose, Bringing wellness to the front line for public safety. The Public Safety Peer Support Association is honored to offer nationally recognized speakers to present on topics including PTS & Suicide, first responder health, stress and wellness, resiliency and many more! Team leaders, mental health professionals and chaplains will provide an opportunity for teams to build resilience and unite, by providing critical incident stress debriefings throughout the conference.

**Methods for Assessing Student Learning:**

Facilitated discussion

“Registration & Introduction (Nancy Bohl-Penrod

## Registration

## Opening Ceremonies

### Introduction by the President of PSPSA

## Conference overview

### Keynote speakers

### Guest speakers

### Panel discussion

### Workshops

# Change Your Brain, Change Your Mind (Daniel G. Amen, MD, Psychiatrist, Neuroscientist and Author)

## B is for Optimizing the Physical Functioning of the Brain - 7 Basic Principles to Change Your Brain and Police Departments

### A BRIGHT MINDS Approach to optimizing brain health.

#### Blood Flow

#### Retirement/Aging

#### Inflammation

#### Genetics

#### Head trauma

#### Toxins

#### Mental Health

#### Immunity/Infections

#### Neurohormones

#### Diabesity

#### Sleep (including shiftwork)

## R is for Rational Mind - Managing stress in a high stress environment

### Killing the ANTs (automatic negative thoughts) That Steal Your Happiness

#### Student Activity: Write down the ways ANTS disrupt your day-to-day life & discuss with class

### Positivity Bias Training

### Student Activity: Discuss the ways to apply the concepts of “Killing the ANTS” and “Positivity Bias Training “in order to manage your stress

## A Is for Attachments

### 4 ways to ruin your relationships

#### Criticism

#### Defensiveness

#### Contempt

#### Stonewalling

### Strengthen your relationships with our RELATING Model:

#### Responsibility

#### Empathy

#### Listening

#### Assertiveness

#### Time

#### Inquire into Irrational Thoughts

#### Notice What You Like

#### Grace and Forgiveness

## I is for Inspiration

### The science of passion and purpose

### The vulnerability of addiction

### How to know your purpose

## N Is for Nutrition

### Impact of Food and Supplements on the Brain

#### Amen Clinics Food Rules

#### Basic Supplements for All

#### Know Your Brain Type Needs

## Mentoring Others in 7 Steps

### Live the message: Authenticity

### Know what you truly want: One Pahe Miracle

### Make it easy: Tiny habits

### Rethink failure: Turn bad days into good data

### Neuroscience of decision making and self-control

### Eliminate the little lies that steal success

### Get help when needed

## Questions

# Unexpected Challenges (Jeff McGreevy, Sergeant, CIT & Peer Support Team Coordinator, Oxnard Police Department, Retired)

## Introduction

### Name, department

### Work history

## Injury

### Details what happened

### Response from agency

## Cancer

### Wife’s story

## Long term effect

### Financial

### Trauma’

## Getting help

###

# Operation Longevity: A Mindful Approach to Wellness and Resilience for the Law Enforcement Professional of the 21st Century (Peter Killeen, Ed.D. Port Authority Police Unions, Operation Longevity, Founder)

## Introduction

### Name & background

### Work history

## Stress

### Causes of stress

### Stress and the public safety profession

## Wellness

### Resiliency

### Family wellness

### On the job

### After retirement

# One Department’s Response to Helping a Firefighter and His Family After Contracting CIVID-19 at Work – Lessons Learned( Martin Serna, Fire Chief, Rick Ortega, Fire Engineer & Peer Support / CISM Program Lead Peer, Duane Sweeton, Fire/HazMat Captain & Peer Support / CISM Program Coordinator, Torrance Fire Department)

## Introduction

### Names

### Background/Work history

## COVID-19 Pandemic

### Background

### Employee contracts COVID-19 at work & lessons learned

#### Details what happened

#### Response from agency

#### Response from peer support

#### Family support

## How can your peer support team assist when something similar happens

#### Agency response

#### Peer Support Team

#### Family support

# The Positive Power of Connection (Kimberly Lightly, Risk Management, Program Specialist, US Forest Service, Fire and Aviation Management)

## Introduction

### Name & background

### Work history

## Instructor experience

### Survival story

### Post-traumatic growth and Resiliency

## Stress First Aid

### Self-care Peer Support model

#### Supportive actions

# Crisis Management Briefing Skills (Steve Diaz, Captain, Cal Fire (Retired))

## Introduction

### Name, department

### Work history

## Crisis Management Briefing

### Role in debriefings

### Goal of a CMB & how to conduct a CMB

#### Coping resources

#### Establish a sense of community

#### Provide information

#### Reduce tension & chaos

#### Enhance credibility

#### Control rumors

# Overcoming Adversity (Joseph Piersante, LLC Motivational Speaker, Veteran of the United States Department of Justice)

## Introduction

### Name & background

### Work history

## Experience

### Details what happened

### Response from agency

## Resiliency

### How he was able to rebound from adversity

#### Cannot control things

#### You can control how you react to them

## Changing your mindset

### Turning breakdowns into breakthroughs

### Take negative experiences and start fresh

# SDFD, Health and Safety Office – San Diego’s Journey to a Comprehensive Program (David Piccone, Battalion Chief, San Diego Fire-Rescue)

