



30th Nebraska Statewide Critical Incident Stress Management Conference

Holiday Inn, Kearney, NE
September 23-24, 2023

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 35 rooms has been reserved at Kearney Holiday Inn until August 25th. Rooms are priced at \$134.95 per night plus taxes. Indicate the room is for the Critical Incident Stress Management Conference when making reservations. Call (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 offered during this conference.**

This conference is brought to you by:

Nebraska Department of Health and Human Services - Office of Emergency Health Systems

Wallace Barnett Jr. CISM Memorial Foundation

Nebraska Preventive Health and Human Services Block Grant

CONFERENCE SPEAKERS



Dr. Cali Estes, PhD., ICADC, MCAP, MAC, CPT, CYT

Dr. Cali Estes, Therapist, Life Coach, Recovery Coach, Addictions Coach, and Wellness Guru, is also the founder of The Addiction's Academy and the popular Sober on Demand for an alternative to drug and alcohol treatment services. She has been named "The Female Dr. Drew" by the media and has been featured on CNN, NBC, FOX, ABC, KTLA, People Magazine, Yoga Digest, and more. She also created the first-ever addiction and mental health supplement.

Lisa Borchardt, CMSW, LMHP, LCSW



Lisa Borchardt enjoys serving others while striving for a life/work balance that includes kayaking, spending time with four legged creatures, and playing pickleball. She is a Licensed Clinical Social Worker who continues to assist, counsel and empower victims & survivors of disheartening life events. Lisa walks alongside individuals experiencing grief helping them to identify life losses and focus on healthy healing & hope. Lisa is also a tenured Professor of Social Work at Nebraska Wesleyan University. She received the honor of being named Social Worker of the Year in 2020 and Hometown Social Worker in 2014 by the National Association of Social Workers, Nebraska Chapter.

John Wineman, Ph.D.



Dr John (Jack) Wineman semi-retired as a clinical and police psychologist in 2010. Jack was the first the NE CISM Clinical Director for Troop A (1988). In 1995, he became an ICISF-approved trainer, conducting over 30 individual and group CISM classes for the statewide program. Jack proudly served the Sarpy County Sheriff's Office as a sworn volunteer police psychologist and more recently volunteered with Pinal County (AZ) Sheriff's Office. Jack was the Florence, AZ Community Emergency Response Team (CERT) volunteer Chief of Administration and Planning. He has responded to critical incidents involving State, County, and City first responders throughout Nebraska and has had the honor of responding to crises such as the Missouri River flooding, the crash of United Airlines Flight 232 in Sioux City, the active shooter at Omaha Westroads Mall, helicopter accidents, officer-involved shootings, and an officer line-of-duty death.

CONFERENCE SPEAKERS



Dr. Jon Kayne has been actively teaching and consulting in a variety of areas for over 45 years. He is a Professor of Clinical Counseling and Psychology in the College of Arts and Sciences at Bellevue University (BU). While at BU, he was the Vice President and Chief Academic Officer for over 9 years until returning to full time faculty. He is currently also the Clinical Director for the University Counseling Services. Jon is a member of and a current Approved Instructor for the International Critical Incident Stress Foundation (ICISF). He is a State Clinical Director for the Nebraska CISM program, a negotiator and mental health consultant with the Sarpy County Sheriff Crisis Negotiation Unit (CNU); and a mental health consultant to the Sarpy County Threat Assessment Group; a member of the Nebraska Violence Assessment Cadre. He is also a private consulting psychotherapist specializing in treating victims of trauma.



Diane Braun LIMHP, LADC, CPC is a Licensed Independent Mental Professional, Licensed Alcohol and Drug Counselor and currently is in private practice. She specializes in trauma and addiction for first responders and the criminal justice system. Diane has been an active Nebraska CISM team member since 2014 and currently serves as the Regional Clinical Director for Troop HQ and B. Diane is a certified ICISF trainer for Group Intervention since 2016.



