

Wellness on the Front Line

3rd Annual Conference & Exhibit



Presented By:

PUBLIC SAFETY PEER SUPPORT ASSOCIATION

Mind • Body • Spirit



San Diego, California

October 16 – 19, 2018

Public Safety Peer Support Association

Wellness on the Front Line

ABOUT THE CONFERENCE

The Public Safety Peer Support Association is excited to be offering their 3rd 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 October 16 – 19, 2018.

A vibrant and resilient peer support team is not reactionary in its focus. The 2018 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: post-traumatic stress disorder, peer support responses to critical incidents, facing adversity, resilience, peer support program development, responses to the Montecito Mudslides, 2017 Las Vegas 91 Harvest Music Festival Shooting, and many more! Team leaders, mental health professionals and chaplains will provide an opportunity for teams to build resilience and unite together, by providing critical incident stress debriefings throughout the conference!

Register online at PSPSA.org to save time!

PEER SUPPORT TEAM BUILDING/DEBRIEFINGS

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



Public Safety Peer Support Association

Wellness on the Front Line

PSPSA MEMBERSHIP

The mission of PSPSA is to ethically and responsibly develop and implement Peer Support programs and standards to enhance training, education, and support systems of public safety agencies.

Our greatest resource is each other. Members of PSPSA are introduced to unique networking opportunities with leaders in Peer Support from agencies across the United States and beyond. Collaboration with these innovators and pioneers will shape best practices in Peer Support to the great benefit of Public Safety agencies. The relationships and shared experience of members will enable the development of a model for future Public Safety Peer Support programs. Becoming a member will give exclusive access to our membership directory, webinars, account details, professional forums and more!

GET INVOLVED

As a nonprofit organization, PSPSA relies exclusively on its membership for all board and committee member positions. To find out how you can get involved and help shape the future of our association, contact us at www.pspsa.org.

Conference Exhibitor Opportunities

\$500

There are 8 (eight) Exhibitor Booths Available

- Wednesday & Thursday, October 17 and 18, 2018
- 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 (two 6-foot and six 8-foot tables available on a first come, first serve basis).
- Exhibitor's name and logo on PSPSA website with link to exhibitor's website through October 2019.
- 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

MONDAY, OCTOBER 15

Registration 5:00 pm – 7:00 pm

TUESDAY, OCTOBER 16

Registration 7:00 AM – 8:00 AM
Opening Ceremonies 8:00 AM – 8:45 AM
Training: **Facing Adversity with Optimism and Resilience** 8:45 AM – 9:45 AM
Break & Book Signing by JR Martinez **9:45 AM – 10:15 AM**
Training: **Substance Abuse in Public Safety Presentations** 10:15 AM – 12:15 PM
Lunch: *(Buffett) Provided by PSPSA* **12:15 PM – 1:45 PM**
Training: **Montecito Mudslide Presentations** 1:45 PM – 5:00 PM
Closing Remarks 5:00 PM – 5:15 PM

WEDNESDAY, OCTOBER 17

Good Morning 8:00 AM – 8:30 AM
Training: **Building Your Arch** 8:30 AM – 9:30 AM
Training: **I'm Fine** 9:30 AM – 10:15 AM
Break **10:15 AM – 10:30 AM**
Training: **Blue on Blue Workplace Shooting: A Survivor's Story of Recovery** 10:30 AM – 11:15 AM
Training: **How to Start a Successful Behavioral Health and Wellness Program** 11:15 AM – 12:15 PM
Lunch (on your own) **12:15 PM – 1:30 PM**
Training: **Responding to a Murder/Suicide** 1:30 PM – 3:00 PM
Break **3:00 PM – 3:15 PM**
Training: **2017 Las Vegas 91 Harvest Music Festival Shooting Response Presentations** 3:15 PM – 5:30 PM
Closing Remarks 5:30 PM – 5:45 PM
Social Event (Paradise Terrace, family attendees invited) 6:00 PM – 9:00 PM
Friends of Bill 7:00 PM – 9:00 PM

