

1ST RESPONDER MENTAL HEALTH & WELLNESS CONFERENCE

Presented by 1st Responder Conferences

November 2-3, 2023
8 AM - 4 PM

Co-hosted by Tacoma-Pierce County Chaplaincy

Endorsed by Central Pierce Fire & Rescue,
Sumner PD, Pierce County SO, Puyallup PD,
Graham Fire & Rescue, SeaTac PD, Seattle PD,
King County SO

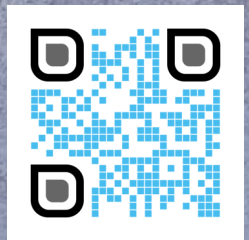


Registration is \$325
(plus fees)

Registration is required

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.

- ⇒ Certificate of attendance will be available for self-submittal
- ⇒ Includes: Breakfast, Lunch, Networking Social, SWAG bag and raffles
- ⇒ Location: DoubleTree by Hilton Seattle Airport - 18740 International Blvd. Seattle, Washington



Partners and Sponsors:



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Visit our website for more information and to register: www.1stRC.org



1st Responder Conferences Presents



1st Responder Mental Health and Wellness

Co-hosted by Tacoma-Pierce County Chaplaincy

Endorsed by Central Pierce Fire & Rescue, Sumner Police Department, Pierce County Sheriff's Office, Puyallup Police Department, Graham Fire & Rescue, SeaTac Police Department, Seattle Police Department and King County Sheriff's Office

November 2-3, 2023, from 8am-4pm
November 2, Networking Social from 4-6pm
DoubleTree by Hilton Seattle Airport
18740 International Blvd.

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

Registration is \$325/person (Plus 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/1rcseatac2023>

Or visit 1stRC.org

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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:

“REFLECTIONS FROM THE REARVIEW: A Two Decade Journey to Find the Man in the Mirror”- Marc Junkerman, International Critical Incident Stress Foundation Faculty Member and Independent Consultant-

The old adage about “hindsight being 20/20” becomes even more true with the passage of time. What advice would you give to the “rookie you”? We can’t change our past but we can certainly use the lessons we’ve learned to help shape the future of our professions. Come with me on a two-decade journey where I share the good, the bad, and the ugly of my service as a peer support, CISM, and wellness coordinator and advocate. This one-hour interactive presentation will use a case study to help participants adapt lessons learned from my experience and to implement holistic individual and organizational wellness strategies. Specifically, participants in this discussion will be able to:

1. Identify “Four Realities” to sustain individual and career longevity and fulfillment.
2. Describe the “buoy approach” to peer support and CISM operations.
3. Describe the “Trapeze Artist” model used to help create an organizational culture of wellness.

Marc “Junk” Junkerman is a retired law enforcement professional from Maryland who is proud to represent the iconic International Critical Incident Stress Foundation (ICISF) in his role as an independent consultant and faculty member. Marc gave 33 years of overlapping service first to the country then to the citizens of Maryland. He is proud to be in his second decade of advocating and educating global audiences on the implementation and sustainment of first responder wellness. He also continues to support his region as a Mental Health First Aid and Crisis Intervention Team instructor. Marc holds an undergraduate degree in Psychology from Lebanon Valley College as well as a graduate degree and graduate certificate in Organizational Management and Leadership from Johns Hopkins University. Marc represents the fourth generation of his family to serve in the US military, is married to a retired police officer, has two daughters in the nursing field, a son who is an active police officer, and a brother-in-law who works in corrections. It is this “skin in the game” which continues to fuel his passion for this important work.

