

1ST RESPONDER MENTAL HEALTH & WELLNESS CONFERENCE

Presented by 1st Responder Conferences

February 27-28, 2024

8 AM - 4 PM

Co-hosted by
Spokane Police Department
Endorsed by
Coeur d'Alene Police Department
Spokane Police Chaplaincy
Spokane County Sheriff's Office



Registration is \$360
(plus clear event fees)
Registration is required

Our two-day multifaceted training and networking events are for all 1st Responders, Police, Fire, EMS, Dispatchers, Military/Veterans, Corrections, Coroners, Chaplains, Retired First Responders, Spouses, Professional staff, Clinicians, and all those who work in or around the Public Safety field.

- ⇒ Certificate of attendance will be available for self-submittal
- ⇒ Includes: Breakfast, Lunch, Networking Social, SWAG bag and raffles
- ⇒ Location: The Coeur d'Alene Resort - 115 South Second Street

Partners and Sponsors:



Visit our website for more information and to register: 1stRC.org



**1st RESPONDER
CONFERENCES**



1st Responder Conferences Presents

1st Responder Mental Health and Wellness

**Co-hosted by the Spokane Police Department
Endorsed by the Coeur d'Alene Police Department, Spokane Police Chaplaincy,
Spokane County Sheriff's Office, Cheney Police Department,
Spokane Fire Department and Kootenai County Sheriff's Office
February 27-28, 2024, from 8am-4pm
February 27th, Networking Social from 4-6pm
The Coeur d'Alene Resort
115 South Second Street**

***You must register to attend. Seats are limited at this conference.
Registration is \$360/person (Plus fees)**

***Continental breakfast, lunch, appetizers, and networking social included
*SWAG/Raffle/Door Prizes**

***Please consider attending, sponsoring and or passing this information on to other organizations and agencies. See attachments for sponsorship options, donations, marketing, and networking tools.**

<https://app.clearevent.com/event/a16d8070-ce19-41d5-b378-50a97dceaf87>

Or visit <http://www.1stRC.org/>

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1st Responder Conferences is committed to the emotional, physical, and spiritual well-being of public safety professionals and we work with leaders in the public safety professions to make this possible. We recognize that first responders are our greatest asset, and we feel it is our responsibility to create a climate that supports wellness and resiliency. We are dedicated to promoting awareness surrounding the difficulties of the profession and inspiring conversations that minimize the stigma associated with the stress our first responders' experience. We provide education, mental health tools and resources for agencies, individuals, and family members. Our mission is to improve the quality of life for all who dedicate themselves to protecting and serving others.

1st Responder Conferences partners with nonprofit organizations like First H.E.L.P. and ICISF. We work together to make sure all first responders get the resources they need to live a happy and healthy life!



Speakers and Topics:

“Bridging The Gap: Mitigating The Stress In First Responder Relationships” - Tim Sears, Director of First Responders for Stronger Families and Scott Welch, M. Div., MA, BCPC -Stress is a normal part of being a First Responder. Although not all First Responders experience PTSD, those without proper coping tools are vulnerable to damaging relationships. Bridging the gap between managing job stress and using effective communication skills with colleagues and loved ones is crucial for a First Responder's well-being. In this session we will be covering how to...

- Understand the barriers to communication that most First Responders deal with in their relationship
- Listen with empathy with the sole intent of understanding what your co-worker or partner is feeling
- Discuss difficult topics in any relationship using the Empathetic Communication framework that is proven to create a safe environment to share.

Tim Sears joins Stronger Families with 45+ years in the fire service, having served in 4 different fire departments. Tim was actively involved in water rescue, tillered ladder trucks, ops, safety committee, fire investigator, hazmat, PEER support, board member on KFFBA Benevolent Fund and active in his IAFF Union Local 2545. Tim retired in 2021 from the Kirkland Fire Department in Washington State with many department accommodations for his 30 years of service. **Scott Welch, M. Div., MA, BCPC**, is a licensed mental health counselor and founder of Mosaic Counseling of Florida where he uses his refined skills and talents to help individuals, couples and families overcome a myriad of challenges. Scott is a dynamic public speaker who has presented nationally and internationally. He is a Master Level Trainer with Stronger Families. He is a national trainer with Prepare/Enrich, the world's leading premarital and marital inventory, and currently teaches marriage and family counseling and adolescent counseling courses at Trinity College. Scott is a certified First Responder Counselor. He worked in the Hillsborough County Jail in Tampa Florida in the Drug Treatment program. He currently meets regularly with First Responder couples and families guiding them through stress and trauma that impacts their relationships. Scott is a family mediator with the Supreme Court of Florida and a Qualified Parent Coordinator. Scott works as a Social Investigator and Guardian ad Litem. His expertise with pre-marital, marital, and post-marital endeavors provides him with a plethora of methods and resources to guide families in improving communication, working through differences, partnering with one another, and parenting more effectively.

