



29th Nebraska Statewide Critical Incident Stress Management Conference

Holiday Inn, Kearney, NE
August 3 & 4, 2019

Nebraska CISM Members and Non-Members Welcome

CONFERENCE INFORMATION

TRAVEL & LODGING: Holiday Inn, Kearney, NE. Conference participants must make their own travel and lodging arrangements. A block of 50 rooms has been reserved at Kearney Holiday Inn until July 2nd. Rooms are priced at \$99.95 per night plus taxes. Please say it is for the Critical Incident Stress Management Conference when making reservation. The phone number to the Holiday Inn is (308) 237-5971.

CONTINUING EDUCATION: This program meets the criteria of an approved continuing education program for mental health practice, EMS, and law enforcement for a total of 9.0 hours. There are **NO** nursing CEU's.

QUESTIONS ABOUT THE CONFERENCE: If you have any questions regarding the conference, call or e-mail Debbie Kuhn at 402-326-0173 or email debbie.kuhn@nebraska.gov.

This conference is brought to you by:

- Nebraska Department of Health and Human Services - Emergency Health Systems
- Wallace Barnett Jr. CISM Memorial Foundation,
- Nebraska CISM Interagency Management Committee,

CONFERENCE SPEAKERS

Wellness and Resilience while Working Crimes Against Children and Responding to Critical Incidents - Tom Veivia



"First responders, child welfare investigators, medical professionals are regularly exposed to a higher number of traumatic incidents than the general population. Research on the effects of trauma is continually evolving and exposure to these findings will serve educate and prepare the audience to recognize the sometimes devastating effects on one's quality of life and their personal and professional relationships. This presentation provides a first-person perspective from a veteran agent who was a tactical first responder to the Sandy Hook Elementary School mass casualty event and its aftermath. Additionally, the presenter brings his experiences working crimes against children investigations over a lengthy period and the insidious impact it can have. An overview on trauma, to include the physiological and emotional effects on brain and body are outlined in this presentation using examples from others in an effort to normalize the law enforcement officer's experience. Lastly, the presenters will provide information on how to manage the long-term effects of trauma and most importantly when to seek help."

Tom Veivia is the Principal of 302 Consulting Group, LLC, a Law Enforcement and Crisis Management Consultancy in Hamden, Connecticut. Tom retired from the Federal Bureau of Investigation as a Supervisory Special Agent in the Behavioral Analysis Unit in Stafford, Virginia after a 26-year law enforcement career. During his service with the FBI he served as the New Haven, Connecticut Office's Crisis Management Coordinator where he planned, coordinated and managed the FBI's response to major events in the state of Connecticut.

Prior to his promotion to the Behavioral Analysis Unit (BAU) in Stafford, Virginia he served as the BAU Coordinator for the New Haven office where he coordinated the response of BAU resources to criminal investigations and threats posed by persons of concern who may be on the pathway to violence. Additionally, he provided training and instruction in the identification, assessment and management of potential threats of violence. He was the Team Leader for the FBI's Northeast Child Abduction Rapid Deployment Team and has deployed nationwide providing operational support and instruction for kidnapping investigations.

Tom was an 18-year member of the FBI SWAT Team in New Haven and was the Senior Team Leader for the FBI's response to the Sandy Hook Elementary School Shooting in December of 2012. He was also involved in an FBI led study of the Hartford Distributor's workplace shooting that occurred on August 3, 2010 in Manchester, Connecticut. He has travelled nationally to provide instruction and training to law enforcement and civilian organizations including a Fortune 500 company in the area of active shooter prevention and response planning, crisis management/critical incident response planning, major case management, kidnapping investigations and mental health awareness for first responders.

Prior to joining the FBI, Tom served five years with the New York State Police.

"Don't be Afraid to Talk About It! PTSD" - Brent Jones



PTSD is very real, and a lot of firefighters suffer from it but have never been clinically diagnosed. It is our job as fellow firefighters, officers and chiefs to look for the signs of PTSD and help sufferers get the help they need.

This is my journey with PTSD and what we can do to help those who help others.

Brent Jones has been in the Fire Service for 20 years. He started as a volunteer firefighter/EMT, and worked as a part time firefighter. Brent is currently a career firefighter/Paramedic with Lincoln Fire and Rescue.

CONFERENCE SPEAKERS

Suicide Prevention: Instilling Hope & Saving Lives - Julia Hebenstreit



I will cover suicide prevention information such as warning signs, risk factors, and protective factors for first responders. I will also review Nebraska and national statistics on suicide, while incorporating a few engaging activities and videos relevant to the issue at hand. I will also discuss statewide postvention programs that are in place to help suicide survivors after the loss of a loved one, while going into other community resources that can be very helpful for not only the attendees, but those they come in contact with each day.

Julia Hebenstreit is the Executive Director of The Kim Foundation. She received her J.D. from Creighton University in 2005, and her BS in Journalism from the University of Nebraska Omaha in 2002. She has been with The Kim Foundation since December of 2011, and prior to that worked for local non-profits doing development, strategic planning, communications and advancement. She has a passion for helping people and improving lives.

