



WELLNESS ON THE FRONT LINE

5th Annual Conference & Exhibit

Presented by:

The Public Safety Peer Support Association



November 3-6, 2020 |
Paradise Point Resort and Spa

Wellness on the Front Line 2020

About the Conference

Public safety members and first responders are facing challenges today as never before. The toll of the job is exhausting and goes far beyond the physical demands. Productive members are being lost to their agencies because of the unseen effects of the job. The Public Safety Peer Support Association (PSPSA) was founded upon the unshakable belief that there is help available in the form of peer supporters.

PSPSA is excited to be offering their 5th annual conference, Wellness on the Front Line. The conference will bring you or your team to beautiful Mission Bay in San Diego, California at the Paradise Point Resort & Spa. This unique training and fellowship opportunity will occur over three and a half days from November 3-6, 2020.

The 2020 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: brain health, wellness programs, teamwork after a catastrophe, addiction and recovery, etc.

Wellness on the Front Line is certified for CEU's by
POST Cert. Number: 7180-28000-20

*Please Note: This is a non-reimbursable course; POST credit will still be provided.

STC Cert. Number: 05486741
ICEMA #62-2032

Team Building/Debriefings Available for Peer Support Teams:
Debriefing times will be available and assigned at registration.

Interested
in being an
exhibitor?

\$750 - There are 8 (eight) Exhibitor Booths Available

- Wednesday & Thursday, November 4 & 5, 2020
- 7:00 AM to 6:00 PM
- Either a 6 or 8-foot table with 2 chairs outside main conference room (indoors), electrical power provided (first come, first serve basis).
- Exhibitor's name and logo on PSPSA website with link to exhibitor's website through October 2021.
- Exhibitors are invited to provide material (business cards, pamphlets, fliers, etc.) to be included in all goodie bags.
- Exhibitors will have an opportunity to make a presentation about their services to the conference attendees



Schedule at a Glance

Tuesday, November 3, 2020

7:00 am - 8:00 am - Registration
8:00 am - 8:45 am - Opening Ceremonies
8:45 am - 10:00 am - Change Your Brain, Change Your Mind
10:00 am - 10:30 am - Break & Book Signing for Daniel Amen, M.D.
10:30 am - 11:45 am - Unexpected Challenges
11:45 am - 1:00 pm - Lunch buffet, provided by PSPSA on the Paradise Terrace
1:00 pm - 2:45 pm - Operation Longevity: A Mindful Approach to Wellness and Resilience for the Law Enforcement Professional of the 21st Century
2:45 pm - 3:00 pm - Break
3:00 pm - 4:15 pm - The Positive Power of Connection
4:15 pm - 5:00 pm - CMB Skills
5:00 pm - 5:15 pm - Closing remarks

Wednesday, November 4, 2020

7:00 am - 7:30 am - Yoga
7:30 am - 8:00 am - Book Signing for Peter Killeen, Ed.D.
8:00 am - 8:30 am - Opening Ceremonies
8:30 am - 10:15 am - Overcoming Adversity
10:15 am - 10:30 am - Break
10:30 am - 11:45 am - SDFD Health and Safety Office – San Diego's Journey to Comprehensive Program
11:45 am - 1:00 pm - Lunch (on your own)





Schedule at a Glance

Wednesday, November 4, 2020 (continued)

1:00 pm - 2:15 pm - Asher Model: 7-Point Approach to a Culture of Wellness; Turning Tragedy into Hope
2:15 pm - 2:30 pm - Break
2:30 pm - 3:30 pm - Stop the Stigma
3:30 pm - 5:00 pm - Teamwork After a Catastrophic Injury
5:00 pm - 5:30 pm - Closing remarks & 2019 PSPSA Meritorious Award Presentation
6:00 pm - 9:00 pm - Social Event at the Paradise Ballroom

Thursday, November 5, 2020

7:00 am - 7:30 am - Yoga
8:00 am - 8:30 am - Opening Ceremonies

Main Session

8:30 am - 9:45 am - Out of Chaos
9:45 am - 10:00 am - Break
10:00 am - 11:15 am - Work Hard, Play Hard: A Prosecutor's Story of Addiction and Recovery
11:15 am - 11:45 am - Self-disclosure Skills