Schedule at a Glance

THURSDAY, OCTOBER 18

Good Morning	8:00 AM – 8:15 AM
Breakout Groups: Session One	8:30 AM – 10:00 AM
Group 1: Raising Children in a Law Enforcement Family	
Group 2: Successes & Challenges of Peer Support: Not Getting in Over Your Head	
Group 3 (Registered Significant Other Group): The Five Love Languages	
Break	10:00 AM – 10:15 AM
Breakout Groups: Session Two	10:15 AM – 11:45 AM
Group 1: Raising Children in a Law Enforcement Family	
Group 2: Successes & Challenges of Peer Support: Not Getting in Over Your Head	
Group 3 (Registered Significant Other Group): The Five Love Languages (cont'd)	
Lunch (on your own)	11:45 AM – 1:00 PM
Training: OIS/Emotional Survival (For All Attendees and Registered Significant Others, Please Return to Main Conference Room)	1:00 PM – 2:30 PM
Break	2:30 PM – 2:45 PM
Training: Critical Incident Stress, Vicarious Traumatization (VT), & Post Trauma Stress Reactions in the Medical, Behavioral Health, & Public Safety Professional – A Resiliency Initiative.	2:45 PM – 4:45 PM
Closing Remarks	4:45 PM – 5:00PM

FRIDAY, OCTOBER 19

Book Signing by Chaplain Cary Friedman	7:30 AM – 8:00 AM
Good Morning	8:00 AM – 8:30 AM
Training: Harness the Power of WHY	8:30 AM – 9:15 AM
Training: Understanding the Differences in Privileged Communication and Confidentiality	9:15 AM – 10:45 AM
Break	10:45 AM – 11:00 AM
Training: A Warrior's Challenge	11:00 am – 11:45 am
Closing Ceremonies	11:45 am – 12:15 pm

Conference Schedule

Monday, October 15, 2018

5:00 pm – 7:00 pm

Conference Registration

Tuesday, October 16, 2018

7:00 am – 8:00 am

Conference Registration

8:00 am – 8:45 am

Opening Ceremonies - Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President

Honor Guard – San Diego Police Department

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

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

Welcome – Mike Barnett, Undersheriff, San Diego County Sheriff's Department

8:45 am – 9:45 am

Facing Adversity with Optimism and Resilience

Presenter: J.R. Martinez, Wounded U.S. Army Veteran, Author of the New York Times Best Selling Book "Full of Heart: My Story of Survival, Strength, and Spirit", American Actor, Winner of ABC's "Dancing with the Stars"

Description: None of us know what we're capable of until we're faced with a tough or unexpected challenge. Often, this means having to adjust your dream or vision and sometimes, to create an entirely new goal. It can also mean getting through a tough situation a week, day, hour, or even a minute at a time. By focusing on shorter term goals and keeping optimism (and even humor) at the forefront, your entire outlook and perspective can be transformed. We are all stronger and more resilient than we think. In facing challenges and recovering from setbacks, we have new opportunities to develop the unique gifts that have been given to us. It's about having the ability to become more of what you can envision now.



9:45 am – 10:15 am

Break & Book Signing by J.R. Martinez

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10:15 am – 12:15 pm

Substance Abuse in Public Safety Presentations

Presenters: Michael Koch, Former Detective, Carlsbad Police Department, Chris Small, M.D., Bold Health, Jason Zdunich, PO II, San Diego Police Department

Description: The goal of this presentation is to shed light on the drug addictions that can occur in public safety agencies. This presentation will cover addictions/recovery process, and the effects of drug abuse in public safety personnel, their family and friends. This presentation is aimed at influencing the mindset of peer supporters and exposing them to the damaging impact of addiction.

12:15 pm – 1:45 pm

Lunch (Buffet) – Provided by PSPSA

Location: Paradise Terrace

1:45 pm – 5:00 pm

Montecito Mudslide Presentations

Presenters: Steve Booth, Retired Sergeant, Orange County Sheriff's Department, Regional Director of the Pacific Southwest Region of Hope Animal-Assisted Crisis Response, Steve Diaz, Battalion Chief, CAL FIRE, Mike McGrew, Retired Sergeant, Santa Barbara Police Department, Kevin Molloy, Fire Captain, CAL FIRE, Mynda Ohs, Ph.D., The Counseling Team International

Description: The goal of this presentation is to provide a brief description of the different roles that took place in the aftermath of this disaster. Responding to a natural disaster such as the Montecito Mudslides requires support from Chaplains, Peer Supporters and Mental Health Professionals (Helping Triad) and the benefits of having pet-therapy.

