



FIRST RESPONDER'S MENTAL HEALTH SYMPOSIUM RESOURCE GUIDE

**Presenters and Resources
featured on May 26, 2022**



Presenters

Matt Wenning



Matt has devoted his life to strength, health, and performance. With a bachelors in exercise physiology, a masters in biomechanics and 4 world records in powerlifting, he is considered the world authority in smart strength training. He has helped numerous tactical divisions - Rangers, Airborne, Infantry, Border Patrol and SEAL Team. With this knowledge and experience he has also lead the nation in reduction of insurance costs and affiliated expenses in the six figures annually at fire departments.



wenningstrength.com

Columbus, OH

We at Wenning Strength are dedicated to the development of strength and its application to the tactical community. We have advised teams such as the Bears - Panthers and tactical groups- U.S. Army Rangers - 82nd Airborne and seal team 4. We provide everything from online workouts and consulting as well as in person consults - and assistance with all physical development and injury prevention

Dr. Barbara Walker



Dr. Walker serves as an Integrative Health and Performance Psychologist within the Department of Psychiatry and Behavioral Neuroscience at the University of Cincinnati College of Medicine and UC Health, where she provides consultations to a wide variety of patients. She specializes in the use of biofeedback, mind-body techniques, high performance strategies, and lifestyle medicine as tools for teaching self-regulation performance in sport or within their career, coping with illness or injury, and/or desire to improve areas associated with lifestyle. Barbara teaches Sport and Positive Psychology and co-teaches The Science and Practice of Mind-Body Medicine at the University of Cincinnati. Dr. Walker holds a master's degree in

health psychology, and doctorate in clinical psychology with an emphasis in exercise and sport psychology and is a licensed clinical psychologist. Barbara has consulted professional and university teams and individuals, Fortune 100 and 500 companies, physicians, and first responders. Barbara is a presenter at professional conferences and workshops, has authored chapters in professional texts, and is a contributor to national periodicals. She has appeared as a guest expert on multiple radio and television programs. She serves on the board of directors for the Cincinnati Flying Pig Marathon. She is a member of both the American Psychological Association and Association of Applied Sport Psychology, as well as a member of the sport psychology registry with the United States Olympic Committee. Barbara demonstrates a lifelong passion for peak performance principles applying them in her own professional and personal life as a former competitive athlete in the sports of marathon, triathlon, duathlon, and cycling. She now trains for life- currently cycling, hiking, and doing yoga, and spending time with family, friends, and being outside as often as she can!

Larry Bennett & Frye



**Pet Partners of
Greater Cincinnati**
513-236-9860
info@tpgcpets.org
tpgcpets.org

Larry is a member of the Tri-State Peer Support Team and the SW Ohio Critical Incident Stress Management Team. He and his 6-year old lab, FRYE, are very active members of Pet Partners of Greater Cincinnati. In 2022, Larry launched the Pet Therapy Response Team – 15 dogs & 1 rabbit, including emergency responders - who after passing testing by Pet Partners of Greater Cincinnati, will respond to Tri-State Peer Support Team and SW Ohio CISM trauma events by calls to Hamilton County 911. Larry has been an attorney for over 50 years, an Ohio FF I / EMT-B for over 40 years, a Professor - Emeritus and Program Chair, Fire Science and Emergency Management at the University of Cincinnati, and a former police officer with U.S. Capitol Police Department and the D.C. Metropolitan Police Department.

Dr. Erica Birkley



**UC Department of Psychiatry
and Behavioral Neuroscience**

513-585-7700

uchealth.com/services/psychiatry

Dr. Erica Birkley is a psychologist and Associate Professor at UC in the Department of Psychiatry and Behavioral Neuroscience. Dr. Birkley specializes in working with first responders for individual and couples therapy and assessment for conditions such as sleep disorders, anger issues, PTSD, infidelity/trust issues in relationships, depression, and parenting. She is also trained in crisis intervention response, on-the-ground mass casualty support, critical incident debriefing, pre-employment selection screening, and fitness for duty evaluations. Dr. Birkley also enjoys giving presentations to first responders and their families on mental health conditions, wellness and resiliency, and de-escalation of officer arousal when interacting with perpetrators.