Bulletproof Spirit: Trauma, PTSD, and the Process of Healing. - Dan Willis



Captain Dan Willis (ret) served for nearly 30 years at the La Mesa Police Department near San Diego as a crimes of violence-child molest-sexual assault-homicide detective, SWAT Commander, peer support leader and wellness unit coordinator. He's a graduate of the FBI National Academy and is an instructor at the International Academy of Public Safety and the National Command College. He is the author of the emotional survival and wellness guidebook, *Bulletproof Spirit: The First Responders Essential Resource for Protecting and Healing Mind and Heart*. He has presented in 26 states and in Canada regarding trauma, PTSD, and the process of healing.

The many daily traumas of any first responder profession can not only injure your brain (PTSD), they can kill you (suicide). First responders suffering from PTSD, low resiliency, lack of motivation, depression, addictions, or burnout are unable to provide the most professional and compassionate service and find it difficult to maintain close meaningful relationships at home. *Bulletproof Spirit* provides a deeper understanding of trauma and how our beloved professions can turn us into someone our loved ones no longer recognize. It offers several effective strategies to protect your-

self, build resiliency, heal, and to serve in peace.

Class participants will learn what trauma is and how it affects our brain and ability to serve. They will gain an in-depth understanding of PTSD and effective treatments for recovery from personal survival stories. Participants will learn several proactive emotional survival and wellness strategies that are effective in increasing resiliency, motivation, health and wellness.

The Second Victim - Jodie Thompson & Marlene Williams



Most health care providers adjust well to the multitude of demands encountered during an unexpected or traumatic clinical event. Providers often have strong emotional defenses that carry them through and let the "get the job done." Yet sometimes the emotional aftershock (or stress reaction) can be difficult. Signs and symptoms of this emotional aftershock may last a few days, a few weeks, a few months, or longer.

Second victims are "healthcare providers who are involved in an unanticipated adverse patient event, medical error and/or a patient related injury and become victimized in the sense that the provider is traumatized by the event." The second victim phenomenon can occur to any health-care provider, in any organization; for example, hospital staff, EMS, Fire, Law Enforcement, Dispatchers, Corrections, home health, hospice, medical offices and emergency management officials.



The Second Victim feels personally responsible for the unexpected patient outcomes, feel as though they have failed the patient, and second-guess their knowledge base. This session will provide insights into the experience as well as interventions of support. We hope that each participant will return to your organizations with the knowledge, skills, and techniques necessary to support your peers.

CONFERENCE AGENDA

FRIDAY, August 2, 2019

- 6:00- 7:30 pm CISM Management Meeting - (Interagency Management Committee, Regional Clinical Directors, and Callout People **(NEED TO ATTEND)**)
- 6:30-10:00 pm **Social Time** (chips, dips and drinks available) Executive Board Room upstairs by Lobby

SATURDAY, August 3, 2019 – Members and Non-Members Welcome (with paid registration)

- 7:00- 8:00 am **Registration**
- 8:00- 8:15 am **Welcome**
- 8:15- 9:45 am **Wellness and Resilience while Working Crimes Against Children and Responding Critical Incidents** -Tom Veivia
- 9:45-10:00 am **Break**
- 10:00-11:00 am **“Don’t be Afraid to Talk About It! PTSD”** - Brent Jones
- 11:15–12:15 pm **LUNCH** (provided) and
Wallace Barnett CISM Memorial Foundation Annual Meeting
- 12:15- 1:45 pm **Suicide Prevention: Instilling Hope & Saving Lives** - Julia Hebenstreit
- 1:45- 2:00 pm **Break**
- 2:00- 4:30 pm **Bulletproof Spirit: Trauma, PTSD, and the Process of Healing.**—Dan Willis
- 4:30-5:30 pm **Regional Troop Area Meetings**
- 6:00-7:30 pm **Banquet & Awards** **Staterooms E & F**
- 7:30-10:00 pm **Social Time** **Executive Board Room upstairs by Lobby**

SUNDAY, August 4, 2019 – Members and Non-Members Welcome (with paid registration)

- 8:30–11:30 am **The Second Victim** - Jodie Thompson & Marlene Williams
- 11:30-12:00 pm. **Wrap Up & Evaluations**



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Name _____

Address _____

Email _____

Phone Number _____ Agency/Service Name _____

MAIL-IN REGISTRATION FORM

Registration fee includes: educational materials, lunches, banquet, breaks and networking reception.

Please check the appropriate line(s):

_____ PRE-REGISTRATION for CISM Members (Now - July 12) - \$75

_____ LATE REGISTRATION for CISM Members (After July 12) - \$90

_____ REGISTRATION for Non CISM Members - \$120

_____ Extra Lunch Ticket(s) \$15 for non-registered person. Banquet Ticket is \$25 for non-registered person.

\$_____ TOTAL ENCLOSED

Mail Registration and check to:

Wally Barnett CISM Foundation, 802 Country View, Firth, NE 68358



For Online Registration and Payment Options,

visit our website



wallybarnettfoundation.org/training

CISM Conference Activities

SILENT AUCTION

**Feel
good
Friday**

Social Time
Friday - 7:30-10 pm
Executive Room
(2nd Floor by the Lobby)



Chips, dips,
& drinks

Saturday - 5:30-7:30 pm

Banquet



Awards



Hospitality Room
Saturday - 7:30-10 pm