

First Responder Safety, Health & Wellness Symposium

October 25-26, 2019

8am-5pm

Ford County Expo Center

Dodge City, KS



This inaugural two-day, special event will be an occasion to learn from experts in the field about resources, best practices, and strategies for comprehensive safety and wellness.

We will provide opportunities for first responders and their spouses to learn practical strategies to proactively build resilience, grow a culture of support rather than stigma and improve their overall mental health and wellbeing.

Topics may include information on peer support programs, physical fitness, financial wellness, injury prevention, sleep deprivation, stress, mindfulness, and suicide prevention.

Vendors will be onsite to offer services and additional resources as well.

Questions?

Call 620.694.1440

or email us at

coned@kletc.org





AGENDA

Friday, October 25

8am - 12pm

Building Resiliency: Surviving Secondary Trauma
Major Darren Ivey, KCMO

12pm - 1pm

Lunch

1pm - 4:30pm

Managing Stress of the First Responder
Pat Hinkle, Clinician PTSD Prevention

4:30pm - 5pm

Vendor Break

5pm - 7pm

Networking Reception/ Keynote Speaker
Dawn Ptaschek, 10-33 Foundation





AGENDA

Saturday, October 26

8am - 12pm

Stress Awareness for First Responders (First Responder Track)

Jim 'Bodie' Bodenheimer, 10-33 Foundation

8am - 12pm

Family, Health, and Wellness (Families of First Responders Track)

Dawn Ptaschek, 10-33 Foundation

12pm - 1pm

Lunch

1pm - 2:45pm

Encouraging, Equipping, Strengthening, and Supporting First Responders

Chaplain Kevin Hardy, Midwest Chaplain Network Executive Director and

Captain James Sutterby, Overland Park Police Department

2:45pm - 3pm

Vendor Break

3pm - 4:45pm

Mindfulness/Meditation

Angela L. Caruso



BIOGRAPHIES



Major Darren Ivey

Major Darren Ivey was appointed to the Kansas City, Missouri Police Department in September 1992. He served as the Department's Crisis Intervention Team (CIT) Commander from 2012 – 2018 and through a partnership with Truman Medical Center's Behavioral Health, Ivey led a team that developed a block of training called "Building Resilience: Surviving Secondary Trauma." This training helps address the occupational risks for secondary trauma and acute stress in first responders (as well as military) and allied civilian support staff.

Major Ivey has a Bachelor's of Science Degree in Criminal Justice Administration from Park University where he graduated Summa Cum Laude. Additionally, he is the past Co-Chair of the Mid-America CIT Council and Justice Committee of the Resilient KC Initiative, and is part of the Code 9 Project Team. He also serves on the Board of Directors for the Campaign for Trauma Informed Policy and Practice (CTIPP); CIT International; Yoga for First Responders; Healing Pathways, and Pause First Project. Major Ivey is a proud graduate of the FBI National Academy (#274).

Did you know that for every police officer that commits suicide, there are a thousands more out there, still working and suffering from Post-Traumatic Stress or struggling with other problems brought on by the job--anxiety, depression, alcoholism, marital problems, and more. Building Resiliency: Surviving Secondary Trauma is a four hour course that is designed for all first responders and mental health professionals and will provide important information to attendees regarding recognizing Stress and Secondary Trauma; the physical and emotional effects they have on your body, and most importantly, developing easy and effective coping skills to help build resiliency for both self and peer support.



BIOGRAPHIES



Pat Hinkle

Pat Hinkle, founder of Hinkle & Associates, brings a distinctive background to his work as a trained counselor and therapist.

Drawing from experiences gained during his three-year deployment in the U.S. Army Military Police Corps, followed by a 28-year career with the Lenexa, Kansas Police Department, Pat finds a natural connection with people confronting trauma, crisis situations and challenging life events.

As both a Licensed Clinical Professional Counselor and a Licensed Clinical Marriage and Family Therapist, Pat's practice is built on providing confidential and supportive therapy techniques. His background is extensive, including a bachelor's degree in criminal justice and a master's degree in counseling. He is a graduate of the FBI National Academy and a long-time instructor at Johnson County Regional Police Academy. In addition, he has clinical counseling experience at the Kansas City Salvation Army's adult rehabilitation clinic, and Shawnee Mission Medical Center's emergency room and in-patient mental health unit.

