

WELLNESS ON THE FRONT LINE

7th Annual Conference & Exhibit

Presented by:

The Public Safety Peer Support Association



October 17-20, 2023

Paradise Point Resort and Spa

Schedule at a Glance

Tuesday, October 17, 2023

7:00 am - 8:00 am	Registration
8:00 am - 8:45 am	Opening Ceremonies
8:45 am - 10:00 am	Life After the Pulse Night Club Incident
10:00 am - 10:30 am	Break
10:30 am - 11:30 am	1-2-3 Resiliency - Foundations of Resilience for Wellness
11:30 am - 11:45 am	Q&A
11:45 am - 1:00 pm	Lunch (Buffet) provided by PSPSA
1:00 pm - 1:45 pm	The Will to Survive Without Limbs
1:45 pm - 2:45 pm	Truth in History, Patience in Grief
2:45 pm - 3:00 pm	Break
3:00 pm - 4:00 pm	Equine-Assisted Learning Program
4:00 pm - 4:15 pm	Closing
4:15 pm - 5:15 pm	Meet with the Horses - Parking Lot

Wednesday, October 18, 2023

7:00 am - 7:30 am	Yoga
8:00 am - 8:30 am	Opening Ceremonies
8:30 am - 10:00 am	Denying Medical Care to First Responders: How to Reverse the Epidemic
10:00 am - 10:30 am	Break
10:30 am - 11:30 am	A Chaplain's Story: A Look at Faith and Mental Illness
11:30 am - 1:00 pm	Lunch (on your own)
1:00 pm - 2:45 pm	Supporting Wildland Firefighter Mental and Wellbeing
2:45 pm - 3:00 pm	Break



Schedule at a Glance

Wednesday, October 18, 2023 (continued)

3:00 pm - 4:30 pm	Ranger Resiliency
4:30 pm - 4:45 pm	Closing Ceremonies
6:00 pm - 9:00 pm	Social Event Provided by PSPSA at the Paradise Ballroom

Thursday, October 19, 2023

7:00 am - 7:30 am	Yoga
8:00 am - 8:30 am	Opening Ceremonies
8:30 am - 10:15 am	Good Cop Bad Cop; When Officers Offend
10:15 am - 10:45 am	Break
10:45 am - 11:30am	Peer Support as a Key Component in the Wellness of Children Welfare Staff
11:30 am - 1:00 pm	Lunch (on your own)
1:00 pm - 2:45 pm	Peer Support Role in a LODD
2:45 pm - 3:00 pm	Break
3:00 pm - 4:30 pm	When the Bottom Falls Out: Recovering from a Multi-Casualty First Responder Event When There is no "Bad Guy"
4:30 pm - 4:45 pm	Closing Ceremonies
4:30 pm - 5:00 pm	Book Signing



Schedule at a Glance

Friday, October 20, 2023

- 7:00 am - 7:30 am - Yoga
- 8:00 am - 8:15 am - Opening Ceremonies
- 8:15 am - 10:15 am - Bulletproof Spirit: Trauma Recovery, Resilience and Wellness
- 10:15 am - 10:30 am - Closing Ceremonies
- 10:30 am - 11:00 am - Book Signing - Dan Willis, Captain (Retired)



Peer Support Team Building/Debriefings

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

The sign-up sheet will be at Registration.

Please take advantage of this opportunity,



Conference Schedule

Tuesday, October 17, 2023

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 - Anna Bell, Latent Fingerprint Examiner II, San Bernardino Sheriff's Department (Retired), PSPSA President

Honor Guard - San Diego Police Department & San Diego Emerald Society Pipe and Drums

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

Welcome - Colin Stowell, Chief, San Diego Fire-Rescue Department

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

PSPSA History and Thank You to the Board and Committee Members; - Anna Bell, Latent Fingerprint Examiner II, San Bernardino Sheriff's Department (Retired), PSPSA President

Training Rosters - Nancy K Bohl-Penrod, Ph.D., Consulting Director - Review Rosters for STC, EMSA and POST Credit

8:45 am - 10:00 am

Life After the Pulse Night Club Incident

Raul Rivas, Retired Agent, Ambassador with Light House Health and Wellness

On June 12, 2016 at approximately 2am, club goers were dancing and enjoying music at Pulse Night Club located in downtown Orlando. A lone shooter entered the club, armed with a semi-automatic rifle, and began firing into the dance floor, killing 49 innocent civilians.