5:00 pm – 5:15 pm

Closing Remarks

Wednesday, October 17, 2018

8:00 am – 8:30 am

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

Invocation – Leonard Cosby, Retired Lieutenant/Chaplain, Oceanside Police Department/San Diego County Probation Department

Welcome - David Nisleit, Chief, San Diego Police Department



8:30 am – 9:30 am

Building Your Arch

Presenter: Jim Uhl, Sergeant, Peer Support Coordinator, Whittier Police Department & Chief Leadership Officer, Breaking the Chain Consulting

Description: The world is a dangerous and broken place. The pressures that are consistently heaved upon every human being has effectively destroyed countless lives,

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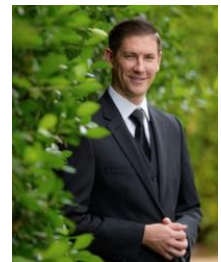
families, teams, organizations, and societies. Life's reality is this: It is not a matter of if you will face a stressful or traumatic event; it is simply a matter of when. Have you built yourself into a structure that can actually withstand what is about to fall upon you? Better yet, when damaged, can your structure become even stronger with every bit of pressure that is added to it? Acute and cumulative stress is part of your job, so failing to prepare for this inevitability creates an unnecessary and potentially catastrophic risk. Using the metaphor of an ARCH, this presentation deeply examines what makes an ARCH so stable and strong. Like an ARCH, humans are also compression structures. However, unless we get the design just right, there are tensions pulling away at your ARCH that will cause it to collapse. This course will show you how to get the design of your ARCH just right, so you can not only survive, but even thrive, through the next storm that is just waiting to take you out.

9:30 am – 10:15 am

I'm Fine

Presenter: Jared Kosina, Detective, Salt River Police Department, Scottsdale, Arizona

Description: On May 24th, 2014, Ofc. Jair Cabrera was ambushed and killed. This is the story of how a department learned from their mistakes and how they overcame what they were never prepared to experience. This presentation will give an eye witness point of view and show how the statement "I'm Fine" was like a cancer that plagued its way through an entire police department.



10:15 am – 10:30 am

Break

10:30 am – 11:15 am

Blue on Blue Workplace Shooting: A Survivor's Story of Recovery

Presenter: Perry N. Woo, Supervisory Special Agent, Homeland Security Investigations, Los Angeles, California

Description: On February 16, 2012, Perry Woo was involved in a deadly workplace violence shooting inside the Long Beach Federal building. He was forced to take lethal action against a special agent who shot another special agent during the meeting. The FBI concluded that Perry's heroic actions not only saved the lives of the critically-wounded agent and himself, but countless others who were inside the federal building during the time of the incident. Perry will share his story of emotional survival after this tragic event and provide practical tips to enhance peer support to PTSD and trauma survivors.



11:15 am – 12:15 pm

How to Start a Successful Behavioral Health and Wellness Program

Presenter: Jonathan Wilby, Risk Manager, Orange County Fire Authority

Description: Do you struggle with how to generate organizational support for a behavioral health program or does it seem overwhelming where to start the process of developing a program that meets your employee's needs? This presentation will provide you with a real-world example of how a large regional fire agency was able to develop a successful behavioral health and wellness program in a short period of time. Topics that will be discussed include how to develop organizational support, a model process to follow, and components to include in a robust behavioral health program.

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12:15 pm – 1:30 pm

Lunch (on your own)

1:30 pm – 3:00 pm

Responding to a Murder/Suicide

Presenters: Jolee Brunton, Ph.D., Focus Psychological Services, Inc., San Diego, California and Marie Pope, Lead Dispatcher, West-Comm, Orange County, California

Description: Two incidents will be discussed in this presentation. One part of the presentation will review an incident that occurred on July 16th, 2017, when the Seal Beach Police Department responded to a welfare check/shots fired call which resulted in a murder/suicide involving a Police Captain from a neighboring police department. This presentation will include details of the call, background of the parties involved and the initial not so welcomed peer support response. It will also cover how to recognize future violent behaviors. The second incident will use the case of William Hoffine, who murdered his son, barricaded himself, and after a lengthy interaction with the San Diego Police Hostage Negotiation Team, committed suicide, to illustrate the pathway to violence developed by Calhoun and Westin. Considerations for peer support interventions will be discussed.

3:00 pm – 3:15 pm

Break

3:15 pm – 5:30 pm

2017 Las Vegas 91 Harvest Music Festival Shooting Response Presentations

Presenters: Tom Dominguez, President, Association of Orange County Deputy Sheriffs, Deana Kahle, M.S., The Counseling Team International, Scott Ross, Captain, Los Angeles County Fire Department, Connie Schonert, Deputy Probation Officer, Orange County Probation Department

Description: The goal of this presentation is to influence the mindset of peer supporters and exposing them to the impact of a large event or massive shooting. This event gave a new meaning to first responders “always being on duty” and attending to the wounded while trying to locate the shooter. It will describe how an “association” provided services to help their members and families.