"Navigating Darkness: Allowing others to hand you a flashlight"- Dana Jackson, First H.E.L.P. Volunteer-

With suicide being a topic that embodies darkness and despair, it is natural to want to avoid talking about it. It is a subject so heavy with statistics that your brain and your heart will try to stiff-arm it at every corner. Suicide is not something that is brought up at a dinner party or a company picnic yet in the proper setting, it can launch a conversation so deep that it can instill a purpose. Hear one suicide widow’s story of watching her husband’s light dim over time until it would eventually extinguish. Listen to Dana’s journey of walking alongside her late husband Erik as he struggled with physical pain leading to mental strain and his loss of identity at work and at home. Understand the role that PTSD had in their marriage and why, as a society, we do not speak up more to let our inner circle know that we are not ok. Gain insight on how to take the smallest of steps in accepting help through resources that are geared toward your profession. Dana Jackson is the widow of Erik Humphrey, a Community Service Officer for nearly 20 years at the Eugene Police Department in Oregon. Erik was on the Peer Support team early in his career and would later go on to serve as the President of their police union. An on-the-job injury in 2001 set him on a 13-year chronic pain journey that would ultimately lead to his suicide in 2014. Dana’s focus turned towards becoming a solo mother of their two children while navigating life without her husband who she had spent 26 years with. She works for a not-for-profit workers’ compensation insurance company where she also champions the company’s local volunteer efforts in her community. Dana is passionate about telling her family’s story in hopes that other first responders will realize they do not have to suffer in silence.

"Financially Fit"- Marco Parzych (Lt Col, USAF Ret.), Founder & Executive Director of Mission Ready Finances - This presentation is aimed at restoring financial hope and encouraging all why they should, and how they can, do better with their personal finances. His goal is to serve as a catalyst, inspiring audiences to take action by presenting information in a new way that gets them to start thinking differently, believing that wealth building is possible for all and then taking the steps to get on a brighter financial path forward. Mission Ready Finances is a nationwide nonprofit 501(c)(3) with a vision of financial hope, peace and success for all who bravely serve our nation as military members or first responders. Marco is an accredited financial coach and published author of the book, Mission Ready Finances, of which all sale proceeds go back into the nonprofit to further their mission and reach. Marco is a retired Air Force Lieutenant Colonel, having had the distinct honor and privilege of leading forces into combat both in the air and on the ground.

"Bridging The Gap: Mitigating The Stress In First Responder Relationships"- Tim Sears, Director of First Responders for Stronger Families and Scott Welch, M. Div., MA, BCPC - Stress on the job is a normal part of every First Responder life. While not everyone who is a First Responder will experience PTSD, many of those who do, don't have the tools to deal with this stress, and are vulnerable to the breakdown of their most important relationships and ultimately their mental health. Bridging the gap between how to manage stress on the job and using effective tools to communicate with loved ones is essential for the life of a First Responder. In this session we will be covering how to...

- Understand the barriers to communication that most First Responders deal with in their relationship
- Learn from the spouse of a First Responder and how they deal with PTSD in their relationship
- Listen with empathy with the sole intent of understanding what your partner or spouse is feeling

Discussing difficult topics in any relationship using the Empathetic Communication framework that is proven to create a safe environment to share.

Tim Sears joins Stronger Families with 45+ years in the fire service, having served in 4 different fire departments. Tim was actively involved in water rescue, tillered ladder trucks, ops, safety committee, fire investigator, hazmat, PEER support, board member on KFFBA Benevolent Fund and active in his IAFF Union Local 2545. Tim retired in 2021 from the Kirkland Fire Department in Washington State with many department accommodations for his 30 years of service.

Scott Welch, M. Div., MA, BCPC, is a licensed mental health counselor and founder of Mosaic Counseling of Florida where he uses his refined skills and talents to help individuals, couples and families overcome a myriad of challenges. Scott is a dynamic public speaker who has presented nationally and internationally. He is a Master Level Trainer with Stronger Families. He is a national trainer with Prepare/Enrich, the world's leading pre-marital and marital inventory, and currently teaches marriage and family counseling and adolescent counseling courses at Trinity College. Scott is a certified First Responder Counselor. He worked in the Hillsborough County Jail in Tampa Florida in the Drug Treatment program. He currently meets regularly with First Responder couples and families guiding them through stress and trauma that impacts their relationships. Scott is a family mediator with the Supreme Court of Florida and a Qualified Parent Coordinator. Scott works as a Social Investigator and Guardian ad Litem. His expertise with pre-marital, marital, and post-marital endeavors provides him with a plethora of methods and resources to guide families in improving communication, working through differences, partnering with one another, and parenting more effectively.