Raul will talk about the tactics used by patrol and SWAT. What worked and what didn't.

The little-known facts and truths about what really happen at PULSE NIGHT CLUB.

Raul will cover the mental health journey that he traveled before and after the incident and how the Pulse incident showed him that help was out there.

10:00 am - 10:30 am - Break

Conference Schedule

Tuesday, October 17, 2023 (Continued)

10:30 am - 11:30am

1-2-3 Resiliency - Foundations of Resilience for Wellness

Deana Kahle, M.S., LMFT, The Counseling Team International

The effects of critical incident stress and trauma exposure can overflow into other areas of your life. Irritability, withdrawing from friends and family, chronically on edge or exhausted can be warning signs that you are reaching burnout. Resilience is the ability to bounce back and thrive under challenging circumstances. You are the expert on how your life has been impacted by your job, and you have the strength within you to overcome. An understanding of resilience skills can help you harness this strength. Resiliency skills can be taught and are an empowering approach to addressing occupational trauma. In this presentation you will learn the basics of strengthening resilience. Using these tools will allow you to expand your capacity for stress and avoid burnout.

11:30 am - 11:45am - Q&A

11:45 am - 1:00pm - Lunch (Buffet) provided by PSPSA

1:00 pm - 1:45

The Will to Survive Without Limbs

Al Lobo, San Bernardino County Sheriff's Department (Retired)

On April 24, 2010, Al came home after graveyard shift and after a few hours of sleep, ended up in the E.R. with complete shutdown of his body functions. His liver, kidneys, lungs, and heart stopped functioning. In a 24-hour period upon arriving in the E.R., he had flatlined 17 times and had 6 heart attacks. As a result, he went into an immediate coma. His family was told they needed to say their final goodbyes, but after 48 hours he was stabilized and moved to hospice.

Al was in and out of a coma for the next few months and in June 2010, he contracted Sepsis which led to amputations of both his legs below the knees, his left arm at the bicep, and all his fingers on his right hand except a partial thumb.

Herein began his journey of life without limbs and the physical and mental challenges ahead of him. His faith in God was a beacon for his recovery.

Conference Schedule

Tuesday, October 17, 2023 (Continued)

1:45 pm - 2:45 pm

Truth in History, Patience in Grief

Tim Brown, FDNY 9/11 Survivor

Tim will tell the story about the day on 9/11/01. The Heroes and Horrors he saw that day and his "dark years," how he got through them, and how wonderful his life is 20 years later.

2:45 pm - 3:00 - Break

3:00 pm - 4:00 pm

Equine-Assisted Learning Program

David Harrison, Officer (Retired), Paws 4 Success & Cristina Dang, Specialized Mental Health Life Coach

David and Cristina have combined their passion for coaching and horses to help develop the Equine-Assisted Learning program at Paws 4 Success. David is passionate about providing underserved communities access to resources and opportunities to succeed.

David and Christina will have their horses onsite for demonstration and questions regarding equine therapy.

4:00 pm - 4:15 pm - Closing

4:15 pm - 5:15 pm - Meet the Horses in the Parking Lot



Conference Schedule

Wednesday, October 18, 2023

7:00 am - 7:30 am

Yoga Class - Dockside Room

8:00 am - 8:30 am

Opening - Anna Bell, Latent Fingerprint Examiner II, San Bernardino Sheriff's Department (Retired), PSPSA President

Invocation -Chaplain

Welcome and Raffle/Silent Auction Drawing

8:30am - 10:00 am

Denying Medical Care to First Responders: How to Reverse the Pandemic

Dr. Tomer Anbar, CEO, Institutes of Health

The epidemics of Chronic Pain, Post-Traumatic Stress, Brain Injury, and related alcohol/substance abuse devastate lives, and contributes to untold suffering, disability, and loss of life/suicide among First Responders. While highly effective evidence-based treatment recognized by all medical organizations and insurance carriers exist to most effectively treat such conditions, many First Responders struggle to get treatment authorized, the majority don't receive scientifically-validated care, others are systematically denied such effective treatment, and most never receive appropriate care.