Dr. Dustin Calhoun



Dustin Calhoun is an Associate Professor at the University of Cincinnati, board certified in emergency and EMS medicine, practicing at UC Medical Center and West Chester Hospital. He attended medical school at the Medical College of Georgia, emergency medicine residency in Charlotte, NC and completed an EMS fellowship at UC where he is now the Associate Director of the Division of EMS. He is the Medical Director for the Cincinnati Fire Department as well as Bethel-Tate Fire Department, Springdale Fire Department, Washington Township Fire Rescue, Oxford Fire Department, Fairfield Township Fire Department, Cincinnati/NKY International Airport Fire Department, Cincinnati Police SWAT team, and the Hamilton County Police Association SWAT Team. He is also active as a flight physician with Air Care and Mobile Care, the Medical Director for emergency management for UC Health and the preparedness clinical advisor for regional health system collaborative as well as the Chief Medical Preparedness Officer for the University of Cincinnati.

Dr. Thomas Charlton



Dr. Charlton MD, MHSA, FACEP, FAEMS is an emergency medical services physician, also practicing in emergency medicine. Dr. Charlton has been involved in EMS for over 20 years, having started as a firefighter/EMT prior to attending medical school. Dr. Charlton attended St. Mathew's University School of Medicine, followed by a residency and fellowship at Synergy Medical Education Alliance (now CMU Medical Education). He is a fellow in the American College of Emergency Medicine, and the National Association of EMS Physicians. He is the medical director of multiple greater-Cincinnati fire and EMS agencies, ranging from busy urban to rural and volunteer as well as the Tri-State Peer Support Team. Dr. Charlton serves on the State of Ohio Human Resources sub-committee that is tasked with improving retention of EMS professionals in the state. He is also the Associate Program Director for the Central Michigan University EMS fellowship program.

Jeff Dill



**FIREFIGHTER
BEHAVIORAL
HEALTH
ALLIANCE**

**Firefighter Behavioral
Health Alliance**

847-209-8208

info@ffbha.org

ffbha.org

In 2010, Jeff Dill founded the Firefighter Behavioral Health Alliance (FBHA). Jeff travels the United States & Canada holding workshops to educate firefighters & EMS about behavioral health awareness and suicide prevention. In 2010, FBHA began tracking and validating data on all FF, EMS and dispatcher suicides across the United States. In addition, FBHA offers seven workshops for first responders, counselors/chaplains, family members and preparing for retirement. Jeff Dill holds a Master's Degree in Counseling, and is a retired Fire Captain at Palatine Rural Fire Protection District in Inverness, Illinois. On July 1st, 2021 Jeff was appointed the new Behavioral Health Administrator for Las Vegas Fire & Rescue.

Alison Fienning



Pinpoint Behavioral Health

513-520-2532

info@pinpointbhs.com

pinpointbhs.com

Alison (MSW, LISW-S, LMHC, CCTP, EMDRt) began working in the mental health field over a decade ago. Alison holds a bachelors in social work from Ohio University and Masters in social work from The University of Cincinnati. She is a former K9 handler with Campbell County Search and Rescue. In the past decade, Alison has had a variety of experiences making her a well rounded clinician. In late 2017, she opened Pinpoint Behavioral Health Solutions. She specializes in providing behavioral health services to the first responder and military communities. She is licensed to see individuals in Ohio, Kentucky and Florida. She is a certified IAFF peer supporter (spouse), certified in CISM (group and individual), facilitator with Great Oaks Career Campuses, instructor with the Center For Relationship Education and trained in teaching Mental Health First Aid. She and the Pinpoint team provide several departments clinical support and is the expert spouse consultant for On the Job & Off.

Tiphanie Galvez



**CINCINNATI
POLICE
WELLNESS**

513-498-1052

CPDPeerSupport@Cincinnati-OH.gov

Tiphanie Galvez is the Wellness Coordinator for the Cincinnati Police Department. She began her career as a 911 Operator in 2000. She spent 15 years in the Cincinnati Emergency Communications Center as a dispatcher and supervisor, before transferring to a human resources management position in the police department. While assigned to HR, Tiphanie took over the voluntary role of Peer Support Coordinator with the goal of building a successful peer team. Tiphanie combined her knowledge of working with first responders, her personal experience with mental health and trauma, and academic background in science to develop resources, policies, and training most needed promote healthy careers for officers. The result of this effort has been overcoming cultural barriers to grow the project into a comprehensive wellness program, serving the Cincinnati Police Department as well as their regional first responder partners. The program has become so successful and widely utilized, Tiphanie left her role in HR to focus exclusively on her passion for first responder wellness in a full-time capacity.