"Organizational Stress- How to prepare an organization for crisis"- Assistant Chief Andy McCurdy, Sumner Police Department- This presentation will offer a view of "wellness" through a leadership lens, so that you can help prepare your organization and its leaders for resilience. You will also receive a toolkit that will help you develop sustainable peer support and wellness programs that address the needs of all members or your organization. Andy McCurdy, MEd is the Deputy Chief of Sumner WA Police

Department. Andy has more than thirty years of law enforcement experience, including fifteen years as a peer support leader, six years as a Chief of Police, and the last two years as Deputy Chief. Andy has taught locally, nationally, and internationally on topics related to leadership and trauma for the last twenty years.

"Sleep Resiliency- The Gateway to First Responder Health and Wellness"- *Mark Clayton, Central Pierce Fire & Rescue*- In this short 1 hour presentation, Mark will discuss the importance of sleep as a foundational pillar of the First Responders health and resilience. He will elaborate on the habits and factors that make up good sleep, what a good sleep cycle looks like and how First Responders battle with sleep deprivation due to the rigors of our profession. He will also discuss the damaging effects of this sleep deprivation, some of our self-destructive habits, and what it looks like to have a great design for the improvement of sleep. This design will show the lifestyle changes including exercise, diet, and daily habits that play a key role in maximizing our sleep, and how we can take those steps to earn great health and resiliency to be our best for the public and most importantly our families. Mark Clayton is a 52 years old, a fire fighter with Central Pierce Fire & Rescue and a certified sports nutrition advisor and health coach for BHB sports nutrition. He has been married for 29 years and in the fire service for more than 30 years now. He has two grown daughters, who are doing sports in college. One plays Soccer and another is an Olympic Weightlifter. Mark competed in Jet ski, Motorcycle, Adventure, and Mountain Bike -racing. He also enjoys snow skiing, surfing, camping, boating, Jeeping, fishing, all sorts of adventures. So just about anything outdoors. Mark's had numerous family members with health issues as well as some of his own to overcome through the years, proving to be quite difficult. Through the incorporation of great health practices, professional medical collaboration, and becoming a certified sports nutrition advisor and health coach, Mark has been able to reverse his health issues and continue being a great father, husband, firefighter, and Peer support team member.

"Trauma and Resiliency - Become more resilient to the stress of life"- *Matt Quackenbush, LCSW* – Matt uses his unique approach to help us understand the basics of the neurobiology of trauma and stress. You'll understand how stress and trauma impact your body and your mind and what to do about it. We also learn the ins and outs of how to increase your resilience to stress using some of the latest research and techniques in the field. Matt has nearly two decades of experience in the mental health arena. He is the owner and creator of Finding Strength and the Finding Strength Method, a cutting-edge therapeutic treatment approach. As Deer Hollow's Director of Education and Trainings he travels the Nation with a team of fellow passionate healers, on a mission to educate all who are willing to listen that there is hope available to any who suffer from trauma. Using many different mediums to accomplish this aim, Matt is also the host of the critically acclaimed podcast the Finding Strength Podcast, available anywhere you get your podcasts. A Certified Mind-Body Bridging Therapist, specializing in a variety of evidenced based trauma treatment models including EMDR, Internal Family Systems, CPT, Psychodrama, and mindfulness. With over 10,000 hours of trauma focused therapy, Matt is considered an expert in the field of trauma treatment by many of his peers.

"Tactical Yoga Training"- *Sheila Schmid, Owner of Tactical Yoga Training, LLC Inside Job Yoga and Counseling*- Tactical Yoga Training is a science and research-based yoga and mindfulness training for anyone on the front lines (or behind the scenes) to help process occupational stress, physical and mental health as well as provide concrete tools to help the transition from 'on the job', to 'civilian life'. Sheila teaches privately in home, small groups and online when requested. She serves as a mentor to new and emerging yoga teachers, as well as support in studio ownership. She is a Master Teacher. She teaches a highly curated, professional, safe, accessible yoga class with beginning meditation. Her students feel welcome, in good hands, and get their yoga needs met.