This presentation will explain what chronic pain syndromes are, and why over 100 million Americans suffer from so many reversible conditions of this nature. Another common condition that First Responders frequently suffer from is the cumulative effect of trauma resulting from falls and blows to the body, neck, face or head resulting in symptoms related to concussion or brain injury. The effects of these injuries are commonly not recognized, diagnosed or treated by healthcare professionals and are referred to as a "Silent Epidemic." Post-Traumatic Stress is often equally misunderstood, with Complex PTSD erroneously believed to be a life-long condition, when in fact it can often be systematically reversed in a short period of time. Moreover, evidence-based treatment of PTS/PTSD typically results in patients having greater resiliency when encountering stressful situations in the future. Along with inherent sleep problems, anxiety, depression and sexual issues, this presentation will also discuss prescription drug and other substance use and abuse, and what constitutes the most effective evidence-based treatments.

Conference Schedule

Wednesday, October 18, 2023 (Continued)

10:00 am - 10:30 am - Break

10:30 am - 11:30 am

A Chaplain's Story: A look at Faith and Mental Illness

Angela Hearn, Chaplain

Angela will share the story of her amazing brother, Theodore Hugo Hearn, who served faithfully as a chaplain for LA County Probation Department (juveniles). He also served adult inmates at Boron Federal Prison Camp for many years. Everyone he served loved him and were always glad to see him. On January 27, 2002, her beloved brother took his life. This day changed their family's life and impacted the lives of those he served. Angela will briefly discuss her journey of grief, anger and healing.

11:30- 1:00 pm - Lunch (On Your Own)

1:00 pm -2:45 pm -

Supporting Wildland Firefighter Mental and Wellbeing

Patricia O'Brien, Ph.D., Mental Health and Wellbeing Program Manager, Bureau of Land Management, Fire and Aviation Directorate

This presentation will cover recent research findings regarding the mental and behavioral health of wildland firefighters. Current needs, ongoing peer support and mental health programs, cultural factors and future directions will also be addressed.,

2:45 pm - 3:00 pm - Break

3:00 pm - 4:30 pm

Ranger Resiliency

Keith Gordon, ASAC, DHHS-OIG-OI

Presentation detailing his experiences regarding surviving a parachuting accident, the immediate aftermath, the recovery and rehabilitation, and the return to his Ranger unit. This encompasses the challenges of being in a military hospital far from family and his Ranger unit for months. The difficulty of the hospitalization isolation and adapting to no physical activity. The struggles and setbacks of rehabbing after numerous surgeries, including external fixation. The persistence to return to serving in his Ranger unit. Adopting to a new career path after suffering another career ending injury. Including some perspectives from witnessing critical incidents as a United States Border Patrol agent and Office of investigations Special Agent for over 25 years.

Conference Schedule

Wednesday, October 18, 2023 (Continued)

4:30 pm - 4:45 Vendors

4:45 pm - 5:00 pm

Closing Ceremonies: Thank you

Anna Bell, Latent Fingerprint Examiner II, San Bernardino Sheriff's Department (Retired), PSPSA President and Scott Ross, Captain, PSPSA Vice President

6:00pm - 9:00 pm

Social Event - Location Paradise Ballroom



Conference Schedule

Thursday, October 19, 2023

7:00 am - 7:30 am

Yoga Class - Dockside Room

8:00 am - 8:30 am

Opening - Anna Bell, Latent Fingerprint Examiner II, San Bernardino Sheriff's Department (Retired), PSPSA