Family Session

8:45 am - 9:45 am - Significant Other Survival (Fire/EMS & LE Tracks)
9:45 am - 10:00 am - Break
10:00 am - 11:45 am - Significant Other Survival courses continued





Schedule at a Glance

Thursday, November 5, 2020 (continued)

11:45 am - 1:00 pm - Lunch (On your own)

All sessions return to main conference area together

1:00 pm - 2:30 pm - Too Much Ugly: Multiple Roles and Multiple Line of Duty Deaths

2:30 pm - 2:45 pm - Break

2:45 pm - 4:00 pm - Myths & Realities: Current Addiction Theories and First Responders Life

4:00 pm - 4:45 pm - Some Core Concepts of Peer Support

4:45 pm - 5:00 pm - Closing Remarks

Friday, November 6, 2020

7:00 am - 7:30 am - Yoga

7:30 am - 8:00 am - Book Signing by Kevin Gilmartin, Ph.D.

8:00 am - 8:15 am - Opening Ceremonies

8:15 am - 9:30 am - Emotional Survival

9:30 am - 9:45 am - Break

9:45 am - 12:00 pm - Emotional Survival (Continued)

12:00 pm - 12:15 pm - Closing Ceremonies



Conference Schedule

Tuesday, November 3, 2020

7:00 am - 8:00 am

Registration

Raffle Prizes and Silent Auction Items Available for Viewing in the Lobby

8:00 am - 8:45 am

Opening Ceremonies

Welcome - Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President

Honor Guard – San Diego Police Department & Bagpipes

Pledge of Allegiance – Nancy K. Bohl-Penrod, Ph.D., Director, The Counseling Team International

Invocation – Chuck Price, Chaplain, El Cajon Police Department and San Diego Police Department

Welcome - San Diego Fire-Rescue Department



8:45 am - 10:00 am

Change Your Brain, Change Your Mind

Daniel G. Amen, MD, Psychiatrist, Neuroscientist and Author

Based on the world's largest functional brain imaging database, Dr. Amen will give you a completely new way to think about and treat issues such as anxiety, depression, bipolar disorders, ADHD, addictions, OCD, PTSD, schizophrenia and even personality disorders. It is based on the unique Amen Clinics 4 Circles BRIGHT MINDS program, which shows you that in order to have a healthy mind you must first have a healthy brain; and to do that you must optimize the 4 circles of a whole life (biological, psychological, social, and spiritual), as well as prevent or treat the 11 major risk factors that damage the brain and steal your mind.

10:00 am - 10:30 am

Break & Book Signing for Dr. Amen



10:30 am - 11:45 am

Unexpected Challenges

Jeff McGreevy, Sergeant, CIT & Peer Support Team Coordinator, Oxnard Police Department

In 2012, Sergeant Jeff McGreevy was severely injured and nearly paralyzed in an off-duty accident, weeks later his wife was diagnosed with Stage 3 Cancer. Jeff will share his story about the stresses and trauma he experienced trying to recover from what should have been a career ending injury, while his wife was fighting for her life to beat cancer. Over 20 years as a cop, crippling injuries, financial ruins, cumulative trauma from stress exposure to violence, and 24/7 pain finally caught up to him in 2015 and he finally admitted that he needed professional help.

Conference Schedule

Tuesday, November 3, 2020 (Continued)

11:45 am - 1:00 pm

Lunch buffet, provided by PSPSA on the Paradise Terrace

1:00 pm - 2:45 pm

Operation Longevity: A Mindful Approach to Wellness and Resilience for the Law Enforcement Professional of the 21st Century



Peter J. Killeen, Ed.D., Port Authority Police, Unions Operation Longevity, Founder

Operation Longevity offers the necessary tools, in a user-friendly approach, to the law enforcement professional to better adapt and effectively cope with much of the stress experienced within the profession. Finding the correct approach to handle daily personal and professional challenges becomes critically important for self-survival, increased resiliency, healthier relationships- both personal and professional, and a more sustainable lifestyle both on the job and well into retirement.

2:45 pm - 3:00 pm

Break



3:00 pm - 4:15 pm

The Positive Power of Connection

Kimberly Lightly, Risk Management, Program Specialist, US Forest Service, Fire and Aviation Management

Stress First Aid (SFA) is a self-care and peer support model that comprises a set of supportive actions designed to help emergency responders and law enforcement personnel assist each other in reducing the negative impacts of stress. SFA is designed to be attentive to multiple sources of stress, practical, flexible, and tailored to the specific styles and needs of those involved. Through lecture and storytelling, Kimberly will weave the value of SFA throughout her own account of survival and post-traumatic growth.



