



1st RESPONDER CONFERENCES

1st Responder Conferences Presents

1st Responder Mental Health and Wellness

Co-hosted by Franklin County Sheriff's Office

September 7-8, 2023, from 8am-4pm

September 7th, Networking Social from 4-6pm

Columbus Marriott Northwest

5605 Blazer Parkway - Dublin, Ohio

***You must register to attend. Seats are limited at this conference.**

Registration is \$325/person (Plus Clear Event 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://events.humanitix.com/1rccolumbus2023>

or <https://www.1strc.org/conferences>

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.

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:

“Building Financial Strength in First Responder Families”- (Ret. Sgt.) Nicholas Daugherty, FinancialCop- Building Financial Strength in First Responder families is the premier financial wellness class designed for first responders, taught by first responders. We will cover the importance of financial wellness for your personal and professional lives. Topics include budgeting, how to avoid debt and pay off debt, the importance of will & estate planning, and how to build a plan to begin to win with money. Taught by instructors that have the heart of teachers to over thousands of first responders from over 2,000 agencies nationwide. Nick Daugherty began his career with the Grand Prairie Police Department (GPPD) in 2003 before semi-retiring in 2017 as a Sergeant. He continues to serve as reserve officer for Grand Prairie PD. Nick operates FinancialCop, the largest financial wellness training provider for first responders nationally as well as providing comprehensive fiduciary only financial planning for first responders. FinancialCops have coached hundreds of first responder families through almost every type of financial crisis and scenario possible. He also works with several first responder nonprofit organizations, focusing on financial wellness for those suffering from PTSD and suicidal thoughts.

“ACE(s) in the Hole: When childhood trauma and occupational stressors collide”- Cinnamon Reiheld, Founder, Clinician and Trainer of Whole House Counseling and Consultation- 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.

“Leading Mindfully”- Amber Miskovich, Owner of the Wonder Within- First responders have a 5-year life expectancy post-retirement. My mission in this hour is to wake individuals up to where they are living and where they are dying. Leadership comes from the way we lead ourselves. We hit on everything from the mind, body, relationships and habits. Amber is a former full-time firefighter/paramedic, 15-year Air Force Veteran as a medic and a 22-year massage therapist. She has led fitness and leadership in both the military and for the fire academy. Amber is a Yoga and fitness instructor currently on site at 30 fire stations weekly working on mental and physical health. She also works with amazing organizations such as Semper Fi the fund, Save A Warrior and Ohio Assist.

“Miracles”- Nicholas Malo Ret. Ohio State Trooper, Data Analyst & Operating Support Coordinator for Save a Warrior- Nicholas will share his personal story and speak about what it was like before, during and after he retired and what tools and resources that helped him overcome. Nick is a retired State Trooper from Ohio. His time with OSHP spanned from 1999-2019 when he medically retired after a distinguished career. Nick had a very powerful and life-altering experience while at his cohort. After leaving Warrior Village, Nick focused on his own recovery and rediscovered how to be of service to others as a shepherd and as an ambassador for Save A Warrior. Nick joined the Save A Warrior team in 2022. In his role, Nick supports the organization's effort to track the progress of alumni in their recovery. He supports the alumni of the organization through being a servant leader. Nick has also rededicated himself to becoming the best Father and husband that he can be to his family.

“Ohio Wellness Programs and Initiatives”- Steven M. Click, Director of First Responder Wellness for the Ohio Department of Public Safety- This presentation will be an overview of the Ohio Office of First

Responder Wellness and other wellness programs and initiatives in the State of Ohio including funding through the American Rescue Plan Act (ARPA). Steven M. Click serves as the Director of First Responder Wellness for the Ohio Department of Public Safety, Office of Criminal Justice Services. Prior to his current position, he served as the First Responder Liaison for Ohio Mental Health & Addiction Services. Steve is a retired lieutenant from the Ohio State Highway Patrol where he served for 36 years, completing his career assigned to the Ohio State Highway Patrol, Office of Personnel / Ohio ASSIST program. Steve has been involved in peer support since 1992 and oversaw the Ohio State Highway Patrol's Member's Assistance Team (MAT) from its inception in 2002 and previously served as the Operational Commander. In 1992, he received the Ohio Distinguished Law Enforcement Valor Award, the highest award for valor in Ohio. He and his wife Lori live in Grove City, Ohio.

