

# 2024 MENTAL HEALTH SEMINAR

**January 17, 2024**

98 Smokey Bear Boulevard  
Concord, NH 03301



<b>Schedule- Day One</b>	<b>Time</b>
Check in/ Registration	8:00-8:30 AM
Keynote Speaker	8:30-10:00 AM
Break	10:00-10:15 AM
Session #1- Option 1-3	10:15-12:00 PM
Lunch- Sponsored by Primex	12:00-1:00 PM
Session #2- Option 1-3	1:00-2:45 PM
Break	2:45-3:00 PM
Session #3- All attendees	3:00-4:30 PM

# 2024 MENTAL HEALTH SEMINAR



**January 18, 2024**

98 Smokey Bear Boulevard  
Concord, NH 03301

<b>Schedule- Day Two</b>	<b>Time</b>
Check in/ Registration	8:00-8:30 AM
"The Aftermath" Play- Presented by Primex	8:30-9:30 AM
Break	9:30-9:45 AM
Panel Discussion	9:45- 11:00 AM

## **Keynote Speaker** **Connection in Time of Crisis**

Presented by Scott Tillema, over twenty years of law enforcement service and trained hostage negotiator

Creating a culture of connection is one of the most effective strategies leaders can use to maintain the mental health and wellness of first responders. Attendees will be given a framework that can be used in leadership, crisis communication, and conflict resolution that follows a principle-based approach. We will explore how people make decisions and how we can use influence techniques to nudge them in positive directions. There will be a focus on verbally delivering the message as well as non-verbals in appreciation of how people in states of crisis may be sensitive to how communication is conveyed. You will come away with an understanding of the techniques used by crisis negotiators and consider how the principles presented will lead to more positive outcomes in a variety of situations.

# 2024 MENTAL HEALTH SEMINAR

## Session One- Option One

### **Addressing Trauma, Burnout and Cumulative Stress in the First Responder Community**

Presented by Amy Davenport Dakin, LCPC, LCMHC;  
Dr. Abby Morris, Medical Director for the IAFF Center of Excellence;  
Captain Patrick Robichau, NRP, Exeter Fire Department

An overview of the prevalence of stress/behavioral health issues in the first responder population, with explanations of the physiological response to stress, burnout and trauma. This presentation will provide a connection to individual resiliency and how this benefits the department with positive outcomes.

## Session One- Option Two

### **Supporting Veterans and First Responders to Treat Trauma; An Innovative Approach Beyond Talk Therapy**

Presented by Becky Glaze, LICSW;

Discussion about what trauma is and how trauma impacts the central nervous system, and the different techniques utilized to address trauma such as neurobiology and EMDR, and practical interventions for trauma.

## Session One- Option Three

### **I think my Colleague is in Crisis- Now what? The Conversation**

Presented by Jeffrey Stewart, NRP, I/C, CAI, CRSW  
Chief, Brookline Ambulance Service

There are lots of classes available right now and information on awareness for a colleague in crisis, but what about how to help that colleague and mitigate the risk? This program will discuss what to do when your colleague, friend or significant other is in crisis. Specifically, we will look at how to approach, intervene, and refer out an intimate relationship for treatment. We will do a brief review of recognizing a crisis be it compassion fatigue, PTSD, suicidal or substance misuse and then focus on how to get that person assistance for that crisis.

# 2024 MENTAL HEALTH SEMINAR

## Session Two- Option One

### **We have the data to help before PTSD is diagnosed**

Presented by Art Groux NRP, EMS Leader

Acute Stress Disorder affects almost every first responder at some point in their career, in most cases more than once. What if we had the ability to see where it might be happening with the data we already have and address it before it leads to PTSD?

## Session Two- Option Two

### **Promising Strategies for Strengthening First Responder Wellness Programs**

Presented by Susan Brown LCMHC, MLADC; Officer Justin Breton, CCISM Mental Health and Wellness Coordinator Manchester Police Department

This workshop will provide an overview of the development and sustainment of peer teams, wellness and mental health initiatives within departments and regions. Each town and region within NH has unique needs and resources. Developing partnerships and working collaboratively are essential in meeting the wellness needs of your personnel.

## Session Two- Option Three

### **PTSD: How to Adapt**

Presented by Stephen Holmes NRP, Lieutenant Exeter Fire Department, USMC Veteran

Stephen Holmes discusses his experience in the Marines and Fire Service and his first hand experience of how PTSD presented and effected his life.

# 2024 MENTAL HEALTH SEMINAR

## Session Three- All Attendees

### **Enhancing Mental Health Support for Public Safety Professionals: A Panel Discussion**

Presented by Candice Alizio, MA, LMFT, CISM, MBCBT

Mental Health is a critical aspect of overall well-being, and for public safety professionals, the demands of their roles can lead to unique challenges. This seminar aims to bridge the gap between mental health providers and public safety personnel, fostering a better understanding of the specific needs, issues, and expectations of this vital population.

## Day Two- All Attendees

### **"The Aftermath" The Play**

Presented by Primex

This program looks to assist public safety personnel and municipal leaders as they navigate how to best support their first responders, who in the performance of their duties are witness to traumatic events.