4:15 pm - 5:00 pm

Crisis Management Briefing Skills

Steve Diaz, Captain, Cal Fire (Retired)

The goal of a CMB is to provide coping resources, engender cohesion and morale, re-establish a sense of community, provide information and a sense of leadership, reduce tension and chaos, enhance credibility and control rumors.

5:00 pm - 5:15 pm

Closing remarks

Conference Schedule

Wednesday, November 4, 2020

7:00 am - 7:30 am

Yoga

Gina Sickles, M.S., The Counseling Team International

7:30 am - 8:00 am

Book Signing for Peter Killeen, Ed.D.

8:00 am - 8:30 am

Opening Ceremonies

Welcome - Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President

Invocation - Mike Russ, Fire Captain/Chaplain, San Manuel Fire Department

Welcome -San Diego County Sheriff's Department

Raffle/Silent Auction drawing



8:30 am - 10:15 am

Overcoming Adversity

Joseph Piersante, LLC Motivational Speaker, Veteran of the United States Department of Justice

Everyone faces adversity at some point in their life, it is how you rebound from these hard times that really defines you as a person and will ultimately determine your happiness. Joe inspires audiences by explaining that we can't control the unfortunate things that inevitably happen in our lives, but we can control how we react to them. Your mindset and attitude can help you turn your breakdowns into breakthroughs, and help you look at negative experiences as opportunities and a new start.

10:15 am - 10:30 am

Break

10:30 am - 11:45 am

SDFD Health and Safety Office – San Diego's Journey to a Comprehensive Program

David Picone, Battalion Chief, Health and Safety Officer, San Diego Fire Department

The behavioral wellbeing of the personnel has always been a priority. With divorce rate increases, strained relationships, long times away from families and uncertainty from world events, combined, these can cause the deterioration of the physical and mental well-being of our first responders. For so many years he's been taking care of the citizens but now has this incredible platform to take care of our own, both physically and mentally. His quest for a comprehensive program has grown beyond his imagination and he'll be sharing with us the journey.

Conference Schedule

Wednesday, November 4, 2020 (Continued)

11:45 am - 1:00 pm

Lunch (on your own)



1:00 pm - 2:15 pm

Asher Model: 7-Point Approach to a Culture of Wellness; Turning Tragedy into Hope

Neil H. Gang, Chief, Pinole Police Department

The Law Enforcement Community has been struck by an epidemic of police suicides. In 2019 alone, we have lost approximately 228 officers to suicide and that does not take into account that the experts predict that these numbers can be under reported by a factor of 2.5. The numbers are alarming as we are losing double the amount of officers to suicide than in all other line of duty deaths combined. Attendees will benefit from learning about police suicide and equipping law enforcement personnel with proactive and practical strategies in creating a culture of wellness within their organizations.

2:15 pm - 2:30 pm

Break



2:30 pm - 3:30 pm

Stop the Stigma

Nikki Stevens, Fire Captain and Widow, Santa Barbara Fire Department

Nikki will be sharing how the suicide of her husband of 26 years affected her and her two sons and how she learned to heal with the help of peer support and counseling. She will discuss how she believes being open and honest with fellow firefighters about her struggles has helped other members in her Department seek emotional assistance through informal conversations or counseling.

3:30 pm - 5:00 pm

Teamwork After a Catastrophic Injury

Paul Meyer, Sergeant, Portland Police Bureau



After an on duty freak accident, Paul's life changed forever. But what happened next is an unbelievable story of how his peers and department leaders came together to rally behind Paul and his family. It is that teamwork which has inspired so many others to come to the aid of him and his family when they needed it more than ever. The presentation will focus on those selfless acts that have been so inspirational and have had a positive impact in helping Paul and his family overcome the difficulties that have followed, both at home and at work.

Conference Schedule

Wednesday, November 4, 2020 (Continued)

5:00 pm - 5:30 pm

Closing remarks & 2019 PSPSA Meritorious Award Presentation

6:00 pm - 9:00 pm

Social Event at the Paradise Ballroom (Entertainment – Dueling Pianos, by Killer Keyz).