Michael Gullett



Michael Gullett is a Firefighter/Paramedic with The City of Covington Fire Department and has been a career firefighter for 16 years. Michael is also an adjunct EMT and Paramedic Instructor at Gateway Technical and Community College, ACLS, BLS and PALS Instructor at the St Elizabeth Training and Education Center and part-time Fire Instructor with State Fire Rescue Area 7. Michael Obtained his Paramedic Certification from the University of Cincinnati and earned an Associate Degree in Applied Science from Gateway Technical and Community College. Off-duty, Michael enjoys spending time with his 2 children. He is an avid golfer, exercise enthusiast, and a fan of vintage baseball and the outdoors. Mental Health plays an important role at any age of life fostering resilience while working through adverse times and impacting your daily emotions, behaviors and thoughts. Being mentally healthy creates a positive attitude which inspires you to be your best at work, school, activities, parenting or just making yourself a better person.

Dr. Olivia Johnson



618-791-9146
bw-institute.com

Dr. Olivia Johnson is founder of the Blue Wall Institute, Air Force veteran, and former police officer. Dr. Johnson is a subject expert in police suicide and prevention and developed the National Law Enforcement Suicide Mortality Database (www.nlesmd.com) where she has tracked Law Enforcement and Corrections Officer suicide deaths since 2017. She holds a master's in Criminology and Criminal Justice from the University of Missouri, St. Louis, and a doctorate in Organizational Leadership Management from the University of Phoenix

Dr. Abby Morris



IAFF Center of Excellence
877-660-2354
iaffrecoverycenter.com

Dr. Abby Morris received degrees from Cornell University, and Georgetown School of Medicine and completed her residency training at Johns Hopkins Hospital. She is double board certified in Psychiatry/neurology and addiction medicine. She has been a physician for 20 years and has been working as a medical director for the last 15 years. She has worked in diverse medical settings including as the Medical Director for a CMHC, as the Medical Director for an Assertive Community Treatment program and as the Medical director a 24-bed psychiatric unit in a Johns Hopkins Hospital in suburban Maryland. She is currently the Medical Director of the IAFF Center of Excellence, a stand-alone mental health treatment facility for first responders with PTSD, addiction, or other behavioral health challenges. She has been awarded many local and regional honors for her academics and work in her field and is considered an international expert in first responder mental health and trauma. Dr. Morris has been on multiple news programs, panels, and conference forums and has been invited to teach in a variety of settings around the country and internationally. In addition, she serves as the medical consultant for the SWAT/CIT team in Montgomery County, Maryland and was named the Volunteer of the Year by the police in that county in 2017. However, Dr. Morris is most proud to be the mother of two incredible young men ages twenty-three and sixteen.

Matt Mullins



Matt began his career as a patrol officer in 1998. He is now a retired detective that has worked the most heinous crimes ever committed to any human being. Matt was diagnosed with Chronic PTSD in 2014 and it has taken a long time to rid himself of those nightmares. In September 2014, he completed his "fit for duty evaluation" and was fully cleared to return to regular duty. Matt then learned his best friend/older brother was diagnosed with non-smoking lung cancer. Matt lived with him the last month of his life to help care for him until he passed away May 11th, 2015. The trauma in Matt's life has been overwhelming at times, yet he's happily married (to a therapist), an engaged father in his daughter's lives, as well as a football coach at a local high school. Matt is a survivor and has faced evil and battled through suicidal thoughts on a daily basis in his worst times. Matt has peace now and hopes to be able to help anyone who walks down the same dark path he has. He wants to give them hope and for them to know that they are not alone.