“Financially Fit” - Marco Parzych (Lt Col, USAF Ret.), Founder & Executive Director of Mission Ready Finances - This presentation is aimed at restoring financial hope and encouraging all why they should, and how they can, do better with their personal finances. His goal is to serve as a catalyst, inspiring audiences to take action by presenting information in a new way that gets them to start thinking differently, believing that wealth building is possible for all and then taking the steps to get on a brighter financial path forward. Mission Ready Finances is a nationwide nonprofit 501(c)(3) with a vision of financial hope, peace and success for all who bravely serve our nation as military members or first responders. Marco is an accredited financial coach and published author of the book, Mission Ready Finances, of which all sale proceeds go back into the nonprofit to further their mission and reach. Marco is a retired Air Force Lieutenant Colonel, having had the distinct honor and privilege of leading forces into combat both in the air and on the ground.

“Change Agent: Building a Culture of Workplace Well-Being”- Joe Willis, US Army First Sergeant (retired) and Chief Learning Officer at First H.E.L.P.- Discover the transformative power of a change agent. Learn how to shift from merely measuring workplace climate to actively shaping it. We will explore five principles of wellbeing and gain valuable insights on becoming an agent of positive organizational change. This presentation equips participants with actionable strategies to elevate well-being, foster resilience, and create a thriving organizational culture. Joe is a retired US Army Military Police First Sergeant who currently serves as a Training and Development Specialist for the US Navy. He is also the Chief Learning Officer at First H.E.L.P. and an Adjunct Instructor for Team One Network. Since his retirement in 2016 he also served as a Training Specialist with the Center for Army Profession and Ethic (CAPE) and as the Director of Training and Business Development at Team One Network. Prior to retiring from the Army Joe served as the Operations Sergeant Major for a Combined Arms Training Brigade, Senior Enlisted Advisor and Tactics Instructor for the Department of Military Instruction at West Point, US Military Academy Equal Opportunity Program Manager, First Sergeant for a Military Police Company, and Special Investigator for the incidents at Abu Ghraib.

“ACE(s) in the Hole: When childhood trauma and occupational stressors collide”- Cinnamon Reiheld, Clinician and Co-Host of After the Tones Drop Podcast- There are a large number of first responders who have higher ACES scores which can add nuances to their healing process from occupational exposure of traumatic events. This training will focus on attachment issues, early childhood trauma, and how it complicates PTS in first responders. Whole House Counseling & Consultation was founded when Cinnamon Reiheld spent eight months serving a local fire department following a line of duty death. While providing counseling and emotional support, she quickly realized that the need for culturally competent mental health care for first responders extended beyond this one tragic event. In addition to individual counseling and trauma recovery, Cinnamon saw the need to train departments and help team members support one another by understanding the inevitable effects of stress on the mind and body. One of our top priorities is eliminating the stigma around seeking mental health treatment, while giving departments the tools to function well both internally and for our communities.

“Nutrition and Exercise: The First Responders Shield and Sword for Fighting off Injury and Disease”- Mark Clayton, Central Pierce Fire and Rescue- In this 1 hour presentation, Mark will discuss the importance of nutrition and exercise for a First Responders optimal health and wellness. Not just DURING their career but at the END and BEYOND! He will discuss the habits and actions one must take to minimize injury, speed up recovery, and prevent disease. He will show how this can be accomplished through designing and implementing a great health plan, and identifying some of our self-destructive habits that can sabotage us. He will outline a design to show lifestyle changes, specific supplements, and daily actions that play a key role in maximizing our health and resiliency to be our best for the job, the public, and most importantly our families! Mark Clayton is 53 years old, a firefighter with Central Pierce Fire & Rescue, and a certified sports nutrition advisor and health coach for BHB sports nutrition. He has been married for 29 years, in the fire service for over 31 years, and a Peer Support team member for the last seven years. He has two grown daughters, both of whom are collegiate athletes. One plays Soccer, and the other is an Olympic Weightlifter. Mark competed in several aspects of motorsport racing at local and international levels and enjoys all manners of outdoor adventures like snow skiing, surfing, camping, and Jeeping just to name a few. Mark’s passion for health and wellness stems from facing some of his own health challenges as a Firefighter, as well as watching several family members and friends lose their fight with severe disease and injury through the years. With the incorporation of great health practices, professional medical collaboration, and becoming a certified sports nutrition advisor and health coach, Mark has been able to tackle and reverse his health challenges to continue being the best father, husband, Firefighter, and Peer team member he can be for his family, friends, and community.