Thursday, November 5, 2020

7:00 am - 7:30 am

Yoga

Gina Sickles, M.S., The Counseling Team International

8:00 am - 8:30 am

Opening Ceremonies

Welcome - Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President

Invocation

Welcome - Anaheim Police Department

Main Session Schedule

8:30 am - 9:45 am

Out of Chaos

Chris Fields, Retired, Oklahoma City Fire Department



Chris served over 31 years with the Oklahoma City Fire Department. Chris was captured in a photo that became an iconic symbol of the Oklahoma City Bombing in 1995 when he was cradling the body of 1yr old Baylee Almon. Chris discusses the brutal realities of a life spent responding to citizens in their darkest hours. Routinely placing others before himself and representing the greater good in all of us. Chris tells a story of his life, his 31 years of public service and how that day in 1995 all combined to take a toll on his life and his family, he suffered in silence for many years. Now he shares how he took control and his journey out of the suffering in hopes of helping other 1st responders avoid the failure, the pitfalls and to reach out.

9:45 am - 10:00 am

Break

Conference Schedule

Thursday, November 5, 2020 (Continued)

10:00 am - 11:15 am



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.

Susan spent 14 years a prosecutor, handling sex crimes, homicides and overseeing the child abuse unit. She "worked hard and played hard" until it stopped working for her. Susan made the decision to stop drinking in July of 2001 and hasn't looked back. She credits her sobriety as a turning point in her life. During this session, she will share the findings of the Hazelden study along with the latest research about addiction and recovery. She will also share her personal story – what it was like, what happened and what it's like now.

11:15 am - 11:45 am

Self-disclosure Skills

Alana Negroni, M.S., LMFT, The Counseling Team International

Self-disclosure is an approach to communication that involves sharing information about yourself, history, present, emotions and thoughts. Self-disclosure can be a very useful skill, but only if employed properly. In this session Alana will discuss the importance of self-disclosure, how it can help communication in relationships and ways to effectively use this tool to provide support to those in need.

Family Break Out Session Schedule (For Significant Others Only)

8:45 am - 9:45 am

Significant Other Survival

Fire/EMS Track

Mike Russ, Fire Captain/Fire Chaplain and Rita Russ, Spouse, San Manuel Fire Department

This presentation involves a fire captain and his wife who will describe their personal losses and what worked for them to overcome those losses. They will help family members who have loved ones in public safety gain a different perspective.

Law Enforcement Track

This presentation will help you understand the public safety culture, the stressors of the job and the effects these careers can have on personal lives and relationships. The more your family understands about the public safety culture, the better chance you will have at maintaining a healthy relationship.

9:45 am - 10:00 am

Break

Conference Schedule

Thursday, November 5, 2020 (Continued)

10:00 am - 11:45 am

Significant Other Survival Courses continued

Both Sessions

11:45 am - 1:00 pm

Lunch (On your own)



1:00 pm - 2:30 pm *All sessions return to main conference area together*

Too Much Ugly: Multiple Roles and Multiple Line of Duty Deaths

Jocelyn Roland, Ph.D., Public Safety Psychologist, Marc Nuno, Chief, Stanislaus County Sheriff, Randy Davis, Sergeant, Modesto Police Department, Jennifer Hannula, Lieutenant, Stanislaus County Sheriff's Department

This presentation will address the challenges faced by two departments in Stanislaus County who experienced 5 line-of-duty deaths in 3 years. Providing interagency support, the Peer Support Teams were taxed by the services provided in their helper roles. The panel will discuss the challenges faced, the resources used, and how they managed supporting others and caring for themselves as both helpers and victims.

2:30 pm - 2:45 pm

Break

2:45 pm - 4:00 pm

Myths & Realities: Current Addiction Theories and First Responders Life

Stephen Odom, Ph.D. CEO, Chief Clinical Officer



First Responder culture is steeped in traditions that include imbibing, yet alcohol is also the most common form of self-medication for Post Traumatic Stress. Join Dr. Stephen Odom as he presents an informative and entertaining look at the evolution and explanation of addiction and the intersection with PTS and public safety professionals.