Chris Perry



Police Officer
Cincinnati Police CISM
CPDPeerSupport@Cincinnati-OH.gov

Chris has been with the Cincinnati Police Department since 1998 and has 27 years as a police officer. His inspiration to become a police officer came from watching his father's passion for the job. His dad is now retired from Cincinnati PD. Chris is currently assigned to the Traffic Unit/Motorcycle Squad which is a perfect match with his hobby of racing fat track motorcycles. Chris is married to his wife Colleen, and they live at home with their dog Guinness. Chris's passion for mental health and wellness comes from his own struggles of going through 'hell' and a desire to prevent as many others from having to go through what he has been through. Mental health is a priority for first responders, we have to be at our best to help others.

Kelly Preston



Behind the Badge

859-393-7790

behindthebadgeinc@gmail.com

btbnky.org

Kelly started as a Firefighter/EMT in 1993. She worked as a jailer and then became a 9-1-1 dispatcher serving 20 years in that role for Boone County. She married her husband Mike Preston in 2005. Mike was a Marine Veteran and 20 year Police Officer when he completed suicide on January 13, 2016. Kelly was on duty at dispatch that day. She left dispatching after being diagnosed with PTS in 2017. Kelly now travels and speaks with Blue Help to spread awareness about mental health wellness/awareness and suicide prevention. She is also the Director of Behind the Badge, Covington.



Resources

Beckett Springs Help for Heroes
Barbara Thompson, Coordinator
barbarathompson@spsh.com
HelpForHeroes.com

West Chester, OH
513-498-1150

Help for Heroes® provides treatment and therapy specifically geared for people who routinely face trauma, physical and mental stress, and life-threatening situations. We offer many paths to recovery, including post-traumatic stress disorder (PTSD) treatment, substance abuse treatment, and medication management. But our programs are a lot more than that. They're a chance to connect with others who are learning to cope with similar circumstances.

We are a dedicated treatment program designed to serve the mental health and substance abuse needs of active duty and retired military personnel, veterans, first responders, and other high-risk frontline professionals.

Camp Hero Inc
Rocco Besednjak, Founder/Director
rocco@campheroky.org
CampHeroKY.org

Lexington, KY
606-471-1318

Camp Hero provides 3-4 day getaways for wounded veterans and first responders, to allow them to enjoy the tranquility of the Appalachian Mountain outdoors, while being able to talk and fellowship with other wounded heroes. All lodging and food is provided from the non-profit, through donations. The uniqueness of Camp Hero allows heroes to hike, explore caves, wade creeks, ride ATVs, enjoy watching the abundance of wildlife, sit around a campfire, or even do some hunting (season permitting). Camp Hero also has events for children, teaching outdoor skills, and mentoring them, so they can become the heroes of the future.

Critical Incident Stress & Wellness Center **Erlanger, KY**
Dr. Mike Reeser, Psychologist **859-341-5782**
ky.cswcenter@gmail.com
criticalstressandwellnesscenter.com

How many times have we heard it – “My agency referred me to our EAP and they said they couldn’t help me... they just don’t get it.” Critical Stress & Wellness Center was founded by Dr. Mike Reeser, Ph.D., a veteran, former LEO, and now Licensed Psychologist serving in the Northern Kentucky/Greater Cincinnati area. Fully aware of the discrepancy between critical stress events and appropriately trained providers to help, CSW Center set out to bridge this competency gap while aiming to serve those who serve!

Dogs Helping Heroes **Clarkesville, IN**
Kassi Cawood **812-329-02440**
kassi@dogshelpingheroes.org
dogshelpingheroes.org

Dogs Helping Heroes is a nonprofit organization dedicated to helping restore lost freedom and peace of mind to wounded veterans, first responders, and Gold Star Families by gifting specially trained and certified assistance dogs. Our inspiration is to improve the daily lives of those we can help. Every stage of our process — from obtaining our dogs to placement with a hero — involves a vast network of support.

EPI/Alpha-Stim
Robert Snyder, Customer Service
robert@epii.com
alpha-stim.com

Mineral Wells, TX
940-682-8782

The Alpha-Stim electrotherapy device is proven effective and safe for pain management and treatment of anxiety, insomnia, and depression. It has no lasting side effects, no risk of addiction, and no danger of interaction with medications. Alpha-Stim helps you fight both the sleepless nights and the overwhelming sadness that can make it hard to get out of bed in the morning. It relieves both your nagging lower back pain and the constant burden of stress. Results are long lasting and often immediate.