Pat's work and leadership have been honored through various awards and appointments. These include a Bronze Medal of Valor from Kansas City Crime Commission/KMBC TV 9 in 1992, and positions on the National Alliance for Mental Illness Board of Directors (Johnson County, KS affiliate) and the Kansas Law Enforcement Council-Crisis Intervention Team. Pat has been featured in television appearances and published interviews, sharing his insights on notorious criminal cases and related issues. He also is an active member of numerous government, professional and civic organizations at the local and state level.



BIOGRAPHIES



Dawn Ptaschek

Dawn is the founding Kansas member and former Executive Vice President Midwest Region for the 10-33 Foundation. As a Fire/EMS family member and former active duty military spouse she has enjoyed the trust of both First Responders and military service members working through operational stress issues. She has served as a volunteer counselor in the Chaplain Family Life Center on Ft. Leavenworth, Kansas and is a returning speaker for the Badge of Hope KC Law Enforcement Marriage Conference.

Dawn is currently a volunteer 10-33 Foundation Stress Awareness, Management, and Mitigation (SAMM) trainer for Responder spouses, is an active member of the 10-33 Foundation Critical Incident Stress Debriefing Team, and was the grant writer/program manager of the Dane G. Hansen Foundation First Responder Stress Project, which provided SAMM training and International Critical Incident Stress Foundation (ICISF) Group and Individual Crisis Intervention (GRIN) training for Responders in NW/NC Kansas.

She has written articles for the KEMSA Chronicle and the KSFFA Firewire periodicals. Dawn is a Licensed Professional Counselor in Kansas who holds an MA in Counseling from Midwestern Baptist Theological Seminary and certification as a Sexual Addictions Treatment Provider from the SATP Institute.

Her counseling internship was undertaken in the medium security unit at the KDOC Lansing Correctional Facility. Her training in Critical Incident Stress Management (CISM) began in 2013 and continues to the present. She is also the pioneer of Operational Stress Solutions LLC which promotes a Personal Stress Management Training model for First Responders and Military members; creating individualized plans to address operational stress issues across five domains: physical, cognitive, mental, emotional, and spiritual.



BIOGRAPHIES



Jim 'Bodie' Bodenheimer

Jim Bodenheimer, Bodie, has more than 43 years' experience as a First Responder and member of the military. He became an EMT in 1975 while a career Firefighter on the Warrensburg, MO Fire Department, later serving with the Johnson County Ambulance Service and as a Police Officer in the town of Holden, Missouri before joining the Army. While in the Army Bodie led soldiers in various theaters of combat operations to include; Panama, Iraq, Afghanistan and others. He is a military Master Instructor and a helicopter Master Aviator.

Upon retirement from the Army, he joined the Winchester Volunteer Fire Department and transferred his EMT certification to Kansas. He established a High School Firefighter program for the department, certified in Firefighter 1 & 2, became a Fire Service Instructor, and in 2012 became Chief. He is an instructor with the Fire & Rescue Training Institute through the University of Kansas. Bodie worked with Dawn Ptasek to bring the 10-33 Foundation to Kansas in 2014 and has been a regional representative and instructor for the Foundation. Bodie is trained and nationally certified through the International Crisis Incident Stress Foundation to conduct Individual and Group Interventions as well as Mental Health First Aid.

In December of 2018, he accepted the post of Kansas Manager for 10-33. Bodie is married to the former Nelda Jenkins, an RN and Firefighter/EMT as well. They have 5 children, all of whom are or have been First Responders. In addition to his mental health, EMT and Firefighter certifications, Bodie holds a Master's in Business Administration, a Bachelor's of Science in Business Management and is a Graduate from both the US Army Command & General Staff College and National Joint Service College.



BIOGRAPHIES



Chaplain Kevin Hardy

Chaplain Kevin Hardy has been serving as a Police & Fire Chaplain for over a decade and prefers interacting with First Responders and the community on a regular basis. He wants to be a bridge between First Response agencies and the community and to bring hope and peace to someone on the worst possible day of their life. Chaplain Hardy retired from the United States Air Force in 2000 after serving twenty years as a Paramedic. He finished out his career serving alongside Law Enforcement and Security Forces as a Tactical Medic. He graduated from Luther Rice Seminary and Bible College shortly after retiring from military service.