Invocation – Chaplain

Welcome – Kelly A. Martinez, Sheriff, San Diego County Sheriff's Department

8:30 am - 10:15 am

Good Cop Bad Cop; When Officers Offend

Lisa Morales, Detective (Retired) Miami Dade Police Department

Mari Aborqui, Civilian Investigator., Anaheim Police Department

A survivor of childhood sexual abuse by a law enforcement officer, Detective Morales has also helped to educate sex crimes investigators and other related professionals on the topic of investigating and prosecuting offenders who are law enforcement officers by sharing her own story with them during targeted training courses.

Detective Morales will offer a case study of her own prolonged child sexual abuse by a law enforcement officer. She will also detail the counseling and personal reflection that led to her delayed disclosure, the investigation that followed that disclosure and the strategies used that ultimately culminated in the offender's arrest and subsequent conviction.

10:15 am - 10:45 am - Break



Conference Schedule

Thursday, October 19, 2023 (continued)

10:45 am - 11:30 am

Peer Support as a Key Component in the Wellness of Children Welfare Staff

Betsy Watson, Child Welfare Supervisor & Shelley Townley, Child Welfare Supervisor, Children and Family Services, County of Ventura

Self-care practices are important in Child Welfare Peer Support teams because there are high turnover rates due to secondary trauma. Learning to cope and having a strong support system are crucial to managing the effects of the traumatic stress affiliated with child welfare work. Ventura County Children and Family Services (CFS) have adopted a wellness approach in order to retain a healthy staff. Ventura County CFS has a robust Peer Support Program that includes referrals for critical incidents, Peer led RSG and group debriefs, therapy dogs, and seminars on mindfulness and meditation techniques.

11:30 am - 1:00 pm - Lunch

1:00 pm - 2:45 pm

Peer Support Role in a LODD

Nancy K. Bohl-Penrod, Ph.D., The Counseling Team International & Chad Bianco, Sheriff, Riverside Sheriff's Department

The Riverside County Sheriff's Department experienced the loss of five deputies within five months; three line of duty deaths, one off-duty accident, and one suicide. Sheriff Bianco will discuss the impact this has had on his department as well as the importance of providing peer support, clinicians, chaplains, peer support, and canine support to help first responders and their family members. The impact of a line of duty death is significant to any first responder agency. Providing the helping response to the impacted agency is significant. Attendees will learn how to create a mutual aid response and will understand the do's and don'ts as first responder peer supporters.

2:45 - 3:00 - Break



Conference Schedule

Thursday, October 19, 2023 (continued)

3:00 pm - 4:30 pm

When the Bottom Falls Out: Recovering from a Multi-Casualty First Responder Event When There is No “Bad Guy”

Troy Roger, Psy.D., Public Safety Psychology Group LLC, New Mexico

On July 16th of 2022 a tragic helicopter crash occurred in rural Northern New Mexico. All four first responder occupants were killed. Our agency was in a unique position to work with multiple departments during all aspects of the immediate response, follow up care and the recovery process. It is a year later, and the scars remain. This class is designed to discuss the mistakes made, the lessons learned, and the resilience of the individuals involved. It is also intended to provide some degree of a roadmap for other communities who will inevitable be faced with similar struggles.

4:30 pm - 4:45 pm

Closing Ceremonies

Thank You - Anna Bell, , Latent Fingerprint Examiner II, San Bernardino Sheriff's Department (Retired), PSPSA President and Scott Ross, Captain, PSPSA Vice President

4:30 pm - 5:00 pm

Book Signing

Troy Roger, Psy.D., Public Safety Psychology Group LLC, New Mexico - When the Bottom Falls Out: Recovering from a Multi-Casualty First Responder Event When There is No “Bad Guy”



Conference Schedule

Friday, October 20, 2023

7:00 am - 7:30 am

Yoga Class

8:00 am - 8:15 am -

Opening - Anna Bell, Latent Fingerprint Examiner II, San Bernardino Sheriff's Department (Retired), PSPSA President

Invocation - Chaplain

Welcome

8:15 am - 10:15 am

Bulletproof Spirit: Trauma Recovery, Resilience and Wellness

Dan Wilis, Captain (Retired), La Mesa Police Department

Bulletproof Spirit: Trauma recovery, Resilience, and Wellness. This presentation focuses on the crippling nature of daily work traumas and provides evidence-based, practical wellness and resilience strategies to recover and heal - including E.M.D.R. It provides proven strategies to enhance physical, mental, emotional, and spiritual fitness and resilience.