4:00 pm - 4:45 pm

Some Core Concepts of Peer Support

Steven Froehlich, Ph.D., Director, Behavioral Health Services and Scott Ross, Captain, Los Angeles County Fire Department, PSPSA Director At-Large

Dr. Froehlich and Scott Ross will be diving into some of the core concepts of Peer support. The topics discussed will include; Developing Rapport/Trust, establishing the rules of engagement, active listening- starting the conversation and referring peers to culturally competent MHP's.

Conference Schedule

Thursday, November 5, 2020 (Continued)

4:45 pm - 5:00 pm

Closing Remarks

Friday, November 6, 2020

7:00 am - 7:30 am

Yoga

7:30 am - 8:00 am

Book Signing for Kevin Gilmartin, Ph.D.

8:00 am - 8:15 am

Opening Ceremonies

Welcome Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President

Invocation – Chaplain Wes Anderson

Welcome –



8:15 am - 9:30 am

Emotional Survival

Kevin M. Gilmartin, Ph.D. Author and Motivational Speaker

This presentation is designed to assist public safety professionals by the development of behavioral strategies to inoculate against loss of idealism and inappropriate behavior patterns. It will review the short and long-term effects on first responders on both the personal and professional aspects of their lives. The goal of the course is to have the first responder review the potential impact the career causes in the personal life and to develop strategies for overall emotional survival. The strategies are designed to permit the professional to continue functioning effectively and ethically without "burning-out" and without resorting to emotional isolation from friends and colleagues.

9:30 am - 9:45 am

Break

9:45 am - 12:00 pm

Emotional Survival (Continued)

12:00 pm - 12:15 pm

Closing Ceremonies

Hotel Information

Paradise Point Resort & Spa
1404 Vacation Road
San Diego, CA 92109



Conference group pricing is \$199 per night
Resort and Parking Fees Included!

Group name: Public Safety Peer Support Association
Group rate is available 3 days prior and 3 days following the conference dates!

A Private Island Paradise, minutes from downtown San Diego!
Tucked away on Mission Bay in the heart of San Diego, Paradise Point Resort & Spa features comfortable bungalow-style rooms amidst lush, tropical gardens, tranquil lagoons, and one mile of sandy beach next door to SeaWorld. Scattered across a 44-acre island, you'll find plenty of room to roam and relax with five swimming pools, beach bonfire pits, a marina, five dining venues, an award-winning spa and endless recreation options.

Paradise Point and its amenities offer a unique San Diego vacation experience for both families and couples with a location that is secluded, yet centrally situated to the airport, downtown San Diego and top attractions including Old Town, the San Diego Zoo, and Balboa Park, which are all just minutes away from their shores.

Please contact the Reservation Desk at 800-344-2626 for more information.

Registration Information

To register, please go to our website at
www.pspsa.org/conference/register/

Conference Fees & Policies

Main Conference: \$470 per attendee –
Includes one-year membership fee of \$50 to association, lunch for one day and social night, which includes one drink ticket and hors d'oeuvres.

Department Groups: \$425 per attendee (for 5 or more) –
Includes one-year membership fee of \$50 to association, lunch for one day and social night, which includes one drink ticket and hors d'oeuvres for each attendee.

Family Day (Significant Others Only): \$75 – Thursday

Lunch

LUNCH IS PROVIDED BY PSPSA ON TUESDAY, November 3, 2020

Refunds

Cancellations prior to September 1, 2020 — Full refund

Cancellations from September 1 – September 15, 2020 — Full refund less \$50 cancellation fee

Cancellations after September 15, 2020 — No refund - Substitutions may be allowed

Wellness on the Front Line is certified for CEU's by
POST Cert. Number: 7180-28000-20

*Please Note: This is a non-reimbursable course; POST credit will still be provided.

STC Cert. Number: 05486741
(For STC trainers, tuition will equal to \$343.75 out of total conference cost)

ICEMA #62-2032

**Stay in touch by following us on Facebook at
www.facebook.com/publicsafetypeersupportassociation/
and on Instagram @pspsa_wellness**



Public Safety Peer Support Association
P.O. Box 5956
Norco, CA 92860

The Public Safety Peer Support Association
5th Annual Conference
November 3-6, 2020



- Three and a half days of Training
- Conference Created by Peer Supporters for Peer Supporters
- Exhibitors
- Conference held in beautiful San Diego at Paradise Point Resort & Spa

www.pspsa.org