“Resiliency through PTSD”- Deputy Chief Zane Gibson, Central Pierce Fire and Rescue- Zane will discuss his experience in the fire service over the past 40 years and how he was a suck it up buttercup to acknowledging his own weaknesses. What suffered most was his relationships. In 2018 Zane had an employee die by suicide and the family blamed him personally. He also realized he was in a difficult relationship and his 5-year struggle began. Zane will discuss his journey as well as his depression and how he coped until he attended PATHH. As a Fire Chief he has a good story to share and show that even people at the top struggle and it's ok to be vulnerable. Zane wants to share his journey, struggles and growth with others as he reaches the back end of his career. **Deputy Chief Gibson** started as a volunteer firefighter in 1982. Attended paramedic school in 1987. He started as a career firefighter paramedic in 1998 with East Pierce Fire and Rescue where he served as the EMS Committee Chair, Lieutenant, Medical Services Officer, and Battalion Chief. In 2013 I started as the Fire Chief With Orting Valley Fire and Rescue. In September of 2023 I will start as the Emergency Management Chief with Central Pierce Fire and Rescue.

“Harnessing the Power of Every First Responder as Peer Support”- MaKenzie Tiegs, Paramedic, Podcast Host and Support Coach- This is a transformative concept that every first responder, regardless of roles, titles, experience possess the capacity to be a source of peer support. While peer support teams are essential, they are just one facet of the network that sustains the well-being of our first responders mental health. By recognizing that your fellow colleagues, supervisors, and those you work with are all part of a larger support system, you can collectively foster a culture of understanding, empathy, and unity. There is remarkable potential for everyone in your professional circle to provide the camaraderie and assistance crucial for thriving in a demanding career. With over a decade of experience in EMS, MaKenzie's background includes her father serving as a Paramedic and her mother as a 911 dispatcher. Growing up around first responders undoubtedly influenced her career choice. Along the way, she pursued her passion for psychology, obtaining a bachelor's degree to enhance her knowledge. Motivated by the desire to promote mental health awareness, MaKenzie started the Raw Thoughts Podcast. Through candid interviews, she strives to create an atmosphere of vulnerability, fostering connection and support for both her guests and listeners. By being authentic, genuine, and open, MaKenzie promotes strong ties within the first responder community and offers personal coaching services to further these connections and lower the overwhelming suicide rates.

“The Alertness Edge”- Steve James, PhD and Assistant Professor- Our society is dependent on first responders providing services 24/7, despite mounting evidence for negative physical and mental health outcomes from sleep displacement due to shift work. This talk reviews short- and long-term health consequences of sleep displacement and circadian misalignment due to shift work. We will also discuss the impact of sleep loss on cognitive function, decision making, and the ability of the first responder to process stress. You will be given a better understanding of why sleep eludes us and given concert advice on how to achieve more sleep. Sleep is a core biological function that can help protect you from the stresses of your job and promotes recovery. BIO- Stephen James, Ph.D., is an Assistant Professor in the College of Nursing at Washington State University Health Sciences Spokane. His research focus includes the interaction between physical stressors [such as sleep, and shift work related fatigue, law, policy, training, and practice relating to operational performance for military and law enforcement personnel. Dr. James strives to better understand the dynamics of performance in a wide variety of policing tasks, driving, citizen encounters, crisis intervention, and deadly force encounters. Dr. James utilizes neurophysiological measurements and simulation technology to evaluate training and performance of military and law enforcement personnel.

“Still in the Fight”- Patrick McCurdy, Public Safety Advocate, First Responder Wellness-As First Responders, we train to fight and survive. We don't train for the biggest and most dangerous fight of our lives, though. We Don't train for the fight that claims more lives than line of duty deaths, work related injuries, accidents, and illnesses. We don't train for the fight against the ghosts of the traumas we've witnessed and experienced, and if we are not alert and courageous, this fight could literally lead to the end of our lives. With the right training and tools, we can ensure that we are "Still in the Fight" for many

years to come. Patrick McCurdy is a Public Safety Advocate for First Responder Wellness/SHIFT Wellness and the Counseling Team International. He has also volunteered for several years as a peer and coordinator for WCPR - West Coast Post Trauma Retreat. Patrick retired from the King County Sheriff's Office after 32 years in Law Enforcement, where he served in several capacities. He is a nationally recognized speaker, trainer, and subject matter expert on a variety of subjects. Patrick has been involved in peer support for over 25 years. He has helped to build, develop, and train numerous peer support teams across the country.