10:15 am - 10:30 am

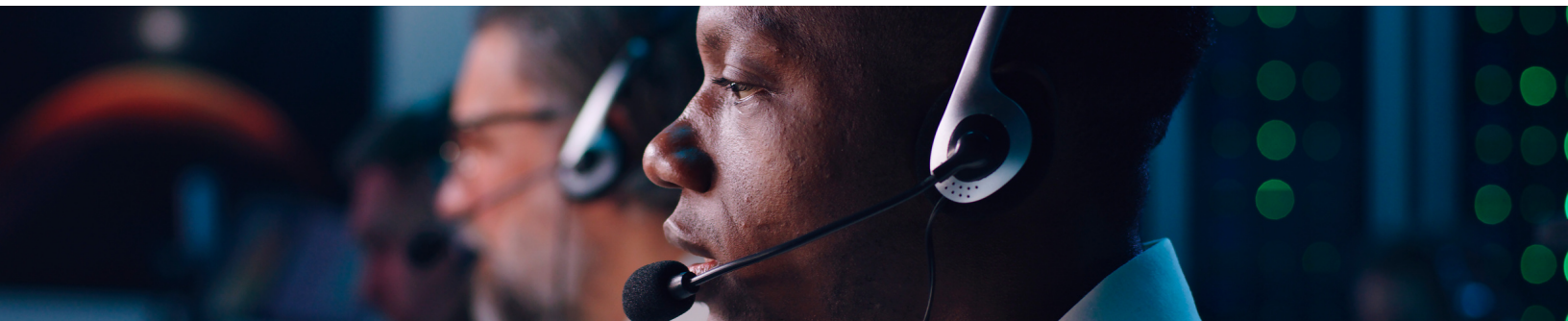
Closing Ceremonies

Thank You - Anna Bell, Latent Fingerprint Examiner II, San Bernardino Sheriff's Department (Retired), PSPSA President and Scott Ross, Captain, PSPSA Vice President

10:30 am - 11:00 am

Book Signing

Dan Wills, Captain (Retired), La Mesa Police Department **Bulletproof Spirit: Trauma Recovery, Resilience and Wellness**



Hotel Information

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



Conference group pricing is \$209 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

Individuals - Association Members: \$470 per attendee

Non-Member - \$520 per attendee

Includes lunch for one day and social night, which includes one drink ticket and hors d'oeuvres.

Department Groups - Association Members: \$425 per attendee (for 5 or more) Non-

Member - \$475 per attendee (for 5 or more)

Includes lunch for one day and social night, which includes one drink ticket and hors d'oeuvres for each attendee.

Significant Others Only: \$75 – Thursday

Lunch

LUNCH IS PROVIDED BY PSPSA ON TUESDAY, October 17, 2023

Refunds

Cancellations prior to September 1, 2023 — Full refund

Cancellations from September 1 – September 15, 2023 — Full refund less \$50 cancellation fee

Cancellations after September 15, 2023 — No refund - Substitutions may be allowed

**Stay in touch by following us on Facebook at
www.facebook.com/publicsafetypeerssupportassociation/,
instagram @pspsa_wellness , and twitter @PSPSA_Wellness**



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

The Public Safety Peer Support Association
7th Annual Conference
October 17-20, 2023



- 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

Your PSPSA Board has been monitoring both the State of California and the County of San Diego's COVID restrictions as well as staying in constant communication with our venue, the Paradise Point Resort and Spa.