



29th Nebraska Statewide Critical Incident Stress Management Conference

Holiday Inn, Kearney, NE
June 13 & 14, 2020

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 40 rooms has been reserved at Kearney Holiday Inn until May 11th. 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 9.5 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

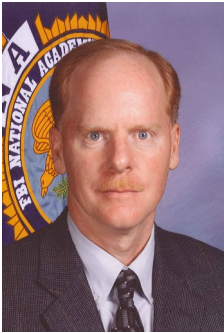
Nebraska Department of Health and Human Services—Behavioral Health

Wallace Barnett Jr. CISM Memorial Foundation

Jack Lewis Safety Fund/Omaha Community Foundation

CONFERENCE SPEAKERS

Bulletproof Spirit: Trauma, PTSD, and the Process of Healing — Captain 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 yourself, build resiliency, heal, and to serve in peace.

Critical Incident Stress (CIS) Through the Eyes of a First Responder — “Hooked on Fire & Smoke” The Story of a Volunteer Firefighter — Ken Folsom



Ken Folsom came to the University Police Department in January of 2016 from the Geauga County Department of Emergency Services in Ohio, where he worked for over 14 years and serving as Deputy Director for the last seven years. Ken began his career in the fire service in 1976 serving as a firefighter on various fire department in Geauga County.

CIS Through the Eyes of a First Responder will talk about the experiences of Ken Folsom the author of “Hooked on Fire & Smoke”, The Story of a Volunteer Firefighter. Ken has over 39 years in the fire service and nearly 20 years in Emergency Management. The book he has written describes the calls he has responded to over his career and the effects he experienced. Ken was diagnosed with Critical Incident Stress Syndrome in 1997 after working on his own 5-year-old son who suffered from a seizure in the middle of the night at his home. He will discuss some of the stories depicted in his book and how they affected him over the course of the years in the fire service. Also, he will talk about how

CISM: A Model for Community Policing — Lt. Steve Thomas

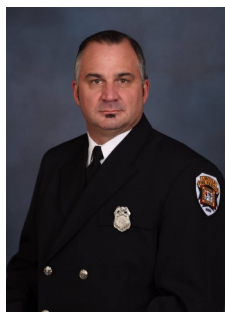


Lt. Steven Thomas has been in law enforcement since 1992, when he began his career with the Baltimore City Sheriff's Office and he has spent the last 21 years with the Anne Arundel County Police Department. He received a Bachelor's Degree in Political Science and Sociology from U.M.B.C and a Master's Degree in Legal & Ethical Studies from the University of Baltimore.

Anne Arundel County has a unique model of community policing through the use of the CIT Unit and the Crisis Response System, using the principles and model interventions of CISM. Those with mental health issues who have committed minor offenses, due to their mental health concern, are diverted from the criminal justice system to the behavioral healthcare system. Anyone suffering from addiction, to any substance, can go to any police or fire station (41 points of entry) in the county and they are linked to substance use treatment and recovery. Roadblocks to treatment are eliminated, including those from the criminal justice system. The CIT unit responded to the Annapolis Capital Gazette shooting in June 2018 as an active incident. The psychological and emotional healing of the survivors and evacuees started as they were evacuated. The CIT Unit assisted with reunification and made the death notifications. A detailed Strategic Crisis Action Plan was developed assisting everyone affected: the survivors, evacuees, the victim's families, victim's co-workers, the community and the responding police officers. Then through lessons learned a comprehensive Family Information Center plan was developed following CISM principles and Interventions, as well as utilizing the strength of the CIT Unit and the Crisis Response System and partnering with other agencies, including the Emergency Operations Center (EOC), Health Department and Social Services.

CONFERENCE SPEAKERS

“Don’t be Afraid to Talk About It! PTSD” — Brent Jones



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.

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.

Firefighter-paramedic Brent Jones said he decided to get help after five of his colleagues died by suicide in the past five year. This is my journey with PTSD and what we can do to help those who help others.

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 .

Jodie Thompson has been a first responder with the Laurel Fire & Rescue for the last 29 years and has been a dedicated member of the CISM team 2002. Jodie is employed an Providence Medical Center in Wayne.

Marlene Williams was born and raised on a ranch in Custer County. Marlene has been a first responder for 36 years and is current employed by Phelps Memorial Health Center and a volunteer at Aseracare Hospice in Kearney. Marlene has been on the CISM team since 2013.



CONFERENCE AGENDA

FRIDAY, June 12, 2020

6:00- 7:30 pm CISM Management Meeting - (Interagency Management Committee, Regional Clinical Directors, Trainers and Callout People **(NEED TO ATTEND)**)

6:30-10:00 pm **Social Time** (chips, dips and drinks available) **Location to be announced**

SATURDAY, June 13, 2020 – **Members and Non-Members Welcome — (with paid registration)**

7:00 - 8:00 am Registration

8:00 - 8:15 am Welcome

8:15 - 10:15 am Bulletproof Spirit: Trauma, PTSD, and the Process of Healing.—Dan Willis

10:15 - 10:30 am Break

10:30 -12:30 am Critical Incident Stress (CIS) Through the Eyes of a First Responder —
“Hooked on Fire & Smoke” The Story of a Volunteer Firefighter—Ken Folsom

12:30—1:30 pm LUNCH (provided) and
Wallace Barnett CISM Memorial Foundation Annual Meeting

1:30 - 4:00 pm CISM: A Model for Community Policing—Steve Thomas

4:00 - 5:00 pm Regional Troop Area Meetings

5:30 -7:30 pm Banquet & Awards Staterooms E & F

7:30-10:00 pm Social Time Executive Board Room upstairs by Lobby

SUNDAY, June 14, 2020 – **Members and Non-Members Welcome — (with paid registration)**

8:30 – 10:00 am “Don’t be Afraid to Talk About It! PTSD” - Brent Jones

10:15 - 11:45 am The Second Victim—Jodie Thompson & Marlene Williams

11:45— 12:00 pm Evaluations and Wrap Up



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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 - May 15) - \$75

_____ LATE REGISTRATION for CISM Members (After May 15) - \$100

_____ REGISTRATION for Non CISM Members - \$125

_____ 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



A Silent Auction will be held on the Wallace Barnett Jr. CISM Memorial Foundation Facebook Page. It will begin **May 1st**. Watch for all the wonderful items that have been donated to support CISM into the future.

**Feel
good
Friday**

Social Time
Friday - 6:30-10 pm
Location to be announced



Chips, dips,
& drinks

Saturday - 5:30-7:30 pm

Banquet



Hospitality Room
Saturday - 7:30-10 pm

Awards

