

Beyond the Scene: Behavioral Health Discussions for First Responders

Monday, June 13, 2022

7:30am – 8:00am	Conference Check-in and Continental Breakfast – Sponsor TBD
8:00am – 8:15am	Welcome
8:15am – 10:15am	Behavioral Health Program Development for Agencies, Jennifer Cramer, FBHA Agencies will learn to recognize and respond to behavioral health issues within their agencies. Recommendations and steps for implementation of a successful program including training, policy creation, peer support, retirement and support for families.
10:15am – 10:30am	Break
10:30am – 12:30pm	Internal Size Up, Jennifer Cramer, FBHA Careful examination of behavioral health awareness for first responders with an emphasis on understanding emotional and physical stressors, communication skills, addictions, depression, PTSD, suicide, retirement, and moral injury.
12:30pm – 1:30pm	Lunch – Sponsor TBD
1:30pm – 3:30pm	PTSD vs. Moral Injury, Jennifer Cramer, FBHA Explores the differences between PTSD and moral injury within the world of first responders, with an emphasis on the Moral Injury Outcome Scale survey which was administered to eight fire and EMS departments within the Las Vegas Valley. The survey was a collaborative effort of Las Vegas Fire & Rescue and the Firefighter Behavioral Health Alliance.
3:30pm – 3:45pm	Break/Snack – Sponsor TBD
3:45pm – 4:45	Post-Traumatic Growth: Finding Benefits Within Challenges, Dan Sundahl, dansungallery.com Post-traumatic growth is more than recovering, it is about reconfiguration and becoming a better person than you were before the injury occurred. My journey from battling my demons to purging my nightmares in artwork is shared through images based on calls I have attended as a paramedic and firefighter. I will share how my job nearly destroyed my life and, although this is my story, you may connect with them through your own experiences and realize you are not alone in how you are feeling. More importantly, I will share what I did, and continue to do, to build resiliency and recover from my mental stresses. If I can do it, so can you.
4:45pm – 6:00pm	Break
6:00pm	Presenter Reception – Sponsor TBD Join us for light hors d'oeuvres and time for networking with colleagues and our conference presenters. There will be a special display of artwork by Dan Sundahl, world-renowned educator and first responder artist.

Tuesday, June 14, 2022

7:30am – 8:00am	Conference Check-in and Continental Breakfast – Sponsor TBD
8:00am – 9:00am	Keynote: Sometimes What Hurts the Most Can't Be Seen, David Woods Bartley This keynote chronicles the story of my journey from a suicide attempt, and a decade's long fight with mental "hellness", to genuine mental health. I'll share how a mental illness feels, what caused my condition, lessons learned, how I care for myself today, and the simple actions we can take to create connection and activate the life-saving power of <i>Hope</i> .

9:00am – 9:15am	Break
9:15am – 11:15am	Neurobiology of the Addicted Brains, Dr. Kurt Klemme, Gail Ploe Dr. Klemme will call on his personal experience, and his professional knowledge from a career in Emergency Medicine and Anesthesiology, to lead participants through the neurobiological mechanisms of addiction; genetic and environmental risk factors for the development of addiction; an understanding of the similarities and differences among various manifestations of addiction; effects of cannabis use on the adult and adolescent nervous system; and the spiritual, social, psychological, and medical aspects of addiction treatment. Gail Ploe is the Prevention Specialist/Alcohol & Drug Counselor at Western U.P. Health Dept. in Hancock.
11:15am – 11:30am	Break
11:30am – 12:30pm	Post-Traumatic Growth: Finding Benefits Within Challenges, Dan Sundahl, dansungallery.com <i>(This session will feature additional content and build upon Dan's session from Day 1 of the conference.)</i> Post-traumatic growth is more than recovering, it is about reconfiguration and becoming a better person than you were before the injury occurred. My journey from battling my demons to purging my nightmares in artwork is shared through images based on calls I have attended as a paramedic and firefighter. I will share how my job nearly destroyed my life and, although this is my story, you may connect with them through your own experiences and realize you are not alone in how you are feeling. More importantly, I will share what I did, and continue to do, to build resiliency and recover from my mental stresses. If I can do it, so can you.
12:30pm – 1:30pm	Lunch – Sponsor TBD
1:30pm – 2:30pm	The Difference Between the First Call and the Last, Andrea Abbas In this presentation, we'll explore what can happen to us as first responders as we become exposed to scenarios most will never experience. We'll explore the physiological and psychological effects of first responder career work and discuss survival mode, problem-based thinking, going negative quick, and how we can become wired to trust less. I'll share real examples along with parts of my story to highlight these concepts. My hope is that we'll all walk away feeling seen.
2:30pm – 2:45pm	Break/Snack – Sponsor TBD
2:45pm – 3:45pm	Substance Use Disorder Training, Anthony Pantaleo Nationally first responders have been recognized as having unique skills and opportunity to be part of a team of providers on the frontline of response to the opioid crisis. The Naloxone Leave Behind Kit program, being adopted by agencies across Michigan, is intended to expand access to naloxone to save the lives of persons suffering from opioid use disorder. Anthony will review protocols of the leave behind program, and discuss the magnitude of the Opioid Use Disorder epidemic in Michigan, the associated stigma, and harm reduction strategies.
3:45pm – 5:00pm	From Surviving to Thriving, Randal Goodwin, Denton Twp. Texas FD In 1988 Randal responded to a brush fire and was struck with a downed wire. Randal suffered burns over 87% of his body, which resulted in the loss of both legs below the knee, and most of his eyesight. The most important asset a first responder organization has its people. First responders have higher rates of suicide, divorce, substance abuse, burnout and suffer more chronic illness than the general public. Peer to peer support and resiliency training can lead to a longer and happier career. Randal will share how he was able to move forward when the unthinkable happened. Dying is easy. Surviving and thriving requires resiliency and support!