

SUNDAY August 18th

5-6	REGISTRATION AND SIGN-IN		
6-9	Welcome Event (SNACKS PROVIDED)	Kristina Romero	Counselor

MONDAY 19th

8-9	REGISTRATION AND SIGN-IN		
9-10	(Introduction KEYNOTE) What Do We Do When What We Have Always Done Doesn't Work Anymore! CONFERENCE Details and Schedule Review	Troy Rodgers	Psychologist
10-12	Mitigating Institutional Betrayal Trauma: The Importance of Resiliency Cultivation	Rob Cipriano	Psychologist
10-12	How to make your agency mental health friendly/How to create a mental health check in program	Shawna Baron	Psychologist
10-12	Recalibrating the First Responder Nervous System	Stephanie Conn	Psychologist
12-1	LUNCH PROVIDED		
1-3	TBD		
1-3	Making Wellness Work: Identifying & Integrating Strategies for Individual/Organizational Wellness	Jed Hyland MA. LSW	SW/Retired FF
1-3	Law Enforcement Suicide Prevention and Intervention	Rob Cipriano	Psychologist
3-5	Building the 21st Century Police Officer- Field Training and Resilience	Josh Crosby	LEO
3-5	Calm an Angry Person in 60 Seconds	Kerry Mensior	Retired LEO
3-4	TBD		
4-5	Yoga/Meditation Session	Shawna Baron	Psychologist
5-7	Night Event- Painting and DINNER (Childcare Event Provided)	Susan Gomez/Jessica Montoya	

DRAFT- REVISED 8/1/24



TUESDAY 20th

7-8	AM Workout: YOGA	Olivia Mead	Social Worker
8-10	Yoga for First Responders - A Path to PTS(d) Prevention - Clinical Research Findings	Olivia Mead/Eric Brennaman	Social Worker
8-10	In the words of Fleetwood Mac, Players only love you when you are playing.	John Nicoletti Ph.D.	Psychologist
8-10	Overcoming the Losses in Our Lives	Mickey Kivitz	Grief Center
10-12	(KEYNOTE) Sometimes Heroes Need Help- Surviving Self-Inflicted Wounds	John Kelly	Retired LEO
12-1	(Lunch KEYNOTE) Pride and Ownership- A path to total mental health	Justin Reser	FF/Former LEO
1-2	Support Through Animal Bonds	Paws and Stripes	
2-3	Personal Story in Resilience	Dayna Davis	Jackson-Wink
3-5	EMDR 101	Margaret Moore	Social Worker
3-5	This Plane is on Final Approach: Keys to a Healthy and Fulfilling Retirement	Elaine Olson	Counselor
3-5	Physical Survival in a Crisis Situation	Dan Barela	Firefighter/Paramedic

WEDNESDAY 21st

7-8	AM Workout: DEFENSIVE TACTICS		
8-10	Mindfulness as a Tactical Tool	Olivia Mead/Eric Brennaman	Social Worker
8-10	The Power of Rituals: Building Your Personal Resiliency Plan	Genna Reeves	Grief Educator
8-10	Positive Parenting	Kate Bunch	Counselor
10-12	Empowering Women in Law Enforcement	Anastacia Pytal	Psychologist
10-12	Ownership of Operation and Coping	Alexander Caprilozzi	Corrections Lt.
10-12	TBD		
12-1:30	Networking Opportunity (LUNCH PROVIDED KEYNOTE)		
1:30-2	SILENT AUCTION		
2-4	Fight to Thrive: A journey through critical incidents, mental health, and resiliency	Meagan McCarthy	Retired LEO