**"The KFG Method. A formula to live better and lead stronger through moments of chaos and change"-
Krista Ryan Founder of KfG Coaching, LLC-** On October 1, 2017, just four days after completing her professional coaching certification, Krista Ryan was attending the Harvest Music Festival in Las Vegas when a gunman opened fire, unleashing a barrage of bullets and terror that would become the largest mass shooting in U.S. history. As Krista ran to safety, she thought of one thing: keep f***ing going. This mantra quickly transitioned to become the foundation and action step for living. This was the birthplace of The KfG Method, a formula for navigating chaos and change and living life to the fullest. In this keynote, Krista shares this motivational framework that will help you effectively navigate chaos and change. KFG! Know. Focus. Go. Her strategies will help you overcome challenges faced through actionable steps to create the life you deserve. The guide you never knew you needed, Keep F*!#ing Going is the toolkit on surviving the unexpected and building an inspirational life. The individual that created chaos the night of October 1st, 2017 by firing into a crowd of 22k + intended to destroy as many lives as possible. From that moment on, Krista has made it her life's purpose to flip the narrative and empower as many individuals with the tools they hold within to live their best life. The KFG formula has been implemented within organizations, professional athletes and entertainers, military and first responders. Krista now travels the world, sharing this formula and empowering others to KFG in their own life. Krista was able to transition this KFG mantra from an action step of survival into an action step for living. This happened due to the courage and selfless acts from the first responders that night. Her mission is to pay it back by sharing this formula for creating breakthroughs through the breakdowns. And it is done TOGETHER... we are stronger TOGETHER. KFG! Krista Ryan, PCC is a highly sought-after business coach, facilitator, speaker, and Workplace Performance expert known for helping clients effectively navigate uncertainty and promoting collaboration, communication, and confidence. Her global clients include C-suite executives, start-up entrepreneurs, individual contributors, elite athletes, performers and first responders. With nearly two decades of experience as a human resources director, Krista is the CEO and founder of KfG Coaching, LLC and a Room Tilter with Limitless Minds, a mental conditioning organization that aligns teams and unites personal growth with business success through the power of neutral thinking.

Speaker video link: <https://vimeo.com/830233202>

***Accommodations: Conference specials/discounted hotel rates available:**

We have a block of rooms at the DoubleTree by Hilton Seattle for the nights of November 1st and 2nd for \$154.00 a night. Reservations for the Event will be made by individual attendees directly with the hotel by calling [\(206\) 246-8600](tel:2062468600) or online using the booking link below. All reservations need to be guaranteed by everyone with a credit card, advanced payment, or guaranteed room and tax. Guaranteed reservations are held without occupancy for one night only. To avoid cancellation charges, reservations should be cancelled by 11:59 PM 2 days prior to arrival. Reservations by attendees must be received on or before October 23, 2023, (the "Cut-Off Date"). At the Cut- Off Date, Hotel will review the reservation pick up for the Event, release the unreserved rooms for general sale, and determine whether it can accept reservations based on a space- and rate-available basis at the First Responders group rate after this date. Booking Link: <https://book.passkey.com/go/FR...>

***Networking Social directly after training (Included in Registration) on November 2nd 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.

***Certificate of attendance available:**

All attendees will receive a certificate of attendance upon completion of the conference evaluation that can be used for self-submittal.

Disclaimers

Photograph/Video Disclaimer Statement

1st Responder Conferences (1RC) reserves the right to use any photograph/video taken at any event sponsored by 1RC, without the expressed written permission of those included within the photograph/video. 1RC may use the photograph/video in publications or other media material produced, used or contracted by 1RC including but not limited to: brochures, invitations, books, newspapers, magazines, television, websites, etc. No video recording by attendees permitted.

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.

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