Essential Personnel
Ernest Marsan, Account Executive
ernest@essper.com
essper.com

Wilmington, NC
203-428-5993

Essential Personnel (EP) is a platform designed and optimized for public safety professionals. Founded by a Marine and former professional first responder, EP is built to empower leaders of mission-critical organizations.

Supported by a diverse and community-minded advisory board of public safety professionals and military veterans, EP understands the unique needs and challenges facing Fire, Law Enforcement and EMS leaders. Our platform was designed and optimized for these leaders to build their team, identify trends, evaluate intelligently and discover their top performers. Our Safety & Wellness module enables tracking critical incidents, exposures and injuries while supporting early intervention practices.

First Responder Coaching
Keith Hanks, Director
keithh@1strespondercoaching.org
www.1strespondercoaching.org

Winchendon, MA
978-580-6134

1st Responder Coaching was founded on the simple premise that the people who know what first responder life is really like are first responder spouses and families. Founder Jen Anderson learned that first-hand, while experiencing the challenges that PTSD brought into all aspects of her life. She used life coaching as a way to move through the daily struggles of schedules, finances, and marriage to create a deeper connection, stronger foundation, and thriving family life for her and her family.

Flourish Massage and Bodywork
Andrew Birkley, LMT
birkleylmt@gmail.com
flourishmassage.com

Ft. Mitchell, KY
513-288-8090

Flourish Massage & Bodywork is a locally owned Massage practice devoted to holistic health, preventative care and customized massage treatments. Our goal is to personalize our client's experience by blending therapeutic massage, the use of essential oils and medical expertise to foster a vibrant and continuing sense of well being.

We offer spacious, peaceful and intimate massage rooms in a convenient and tranquil location.

Hello Mental Health
Bailey Bryant, Owner/Psychologist
bailey@hellomentalhealth.com
hellomentalhealth.com

Cincinnati, OH
513-444-2018

Individual psychotherapy is a form of treatment based on dialogue between the client and therapist. Traditionally, sessions are scheduled once a week for 45-50 minutes. Couples therapy is a form of treatment focused on improving long-term romantic relationships. Traditionally, sessions are scheduled once a week for 60-75 minutes. Hello Circles are coaching groups designed to bring people together in supportive community around shared life experiences. Circle facilitators are licensed mental health professionals who will offer psychoeducation and skills to navigate life circumstances.

Hikma Community Health
Keisha Randolph, Health Manager
krandolph@hikma.com

Proctorville, OH
304-416-1055

Representing Kloxxado, 8mg nasal naloxone. KLOXXADO is indicated for the emergency treatment of known or suspected opioid overdose, as manifested by respiratory and/or central nervous system depression, for adult and pediatric patients.

KLOXXADO is intended for immediate administration as emergency therapy in settings where opioids may be present. KLOXXADO is not a substitute for emergency medical care.

Hold the Line Services
Sabrina Mignerey, Counselor
sabrina.mignerey@gmail.com
holdthelineservices.com

Bethel, OH
937-213-2378

Hold The Line Services exist to prepare, prevent, and save lives for First Responder and Military Member mental health and emotional well-being. Evidence based and experiential approaches to mitigate cumulative, relationship and traumatic stress. We utilize the power of the outdoors, horses and more for change. Located in southern Ohio, accessible to the Cincinnati region and northern Kentucky. All of our services are offered at a low cost to eliminate barriers to health and happiness

IAFF Recovery Center
Myrrhanda Jones, Community Outreach
mjones@iaffrecoverycenter.com
iaffrecoverycenter.com

Ft. Lauderdale, FL
352-538-0377

The IAFF Center of Excellence for Behavioral Health Treatment and Recovery is a one-of-a-kind treatment facility specializing in PTSD for professional fire service members who struggle with trauma, substance use, addiction and other related behavioral health challenges. It is a safe haven for members to receive the help they need in taking the first steps toward recovery and share experiences with other members who have faced or overcome similar challenges.