## Introduction

### Name & background

### Work history

## Department needs

### Comprehensive behavioral health and wellness program

### Response from agency

## How to create a comprehensive program

### Lessons Learned

#### Positives

#### Negatives

### How to develop your own

# Asher Model: 7-Point Approach to a Culture of Wellness; Turning Tragedy into Hope (Neil H. Gang, Chief, Pinole Police Department)

## Introduction

## Police Suicide Statistics

### In 2019 228 officers committed suicide

### Underreported

## Pinole PD’s experience

## Asher Model

### Awareness

### Solution focused approach

### Peer Support

### Resilient

# Stop the Stigma (Nikki Stevens, Fire Captain and Widow, Santa Barbara Fire Department)

## Introduction

### Name & background

## Marriage

### Beginning of marriage

### Suicide of husband

#### Details what happened

### Response from agency

## Lessons learned

### What your department can do regarding suicide of a significant other

#### Department

#### Peer Support response

# Teamwork After a Catastrophic Injury (Paul Meyer, Sergeant, Portland Police Bureau)

## Bio and work history

## Day of the accident

### Injury details

## Immediate Response

### Peer Support

### Lifesaving efforts

## Hospital stay

### Support

### Family support

### Peer support

## After Release

### At work

### At home

## Difficulties experienced and how they were overcome through PEER support

## How that PEER support has reached beyond Paul and the Portland Police Bureau

## Examples of how that PEER support has allowed Paul to continue life at work and at home

## Reflection of what all the PEER support has meant and the impact it has had and will continue to have

## Final thoughts

# Out of Chaos (Chris Fields, Retired, Oklahoma City Fire Department)

## The Story

### Oklahoma City Bombing experience

## The maladaptive behaviors that stemmed from the trauma

### In relationships

### Finances

### Mental Health

### Substance Abuse

## The infrastructure issues that lead to a first responder suffering on the job

## Self-assessment tools for first responders to avoid crisis

# Work Hard, Play Hard: A Prosecutor's Story of Addiction and Recovery (Susan Broderick, J.D., Senior Attorney at National District Attorneys Association, Washington D.C.)

## Addiction in the Nation

### 2018 SAMHSA National Survey

### Substance abuse statistics within the profession

## Common barriers to seeking help

### Stigma

### Confidentiality concerns

## Recovery

## Recovery capital

### Personal

### Social

### Community

# Self-disclosure Skills (Alana Negroni, M.S., LMFT, The Counseling Team International)

## Introduction

### Name, department

### Work history

## What is self disclosure

### Sharing your feelings, experiences, attitudes or opinions

#### Why this helps as a peer supporter

## How to self-disclose

### Peer-to-peer self-disclosure

# Too Much Ugly: Multiple Roles and Multiple Line of Duty Deaths (Jocelyn Roland, Ph.D., Public Safety Psychologist)

## Introduction

### Name & Department

### Work history

## Line of Duty Death

### Background

#### Stanislaus County 5 LODD in 3 years

### Interagency support

#### Lessons learned

#### Challenges faced

#### Resources used

### Effect on peer support

#### Burnout

#### How they overcame the effects

# Myths & Realities: Current Addiction Theories and First Responders Life (Stephen Odom, Ph.D. CEO, Chief Clinical Officer)

## Introduction

### Name & Background

### Work history

## What is addiction

### Evolution of addiction

## Substance abuse in first responders

### Culture

#### How the culture is steeped in traditions and in some ways supports substance abuse

### Alcohol

#### Self-medication for PTSD

# Some Core Concepts of Peer Support (Steven Froehlich, Ph.D., Director, Behavioral Health Services)

## Introduction

### Name & Background

### Work history

## Core concepts of peer support

### Developing Rapport/trust

### Establishing rules of engagement

### Active listening

### Starting the conversation

### Referring

#### Culturally competent clinicians

# Last Call – One Agency’s Response to a Line of Duty Death (Craig Roo, Commander, California Highway Patrol)

## Introduction

### Name & Background

### Work history

## Background the California Highway Patrol (CHP)

### Critical Incident Response Team

#### Development

#### Use in department

## Line of Duty Death

### Story

### CIRT response

#### Aftermath

#### Planning memorial/funeral

## Lessons learned

## How to apply the lessons learned to your own department

# Healing Together From the Effects of Trauma (Morgan Luttrell, Former Nacy Seal Lieutenant & Former Senior Advisor of Veteran Relations with the Department of Energy)

## Introduction

### Name & Background

## His story

### Schooling

### Time as a Navy Seal

#### Trauma

## The effects of trauma

### Family

### Work

## Overcoming the trauma

### Lessons learned

### How to apply the lessons in your own department

# Conclusion (Nancy Bohl-Penrod)

## Closing Ceremonies

## Certificates