“Defining the Parameters of Wellness”- Dr. Kathleen Chard, PHD- In this workshop, Dr. Kate Chard will discuss the relationship between stress and wellness. The discussions around behavioral health and wellness in the first responder community have flourished over the last few years but what does wellness mean? How do you define wellness? Dr. Chard will discuss the long term impact of stress, Post-traumatic Stress Disorder and behavioral health treatments that have been found to be most effective. She will also make recommendations for what you can do in your everyday life to improve your chances of not suffering from the long-term effects of stress from your career.

Dr. Chard is the Associate Chief of Staff for Research and Director of Trauma Recovery Center at the Cincinnati VA Medical Center. She is also a Professor of Clinical Psychiatry and Director of the UC Health Stress Center at the University of Cincinnati. Dr. Chard is an international expert on the assessment and treatment of stress-related disorders including PTSD. Dr. Chard is an active researcher, and she has received over 20 million dollars in funding to examine stress epidemiology, assessment and treatment in Veterans, first responders and civilians. She frequently provides training on the causes of stress, stress management and PTSD to first responders throughout the United States.

“Understanding Post-traumatic Stress, The Basics”– Sgt. Dave Corlett (Retired)- In this workshop Sgt. Corlett will teach attendees how to recognize and begin to address PTSD and related issues. Attendees will be instructed in the disorder itself, how it can manifest and what can cause it. The information will all be provided from a first responder viewpoint and will assist attendees with identification of issues in both the field and coworkers.

Sergeant Dave Corlett is an Ohio native and thirty-one-year veteran of the Cincinnati Police Department. Sergeant Corlett is the founder of the Military Liaison Group within the department and an instructor with the Hamilton County Mental Health Crisis Teams. Sergeant Corlett has worked with the Veterans administration and local court system to improve the relations between our nation's military veterans and law enforcement. Sergeant Corlett's program was recognized by the DOJ and the winner of the 2021 L. Anthony Sutin award for innovative law enforcement and community partnerships. Sergeant Corlett has instructed at the Ohio Attorney General's Conference, The Ohio Crime Prevention Association Conference, Hamilton County Crisis Intervention Teams, The Cincinnati Police Academy, the Hamilton County Sheriff's Department and several national conferences.

“Creating and Maintaining a Mentally Well Program”- Alison Fienning, MSW, LISW-S, LMHC, CCTP, Pinpoint Behavioral Health Solutions- As we are in a culture shift of destigmatizing mental health for all first responders, departments have begun conducting mental health wellness checks and creating mental health wellness programs. In 2019, Alison and her team at Pinpoint were the first in their area to begin conducting ‘neck up check ups’. Through the years, they have been able to modify through learning best practices and navigating department needs to create a stellar mental health wellness program for several departments. She and her team have also provided consultation to others in order to assist them in maintaining a mentally well program, in order to reduce burnout and increase retention. Through this segment, you will be able to identify the key components to creating and maintaining a mental health wellness program. You will be provided with direction on how to pick the best suited clinicians, expectations of the wellness checks for best practices as well as how to increase awareness with resources

both locally and nationally. Get ready to walk away with a template and some ways you can present the need for a mental wellness program to your department. Alison Fienning, MSW, LISW-S, LMHC, CCTP, EMDRt began working in the mental health field over a decade ago. Alison holds a bachelors in social work from Ohio University and Masters in social work from The University of Cincinnati. She is a former K9 handler with Campbell County Search and Rescue Team. In the past decade, Alison has had a variety of experiences, making her a well-rounded clinician. In late 2017, she opened Pinpoint Behavioral Health Solutions. She specializes in providing behavioral health services to the first responder and military communities. She is licensed to see individuals in Ohio, Kentucky and Florida. She is the wife of a firefighter and is a certified IAFF peer supporter (spouse) certified in CISM (group & individual), facilitator with Great Oaks Career Campuses, instructor with the Center For Relationship Education and trained in teaching Mental Health First Aid. She and the Pinpoint team provide several departments clinical support and were the first in their area to begin conducting mental health wellness checks in 2019.