Kentucky Federation of Firefighters
Rebecca Brown, President
kyffc.org

Louisville, Ky
270-361-9882

The mission of the Kentucky Federation of Fire Chaplains is to develop an emergency response capability to expand the availability of trained chaplains to respond to emergencies and disasters, to coordinate efforts with, and provide chaplain support to, Fire Departments, Police Departments, and other agencies or organizations, in time of disasters and emergencies, and to provide ministry education, training, and advocacy, and to promote the development of a continuum of services to public emergency personnel and their families.

Medicount Management
Ted Jennings, Account Executive
tjennings@medicount.com
medicount.com

Cincinnati, OH
513-592-1584

Our Cincinnati-based company is owned and operated by retired Cincinnati firefighter, Joseph D. Newcomb, and his family. The key to our success over the past 26 years has been our uncompromising commitment to helping the communities we serve, thrive and prosper. Unlike many of our competitors, we are 100% focused on the EMS billing industry. We provide local municipalities with comprehensive, efficient, accurate and hassle-free billing and collection systems that help them identify and maximize their revenue potential with minimal operational requirements from their staff. Plus, our team keeps abreast of ever-changing regulatory issues so we can keep you 100% compliant.

Mental Health America
Amanda Shaw, Program Director
ashaw@mhankyswoh.org
mhankyswoh.org

Covington, KY
513-320-3488

Mental Health America of Northern Kentucky and Southwest Ohio is dedicated to promoting mental health and working to prevent mental and substance use disorders through education, advocacy, and service. We provide safety net services, community and professional education, and we're the regional experts in Certified Peer Support.

Mental Health America
of Northern KY and SW Ohio
Mental Health First Aid
Rich Palmer, First Responder Coordinator
rpalmer@mhankyswoh.org
ohiomhfa.org

Covington, KY

Grow in your knowledge of signs, symptoms and risk factors of mental illnesses and addictions. Identify multiple types of professional and self-help resources for individuals with a mental illness or addiction. Increase your confidence in and likelihood to help an individual in distress. Show increased mental wellness in yourself by just taking the training Help to reduce negative attitudes and perceptions of individuals with mental illnesses.

NAMI Northern Kentucky
Michelle McMullen
michelle@naminky.org
naminky.org

Newport, KY
859-446-1550

NAMI Northern Kentucky (NAMI NKY) is an affiliate of the National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI NKY provides support, education, and advocacy for those who live with mental illness and their families, friends, and caregivers within the eight-county Northern Kentucky region.

New Season
Kelly Pichotta, Program Director
Newseason.com

Covington, KY
859-444-4499

New Season has been a leading provider of care for Opioid Use Disorder (OUD) since 1986, with more than 80 addiction treatment centers in 20 states nationwide. In addition to providing customized therapeutic programs and Medication-Assisted Treatment (MAT) programs to patients, we also work to support the education and understanding of opioid addiction as a disease that can be addressed with treatment services.

Our mission is to triumph over opioid addiction by integrating treatment, counseling, and compassionate care that saves lives. This means that we take a comprehensive approach to addressing addictive illness, ensuring that our patients are provided with the proper tools to succeed in their recovery.

Puppies Potions and Lotions, LLC
Suzanne Brean, Owner
c_s_brean@yahoo.com
potionsandlotionsky.com

Mt. Vernon, KY
541-401-8611

You and your furry friends are very important. Essential Oils - The essence from the plants are vital for not only your health but that of our friends. We offer dog behavior modification and dog training where we incorporate essential oils to help any behavior issues. We also offer bath salts, bath bombs, essential oils and blends, hold consultations and offer education. We have a small shop at a home in Mount Vernon, Kentucky where we offer consultations, iTovi scans, our home-made bath salts, soaks, body lotions, salves, lip balms and scrubs, and custom blends and sprays. We also have some doTERRA® Essential Oils available.

St. Elizabeth EAP
Dave Welscher, EAP Manager
dave.welscher@stelizabeth.com
stelizabeth.com/eap

Erlanger, KY
859-301- 2570

A full service EAP program which emphasizes assessment, counseling/referral, employee education, management development, consultation critical incident stress debriefings (CISD), Fitness for Duty assessments, and substance abuse assessments. Our goal is to be a resource tool to assist individuals and employers with troubled employee issues.