5:30 pm – 5:45 pm

Closing Remarks

6:00 pm – 9:00 pm

Social Event on the Paradise Terrace – Provided by the Public Safety Peer Support Association

7:00 pm – 9:00 pm

Friends of Bill

Public Safety Peer Support Association

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Thursday, October 18, 2018

8:00 am – 8:30 am

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

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

Welcome – Adolfo Gonzales, Chief Probation Officer, San Diego County Probation Department

8:30 am – 10:00 am

Breakout Groups – Session 1

Group 1:

Raising Children in a Law Enforcement Family

Presenter: Angie McCown, Victim Services Division Director, Texas Department of Criminal Justice



Description: The current national events impacting law enforcement agencies throughout the U.S. are also impacting law enforcement families. This session will focus on how your children perceive these national events and how it shapes how they feel about their parent putting on the uniform every day. We will discuss the child developmental stages, the impact of trauma on children, how best to talk to your children about their concerns. In addition, information will be provided about how to parent your children following exposure to a law enforcement critical incident and/or co-worker LODD.

Group 2:

Successes & Challenges of Peer Support: Not Getting in Over Your Head

Presenter: Jack Harris, LPC, Retired Captain, Tucson Police Department

Description: Peer supporters and liaison officers have an important role in helping and supporting co-workers & families of fallen/injured officers. However, being a peer supporter or liaison is not without its challenges. This session will help the participants recognize some of the potential pitfalls and suggest ways to avoid them. Boundaries, being close to high emotion/intense grief, self-care and role definition are a few of the topics that will be addressed.



Group 3 (Significant Other Group):

The Five Love Languages

Presenter: Deborah Silveria, Ph.D., The Counseling Team International

Description: Take the 5 Love Languages® official assessment to discover your love language and begin improving your relationships. Your love language profile will explain your primary and secondary love languages, what they mean, and how you can use it to connect to your significant other, spouses, children and all relationships in your life. In this fun, informative, and interactive workshop you will learn what your “love language” is and how to communicate it to others. Do you express and experience love by receiving gifts, quality time, words of affirmation, acts of service (devotion), or physical touch? Learn other listening and communication skills as well!

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10:00 am – 10:15 am

Break

10:15 am – 11:45 am

Breakout Groups – Session 2

Group 1:

Raising Children in a Law Enforcement Family

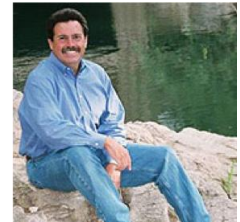
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Group 3 (Significant Other Group - Continued):

The Five Love Languages

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11:45 am – 1:00 pm

Lunch (on your own)

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1:00 pm – 2:30 pm

OIS/Emotional Survival

Presenter: Mike & Carrie Kralicek, Retired Officer, Coeur d'Alene Idaho Police Department

Description: Survival is more than just living - Far too often police officers settle for less than they deserve, and they end up feeling cast aside and useless. Mike and Carrie Kralicek not only talk about moving beyond life changing injuries, they demonstrate a world of possibilities for officers who have sustained life-changing injuries. They communicate a zest for life in their teaching and lifestyle as well as showing how personal relationships can thrive in the face of adversity. Their presentation is truly inspirational. This will be one of those rare presentations that can change a life.

2:30 pm – 2:45 pm

Break

2:45 pm – 4:45 pm

Critical Incident Stress, Vicarious Traumatization (VT), & Post-trauma Stress Reactions in the Medical, Behavioral Health, & Public Safety Professional – A Resiliency Initiative

Presenter: Rob Cipriano, Psy.D., SIMCIP Group Forensic-Psychological Consultants, LLC., Pembroke Pines, Florida



Description: The presentation encompasses an in-depth discussion surrounding critical incident stress (acute stress reactions, Vicarious Trauma, post trauma stress reactions (chronic), and substance abuse/usage. Emphasis is placed upon how such symptoms can affect those within all 3 profession domains and their families. Attendees will learn psychological tools with the goal of being able to potentially identify and manage critical incident stress, VT, and chronic post-trauma stress reactions.

4:45 pm – 5:00 pm

Closing Remarks

Dinner on your own

Friday, October 19, 2018

7:30 am – 8:00 am

Book Signing by Chaplain Cary Friedman, Author of *Spiritual Survival for L.E.*

8:00 am – 8:30 am

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

Invocation – Wes Anderson, Chaplain, National City and Chula Vista Police Departments

Welcome – Summer Stephan, District Attorney, San Diego County District Attorney

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8:30 am – 9:15 am

Harness the Power of WHY

Presenter: Cary Friedman, Chaplain and Motivational Speaker, Author of Spiritual Survival for Law Enforcement

Description: "He who has a WHY to live can bear almost any HOW." Most first responders come into the career with a very strong sense of WHY -- they are inspired by their own personal sources of idealism and integrity. It is from that point on, the exciting and exhausting mechanics of the career distract them and take up all their time and attention, with the predictable result that most first responders never again consider or replenish their WHY. We will discuss techniques for addressing this central aspect of first responders and reconnecting them with their own personal and powerful WHY.

