



29th Nebraska Statewide Critical Incident Stress Management Conference

Holiday Inn, Kearney, NE
August 13 & 14, 2022

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 July 15th. Rooms are priced at \$124.95 per night plus taxes. Indicate the room is for the Critical Incident Stress Management Conference when making reservation. 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 **9.5** 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

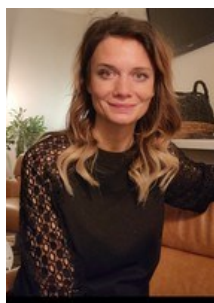
CONFERENCE SPEAKERS



Deputy Chief John Whalen has been in the Fire service since 1993 and in that time has held nearly every position including EMS director and Special Operations division head. Chief Whalen holds multiple degrees related to the Fire and Emergency Medical Services programs. Chief Whalen has been an instructor at the Coral Springs Fire Academy since 2000 and helped develop the Emergency Medical Technician (EMT) Program for the Coral Springs Regional Institute of Public Safety. Chief Whalen is currently assigned to Fire Administration as the Deputy Chief of Operations which includes, in-service training, EMS, and Special Operations. Chief Whalen served as the team leader for multiple competitive Advanced Life Support Competition teams and has garnered several national awards.



Deputy Chief Michael Moser was born and raised in South Florida and has been involved in public safety since an early age. Since being hired full-time in 2001, Mike has immersed himself in many different aspects of the fire department as well as other community and professional organizations. In 2020, Mike was promoted to Deputy Fire Chief of Support Services. This new role added the responsibility and oversight of Community Risk Reduction, Support Services, and the Coral Springs Regional Institute of Public Safety. Mike is a member of the Department of Homeland Security, FEMA Florida Task Force II Urban Search and Rescue Team. Mike was awarded the Firehouse Magazine Heroism and Community Service Award in 2002, Broward County EMT of the Year in 2003, State of Florida PIO of the Year in 2008, as well as multiple unit and team citations for specialty rescue calls within the City of Coral Springs and Parkland.



Valerie Stubbs, LMFT earned a master's degree in marriage and family therapy from Argosy University and holds a dual bachelor's degree in anthropology and biology from Iowa State University. She is a Clinical Fellow of the American Association for Marriage and Family Therapists as well as a Certified Clinical Trauma Professional (CCTP) and a Certified Clinical Hypnotherapist (CCH) in the state of Iowa. She had worked in the forensic mental health field for five years prior to private practice. She is currently completing a PhD in Addictions. Valerie published her book *PTSD and Trauma-Informed Hypnosis and Mindfulness Scripts* in 2021. It remained the #1 new release in Educational Counseling for five days.

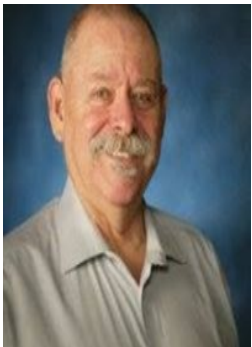


Nick Daugherty began his career with the Grand Prairie Police Department (GPPD) in 2003 before semi-retiring in 2017 as a Sergeant. He continues to serve as reserve officer for GPPD. Nick operates Financial Cop, the largest financial wellness training provider for first responders nationally as well as providing comprehensive fiduciary only financial planning for first responders. FinancialCops have coached hundreds of first responder families through almost every type of financial crisis and scenario possible. He also works with several first responder nonprofit organizations, focusing on financial wellness for those suffering from PTSD and suicidal thoughts. Building Financial Strength in First Responder families is the premier financial wellness class designed for first responders, taught by first responders. Topics include budgeting, how to avoid debt and pay off debt, the importance of will & estate planning, and how to build a plan to begin to win with money.

CONFERENCE SPEAKERS



Maria S. Mickles (Ph.D. Health Services and Policy Research) MPH Public Health Administration and Policy, 2022 University of Nebraska Medical Center; BS, Communication, Fine Arts, and Media, 2020 University of Nebraska at Omaha. Maria S. Mickles is from Omaha, Nebraska. She is currently a PhD student at the University of Nebraska Medical Center with research interests including health communication, community populations, behavioral and social science, mental health/illness, technology innovations and online interactions, and health disparities/underserved populations within the discussion of health services and policy research.