University of Cincinnati Stress Center Cincinnati, OH
Dr. Lindsay Kramer, Clinical Psychologist 513-585-5872
uchealth.com/stress-center/

The Stress Center at UC Health is dedicated to caring for families living with post-traumatic stress disorder (PTSD). Our goal is to decrease the negative impact of PTSD and help local families resume a healthy life. We want to ensure families have access to the resources and support they need to cope after a traumatic event.

The center brings together clinicians at UC Health, Cincinnati Children's Hospital Medical Center and the Cincinnati Department of Veterans Affairs Medical Center to optimize the understanding and treatment of traumatic stress and the degree to which clinical activities are coordinated, evaluated and disseminated.

TriHealth EAP Cincinnati, OH
Diane Pipes, Manager 513-977-2129
diane_pipes@trihealth.com
TriHealtheap.com

Through TriHealth EAP, we offer professional support and counseling for both employees and their family members, giving them the resources they need to handle life's challenges. Our counselors have earned Master's degrees in the mental health field and are licensed. Our programs are delivered through multiple channels, including in-person, on-site, over the phone, online and by telehealth video-conferencing, so your employees have the information and support they need, when they need it most.

Tristate Preventative Health Consultants Cincinnati, OH
Virginia Loewenstine, CEO **844-879-8742**
tristatepreventivehealth.com

Tristate Preventive Health Consultants (TPHC) provides comprehensive, on-site, preventive health services to First Responders and area employers. Using the NFPA Guidelines and our 30+ years of experience, our customized medical evaluations are tailored to your team's unique needs. Led by Cincy Magazine's TOP Occupational Medicine Doctor, Virginia Loewenstine MD, TPHC believes in building long-term, genuine, caring relationships creating productive partnerships with First Responders like you. For a complete list of TPHC services, visit our website.

Tristate Trauma Network **Florence, KY**
Melissa Adamchik **859-866-4238**
madamchik@tristatetraumanetwork.org
tristatetraumanetwork.org

Tristate Trauma Network (TTN) focuses on providing high-quality training to service-industry professionals on trauma-responsive care and educating the public on how trauma plays a crucial role in our emotions, behaviors, and ultimately, our futures. TTN is a membership-based group of more than 200 dedicated individuals and agencies who understand that trauma knows no boundaries, no stereotypes, no gender and no race and requires a specialized approach. Each of our members plays a vital role in creating trauma-informed systems of care and influencing change for future generations so that trauma survivors can not only heal but thrive.

Unite Us
Melanie Hazelwood, Wholistic Health
melanie.hazlewood@uniteus.com
uniteus.com

New York, NY
859-640-6148

Our team standardizes how health and social care providers communicate and track outcomes together. We align all stakeholders from healthcare, government, and the community around a shared goal to improve health. Our proven infrastructure provides both a person-centered care coordination platform and a hands-on community engagement process; we work hand-in-hand with communities to ensure services are seamlessly delivered to the people who need them most.

Warrior Spirit Wellness
Aimee Wilson, LMT, Yoga Instructor
warriorspiritwellness@outlook.com
warriorspiritnky.com

Covington, KY
270-945-4558

Our goal at Warrior Spirit Wellness is to teach people how to FREE themselves from pain. Warrior Spirit Wellness is a safe place for people to overcome limitations through Licensed Massage Therapy, Yoga, Body Maintenance Mobility Instruction, Assisted Stretching, Energy Work, and various other healing modalities.

Whole person wellness relies upon efficient energy flow between the body, mind, and spirit. Through increasing body awareness, we help provide the jumpstart needed to reawaken your innate internal healing mechanism.

Whole House
Cinnamon Reiheld
cinnamon@wholehouseconsultation.com
www.wholehouseconsultation.com

Loveland, OH
740-504-0978

Whole House offers an integrative approach and holistic support services to those who have been or are continually exposed to trauma. Through conventional and alternative methods, Whole House offers clients the tools needed to heal and empower themselves, loved ones, and the first responder community.

It's difficult to find a therapist you connect with AND is culturally competent in fire and first responder services. No explaining your work here, just therapy.



Sponsors



Chip Terry Fund
thechipterryfund.org



**Kentucky Firefighter
Peer Support**
kyffps@gmail.com
kyffps.org



**Tristate First Responder
Peer Support Team**
tsfirstresponderpst.org