Randy Ruhge has 20 years as an EMT with volunteer services and paid services, 10 years with volunteer fire department, 15 years of service volunteer emergency management, and 30 years law enforcement service. He retired from law enforcement in December 2020. Randy obtained his Bachelor of Science degree in Management from Bellevue University in 1998 and then went on to obtain his Master of Social Worker degree, Master of Criminology/ Criminal Justice degree in 2020 from University of Nebraska at Omaha. Randy is a Provisional Licensed Mental Health Practitioner, Provisionally Licensed Clinical Social Worker, and a Provisionally Licensed Alcohol and Drug Counselor in Nebraska. He is a current state trainer for Critical Incident Stress Management and has been a Nebraska CISM team member since 1987.



CONFERENCE AGENDA

FRIDAY, September 22, 2023

- 6:00 - 7:30 pm **CISM Management Meeting**
(Interagency Management Committee, Regional Clinical Directors Trainers and Callout People asked to attend this session)
- 6:30 -10:00 pm **Social Time** (chips, dips and drinks available) **Executive Room above Lobby**
Everyone is Welcome to Social Time—Please Join Us

SATURDAY, September 23, 2023

- 7:30 - 9:00 am **Registration**
- 8:00 - 8:05 am **Welcome**
- 9:00—11:30 am **First Responder Addiction & Mental Health Training**
The First Responder Addiction and Mental Health Training targets and explains addiction and how to assist in the solution of solving the epidemic that is currently rampant. In a crisis environment, it is difficult for the addicted individual to see the negative patterns of their behavior and how they not only affect their family but also their community.
- 11:30—12:30 pm **LUNCH**
Wallace Barnett CISM Memorial Foundation Annual Meeting (Elections)
- 12:30—2:00 pm **First Responder Addiction & Mental Health Training (Continued)**
- 2:30—4:30 pm **“Support During Times of Crisis & Loss”**
More than 70% of people worldwide experience a traumatic event in their lifetime (Benjet, 2016), acknowledging and helping these individuals process their grief and mourn the loss(es) is an important task placed upon helping professionals. This presentation highlights types of life losses people may experience and provides strategies to assist those we serve to move toward healing. Information about grief, empathy and walking with the bereaved will be shared from the published works of Dr. Alan Wolfelt, Dr. Bree Brown, and practice experience from Lisa Borchardt, LCSW.
- 4:45- 5:15 pm **Troop Area Meetings**

CONFERENCE AGENDA

SATURDAY, September 23, 2023 continued

5:30 - 7:30 pm **Banquet and Awards** (Staterooms E & F)

7:30 - 11:00 pm **Social Time** (Executive Board Room upstairs by Lobby)
Everyone is Welcome—Come Join Us!

SUNDAY, September 24, 2023

8:30 - 10:30 am **Mental Health 101: “I Know Someone Who Has...”**

Research suggests the possibility that one of every five CISM encounters you have may be with a first responder who experiences a depressive or anxiety disorder. While these disorders present with varying degrees of impairment, it is important to know how to identify and best interact with these individuals. Upon completion of this presentation, participants will be able to: identify five types of depressive disorders (e.g., bipolar, dysthymia, & SAD); identify five types of anxiety disorders (e.g., panic attacks, obsessive-compulsive disorder/OCD, and Post-Traumatic Stress Disorder/PTSD); list five warning signs of possible suicide; list five action steps for helping persons in emotional pain; and, identify six community resources for helping individuals who are experiencing an acute emotional disorder.

10:45 - 11:45 am **“Nebraska CISM”**

Despite various changes and challenges, the CISM team has continued to thrive and impact positive change within the organization as well as the community. We will be discussing program changes and listen to ideas you have to lead CISM into the future.

11:45 - 12:00 pm **Evaluations and Wrap Up**



Nebraska CISM

Critical Incident Stress Management



30th Nebraska Statewide Critical Incident Stress Management Conference

Holiday Inn, Kearney, NE

September 23 & 24, 2023

Name _____

Address _____

Email _____

Phone Number _____ Agency/Service Name _____

MAIL-IN REGISTRATION FORM

Please check the appropriate line(s):

_____ PRE-REGISTRATION for CISM Members (Now - August 15th) - \$80

_____ LATE REGISTRATION for CISM Members (After August 15th) - \$90

_____ 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



The Barnett Family will be organizing a fund raiser event this year. Watch for more details!



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