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. He 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. He 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. He currently a Provisional Licensed Mental Health Practitioner, a 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.



Jason Workman received a master's degree in Clinical Mental Health Counseling from Grace University. Jason is a Licensed Independent Mental Health Practitioner, Licensed Alcohol and Drug Counselor, and Clinically Certified Trauma Professional. Jason's experiences include previously serving as a firefighter/EMT in Northern California, Child Protective Services (investigations), Nebraska Department of Correctional Services and Nebraska State Probation. He has worked with first responders in Nebraska for more than 15 years as a Law Enforcement Chaplain and as the Director of Behavioral Health at the First responders Foundation. Jason has been a long-standing member of the Nebraska CISM team, as well as serving as a Regional Clinical Director and a state trainer.

CONFERENCE AGENDA

FRIDAY, August 12, 2022

- 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**

SATURDAY, August 13, 2022

- 7:30 - 9:00 am **Registration**
- 8:00 - 8:15 am **Welcome**
- 8:15 - 10:15 am **“Seven Minutes and 17 Seconds”**
The Fire and EMS Response to the Marjory Stoneman Douglas School Terrorist Incident and the Lessons Learned in the Surfside Condo Collapse
- The communities of Coral Springs and Parkland were impacted by the ninth deadliest mass shooting event in U.S. history and the third deadliest school shooting to date when a shooter entered Marjory Stoneman Douglas High School and opened fire with a long rifle. Within approximately 7 minutes, 34 people were killed or injured. Lessons learned from the response and top takeaways. In addition to the Parkland shooting, eight Coral Springs-Parkland firefighters helped to find survivors in Surfside building collapse amid the broken concrete and debris in the 12-story partially collapsed residential building. Recognizing the ongoing stress a MCI has on the first responders and addressing mental health immediately.
- 10:15 - 10:45 am **Break**
- 10:45 - 12:30 pm **“Building Financial Strength in First Responder Families”**
- Building Financial Strength in First Responder families is the premier financial wellness class designed for first responders, taught by first responders. We will cover the importance of financial wellness for your personal and professional lives. Topics include budgeting, how to avoid debt and pay off debt, the importance of will and estate planning, and how to build a plan to begin to win with money. Taught by instructors that have the heart of teachers to over thousands of first responders from over 2,000 agencies nationwide.
- 12:30 —1:45 pm LUNCH (provided)**
Wallace Barnett CISM Memorial Foundation Annual Meeting (Elections)
- 1:45—4:00 pm **“Provider Resilience”**
- Working in the helping professions has the incredible benefit of providing empathy and compassion to our world through our vocation. It can also create the potential for burnout and compassion fatigue. This training will explain what factors contribute to provider exhaustion, as well as coping skills and tools to develop resilience. We will explore evidence-based practices for fostering work/life balance and healthy communication.
- 4:15 - 5:00 pm **Troop Area Meetings**

CONFERENCE AGENDA

SATURDAY, August 13, 2022 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)

SUNDAY, August 14, 2022

- 8:30 - 8:45 am **Welcome**
- 8:45 - 9:30 am **“Helping Our Heroes 2022”**
- Maria Mickles' Capstone Project for completing her course work at UNMC, Public Health was to evaluate the mental health and organizational policies surrounding suicide prevention and postvention strategies for Nebraska First Responders. Suicide is ranked as one of the leading causes of death in the U.S., with a high rate representing first responders. Maria will be discussing her findings from her interviews with several first responders in Nebraska.
- 9:30 - 9:45 am **Break**
- 9:45 - 11:30 am **“Nebraska CISM: When a Disaster Strikes, Are We Prepared?”**
- The role of CISM Teams deployed to disaster areas needs to be aligned with the individuals and organizations who have preparedness, response, recovery and mitigation functions associated with the disasters. Let's discuss what we need to do to make sure our Nebraska team is ready to respond.
- 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 - July 20) - \$80

_____ LATE REGISTRATION for CISM Members (After July 20) - \$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

SILENT AUCTION



A Silent Auction will be held on the Wallace Barnett Jr. CISM Memorial Foundation Facebook Page. It will begin **July 22nd**. Watch for all the wonderful items that have been donated to support CISM into the future. Please share with friends!



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