9:15 am – 10:45 am

Understanding the Differences in Privileged Communication and Confidentiality

Presenter: Bruce Praet, Attorney, Orange County, California, Jack Harris, LPC, Retired Captain, Tucson Police Department, and Chuck Price, Chaplain, F.B.I, and the El Cajon and San Diego Police Departments

Description: Peer supporters and liaison officers have an important role in helping and supporting coworkers & families. Recently there has been problems with peer supporters not knowing the differences in privileged communication (legal) and confidentiality (a promise), which is paramount for peer supporters to know, so they do not overstep their boundaries.

10:45 am – 11:00 am

Break

11:00 am – 11:45 am

A Warrior's Challenge

Presenter: Chad Fleming, Retired Captain, United States Army

Description: Captain Fleming has been deployed overseas 6 times with the U.S. Army's elite 75 Ranger Regiment in support of both Operation Enduring Freedom and Operation Iraqi Freedom. He has been wounded in combat on three separate occasions and has undergone 23 surgeries, one of which resulted in a trans-tibial amputation of his left leg. While most would assume this type of injury would conclude someone's service to their country, Captain Fleming has re-deployed five times since his injuries, each time going right back into the fight. He is one of the few amputees who have been able to redeploy into combat as an amputee.



11:45 am – 12:15 pm

Closing Ceremonies - Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President and Anna Bell, Retired Latent Fingerprint Examiner II - San Bernardino County Sheriff's Department, PSPSA Vice President

Good bye, be safe and see you next year!

Public Safety Peer Support Association

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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 after of the conference dates!

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

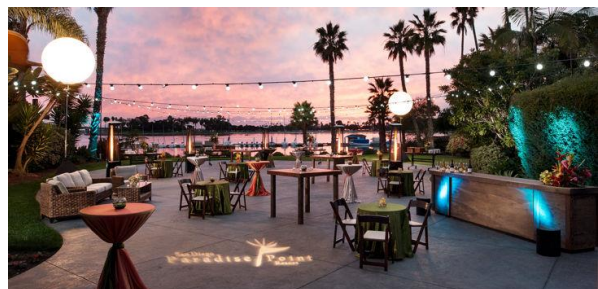
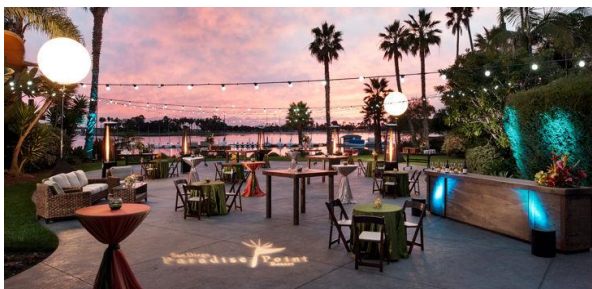


A PRIVATE ISLAND PARADISE

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.



Public Safety Peer Support Association

Wellness on the Front Line

General and Registration Information

Register Today!

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.

Family Day (*Significant Others Only*): \$75 – Thursday, October 18, 2018

LUNCH

LUNCH IS PROVIDED BY PSPSA ON TUESDAY, OCTOBER 16, 2018

Refunds

Cancellations from September 1 - September 15, 2018 — Full refund less \$50 cancellation fee

Cancellations after September 15, 2018 — No refund but substitutions may be allowed

First Name	Last Name	Title/Rank
Department/Agency Name	Email Address	Phone Number
Street Address	City	State and Zip

- ☐ Main conference only: \$470.00 (*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*)
- ☐ Group Rate: \$425.00 per attendee (*You will be contacted for group details. 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 per attendee*)
- ☐ Significant Other Day: \$75.00
- ☐ Lunch provided by PSPSA Tuesday (**Included in Main Conference Fee**)
- ☐ Social Night (**Included in Main Conference Fee**)
- ☐ Main conference + Significant other: \$545.00

Total amount enclosed: _____ (once registration is received you will receive a confirmation email)

Please make checks payable to PSPSA and send to P.O. Box 5956 Norco, CA 92860

You may also register and pay online through Eventbrite at www.pspsa.org

Public Safety Peer Support Association

Wellness on the Front Line



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



Public Safety Peer Support Association (PSPSA) 3rd Annual Conference

Wellness on the Front Line

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

October 16 – 19, 2018

www.pspsa.org