Chaplain Hardy is one of the Pastoral Staff members at Bridgeport Community Church located in Midtown Kansas City. He is currently serving as the Head Chaplain of the Kansas City, Missouri Police Department. Chaplain Hardy is married to Lynelle and they are the proud parents of Alicia, Alaina, Alizabeth, and Aaron and grandparents of William and Jonathan.



BIOGRAPHIES



Captain James Sutterby

Jim Sutterby is a Captain with the Overland Park Police Department. Jim has been with the Overland Park Police for over 29 years and has served in many areas. Jim is currently assigned to the Criminal Investigations Division and helps oversee the 'department's Chaplains Unit. In 2017 Jim attended and graduated from the FBI National Academy – Session 268. Jim is currently working on finishing his bachelor's degree in criminal justice from the University of Oklahoma.

Jim has a heart for serving the Lord Jesus Christ and for public safety personnel. Jim serves in many areas outside of his normal job. Jim is an Elder at Fellowship Bible Church in Gardner, Kansas. He also serves as a board member for Midwest 'Chaplain's Network. Jim is in the process to join Billy 'Graham's Rapid Response Team as a volunteer chaplain. As a part of Midwest 'Chaplain's Network, he helps coordinate an annual law enforcement marriage conference in Lenexa, Kansas. Jim is a member of several professional associations to include Fellowship of Christian Peace Officers, FBI National Academy Associates, and International Association of Chiefs of Police.

Jim is married to Deanna and recently celebrated their 25th wedding anniversary. Jim and Deanna have three adult children who are married. They also have two grandchildren, Timmy, and Lydia, who are five months old.



BIOGRAPHIES



Angela L. Caruso-Yahne

Angela L. Caruso-Yahne has over twenty years of experience as a first responder including work in EMS, law enforcement, disaster rescue, and the military. Before retirement from the Air Force Reserves at the rank of Senior Master Sergeant, she completed several combat-zone deployments as a member of an aeromedical crew. She currently serves as Training Officer for the Overland Park (KS) Fire Department. Angela is a long-time meditation practitioner who finds the skill essential for first responders who want to maintain their resilience and mental wellness during and beyond their careers. She is a frequent in-service education presenter for emergency medical personnel, military and civilian disaster responders, and peer support team members.

Angela is certified in Critical Incident Stress Management by the University of Maryland at Baltimore County and the International Critical Incident Stress Management Foundation, and is a "Learn to Pause" instructor for the PauseFirst Project whose mission is to normalize meditation and mindfulness in first responders communities. She is a member of the Johnson County (KS) Critical Incident Stress Management Team, and is ordained as a chaplain by Upaya Zen Center.



Who Should Attend ?

Who Should Attend?

Encouraged to attend this inaugural two-day, special event are members and spouses of the following professions:

Law enforcement

Fire Services

Emergency Management Services personnel

Dispatchers

Corrections personnel

Nurses

Social Service Providers

Military

CEUs and CNEs to be approved for each discipline

Certificates of attendance to be provided to all attendees





Logistics

Registration

Contact Jennifer Caywood at 620.694.1449 or Mary Ellen Kirkbride at 620.694.1516, or register at kletc.org/professional-development by clicking the box on the right.

Hotel Information

There are two Best Western hotels in the area that will honor the government rate:

Best Western - N. 14th Ave, Dodge City, KS 67801 - (620) 225-7378

Best Western - W. Frontview St, Dodge City, KS 67801 - (620) 371-6441

Ford County Expo Center

The contact information for the Expo Center is:

11333 US-283, Dodge City, KS 67801

(620) 338-8284

Special Thanks

The Kansas Law Enforcement Training Center would like to thank AT&T, Ford Co. Expo Center, Ford Co. Sheriff's Office, Ford Co. Fire and EMS, Dodge City Police Department, Dodge City Fire Department, Dodge City Convention Center and Visitor's Bureau, and Compass Behavioral Health.