“Family Readiness: Prepare, Partner and Prevent”- Karen Solomon, First H.E.L.P President- The families of first responders often seek to find balance between home and the job, which is challenged by the nature of the work. We will discuss understanding how we can help the families of first responders as they are an integral part of a successful career. Topics include how first responder culture may affect their loved one, identifying available resources, developing a readiness plan for the family and the importance of maintaining a life and identity outside the profession. Karen is the creator of www.1sthelp.net and the author of [Hearts Beneath the Badge](#) and [The Price They Pay](#) as well as many articles about law enforcement suicide. Her focus is the stories of the families who have lost an officer to suicide and the officers who suffer with the feeling that they have nowhere to turn. Karen was a member of the 2018 Officer Safety and Wellness Group Meeting, the co-Chair of the Data and Research Committee of the National Consortium on Law Enforcement Suicide Prevention and is currently on the FBI task force to implement the Law Enforcement Suicide Data Collection Act. Karen is also the wife of a police officer.

“Critical Incident Post Traumatic Growth for 1st Responders”- Officer George Mussini, Baltimore County Police Department- From the 911 call taker, to the Emergency room or morgue, critical incidents can affect us all but we don't have to become vicarious victims of trauma. Learn how to identify, address, and harness post traumatic stress and turn it into post traumatic growth! Police officer George Mussini has over 30 years of experience as an active police officer and former firefighter. George is a Medal of Honor recipient and uses his years of experience to assist in peer support and wellness roles within his agency and around the country. George served as an adjunct professor in several criminal justice topics and now serves as an instructor for two nationally recognized officer safety and wellness, and suicide awareness & prevention programs. George takes his training knowledge, experience and interactive humor to the stage to help change the direction and attitudes about trauma and growth!

“Survive & Thrive: A Path through Trauma into Resilience”- Ryan Dedmon, Outreach Director, 911 Training Institute- A former dispatcher will discuss the accumulation of stress from personal loss and professional trauma that he experienced. His personal story of survival and journey to healing will help empower all first responders to seek peer support services and mental health treatment to build their resilience. Ryan Dedmon is a retired police dispatcher from Southern California. He currently serves as the Outreach Director for the 911 Training Institute. Ryan is a California POST-certified Academy Instructor, a CIT International certified CIT Coordinator, and has a Master’s Degree in Forensic Psychology. He teaches various Advanced Officer Training classes at the Regional Criminal Justice Training Center at Golden West College and at the Orange County Sheriff's Regional Training Center. He blends his education and experience behind the console to help first-responders recover and grow from post-traumatic stress.

Speaker video coming soon!

***Networking Social directly after training (Included in Registration) on September 7th 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.

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.

***Accommodations:**

Conference specials/discounted hotel rates available: Columbus Marriott Northwest - 5605 Blazer Parkway in Dublin.

Last Day to Book: Wednesday, August 16, 2023

Hotel(s) offering your special group rate:

- Marriott Columbus Northwest for 122 USD - 322 USD per night

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1677156679830&key=GRP&app=resvlink>

To download a flyer please visit www.1stRC.org or contact us for flyers, basic info letters, and sponsor/industry partner/vendor forms for your organizations or to share.

*A limited number of scholarships are available for those with financial hardships. Please contact Amanda at amanda@1stRC.org for more information.

Disclaimers

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Waiver of Liability

Some of the material presented at this event may cause emotional triggers. We will have onsite assistance if needed. There will also be additional resources available if needed. This conference is not intended to provide counseling services, whether medical, psychological or of any other kind, nor to diagnose, prevent, cure, or treat any disease, disorder or injury. This conference is certainly not intended to replace the advice of a physician. If you need expert advice, please consult a competent professional. This conference is only intended for "educational" use, and it should only be used as a guide.

RECORDING OF CONFERENCE OR SPEAKERS IS PROHIBITED

Written consent may be given by speakers, but 1st RC staff will need to be informed prior.

At registration we will have a waiver of liability and a photo release form that must be signed. If you have any questions regarding the waiver please contact us, so we can be of assistance.

COVID-19 SAFETY INFORMATION

Currently there are no mandated restrictions related to COVID-19.

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Office of
First Responder
Wellness