"The Will to Live, Overcoming Adversity"-Mike and Carrie Ann Kralicek- Carrie was a registered nurse working on a respiratory floor at Sacred Heart Medical Center in Spokane, Washington, when her husband, a Coeur d'Alene, Idaho police officer, was shot in the line of duty on December 28, 2004. Their lives before his catastrophic and debilitating injury were of a typical suburban family with two working parents. Her husband's long and difficult recovery affected the entire family, from the accepted household structure to re-defining familial responsibilities. His injury and recovery also individually affected the mental health of each family member as they struggled to accept their new and shifting reality. This caused Carrie to modify her professional focus from being a registered nurse to becoming a psychiatric mental health nurse practitioner and an active voice in the political realm from changing laws to advocating for mental wellness for law enforcement and first responders. The Kraliceks currently reside in Coeur d'Alene, Idaho and have two adult daughters who are ages 35 and 30. Together they continue to advocate for law enforcement through legislative efforts and public speaking.

***Speaker Video:** <https://vimeo.com/869864207?share=copy>

***Networking Social directly after training (Included in Registration) on February 26th from 4-6pm**
Directly after the training. This is a great opportunity to get to know others, ask questions and share your ideas and thoughts with other like-minded professionals. Appetizers and non-alcoholic beverages will be provided.

***Accommodations:**

Group block/discounted hotel rates available:

<https://reservations.travelclick.com/114393?groupID=3863877>

The Coeur d'Alene Resort
115 South Second Street
Coeur d'Alene, ID 83814
(800) 365-8338
www.cdaresort.com

Please note our 30-Day Refund Policy:

There are a lot of costs involved in organizing a conference. The reason we list our 30-day nonrefundable statement on the registration website when an attendee registers, is due to having to purchase everything in advance. We will allow registrations to be transferable, so food and other items don't go to waste. There will be no exceptions to this policy.

***CEU's available:**

All attendees will receive a certificate of attendance upon completion of the conference evaluation.

Idaho P.O.S.T. Course number: 407 - Approved for 14 hours

**BROWNING PUBLIC SCHOOLS
Leave Report/Travel Request**

Employee Name Sample Travel
Building Parent Community Outreach Program

Employee # _____
Substitute Name _____

LEAVE REPORT

<u>Date of Leave</u>	<u>Hours</u>	<u>Type of Leave</u>
<u>02/26/24-02/28/24</u>	<u>20 hrs</u>	<u>SR</u>
_____	_____	_____

Employee Signature _____ Date _____

Approved; Condition upon the specific leave being available for the specific employee **Not Approved**

Principal/Supervisor _____ Date _____

TYPE OF LEAVE

AN Annual	PL Personal Leave	ALWO Approved Leave W/O Pay
SL Sick Leave	JD Jury Duty (attach verification)	ULWO Unapproved Leave w/o Pay
*EX/SR Extra-Curricular/School Related	NG National Guard	SWP Suspended w/Pay
	FN Funeral _____	SWOP Suspended w/o Pay

(Master Contract Relationship)

***If taking School Related/Extra-Curricular Leave only, In or Out of District, you MUST list Conference Name/Location**
TRAVEL REQUEST (If receiving payment for EX/SR leave please fill out entire form completely)

Conference/Workshop First Responder- Mental Health and Wellness Conference (**Attach Brochure/Agenda**)

Location Coeur d'Alene, Idaho

Departure Date 02/26/24

Return Date 02/28/24

Departure Time 1:00 p.m.

Return Time 11:00p.m

Transportation: Personal Vehicle
 District Vehicle
 Professional Development

Mileage 626 @.655 = \$ 410.03
Per Diem 2 days@105 + \$47OS = \$ 456.00

Registration PO# = \$ 360.00
 Hotel PO# = \$ 386.94
 Other PO# Airfare = \$ 0
 Other PO# Luggage = \$ 0

Parking/Taxi/Shuttle is reimbursable only with receipt **Sub Total** \$1,612.97

Budget 126.73.160.2213.582 (75%) \$649.52
226.73.160.2213.582 (25%) \$216.51

Check Total \$866.03

Employee Signature _____ Date _____

Principal/Supervisor _____ Date _____

Superintendent Signature _____ Date _____