



## Join Us at The Wright Institute to Learn About Providing Mental Health Care to First Responders

Zoom Course Will Be on Thursday Evenings from 5 to 8 pm, Pacific Time

Starting September 13<sup>th</sup> until December 12<sup>th</sup>

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The Wright Institute offers a sequence of classes unique in the world. These courses are not only a rarity in the world but also in the US. They have to do with the lives and careers of first responders. The courses are more important than ever because climate change is bringing about an unprecedented number of disasters, each of which is attended to by all branches of first responders: dispatchers, paramedics, firefighters, and law enforcement. This is a workforce of millions doing many kinds of work, all tied together by being the first point of contact for people in a crisis. Each of them also has family members who have unique forms of stress. As a researcher of trauma and health inequality, I audited these courses, and they are easily some of the most important I have ever taken. I have also been a guest lecturer in this course, discussing the cognitive changes in suicidal first responders, departmental coping styles, the understanding of risks, the childhood traumas of many first responders in my research, and the biohazards and chemical toxic exposures endured by this workforce. I have come to think of the lectures as important for trauma-informed work, important for those interested in testing, and for those who will work with families. It is an opportunity to learn from many people whose lived experiences led them to become generous teachers, joining us from different parts of the country and the world.

Below is a tentative schedule of lectures, each of which will be augmented by a lively discussion of research and the sharing of our thoughts, ideas, and reactions in a relaxed and interactive atmosphere.

Professor Emily Diamond, The Wright Institute, Fellow of The Royal Society for Public Health

A brief bio is here: <https://www.rsph.org.uk/about-us/news/rsph-member-spotlight-dr-emily-diamond.html>

- Sept 12<sup>th</sup>, Week 1: Gary Noesner will be joining us from the East Coast. He is the author of the excellent book, *Stalling for Time: My Life as an FBI Hostage Negotiator*. He was an FBI hostage negotiator for 23 years of his 30-year career. He has consulted on overseas kidnapping and hostage cases. He retired as Chief of the FBI's Crisis Negotiation Unit, Critical Incident Response Group. The art of negotiating in a crisis is something he has done in several national crises. Psychologists may be particularly interested because crisis negotiation teams have included clinical psychologists.
- Sept 19<sup>th</sup>, Week 2: Grant Edwards is the author of two excellent books. His first book was *The Strong Man*, which begins with details of his childhood, becoming an elite athlete, and then shifts to his decision to become a police officer. His law enforcement work included investigations of human trafficking, child exploitation, cybercrime, and work in Afghanistan. His second book, *Who is Protecting the Protectors: Leadership in Law Enforcement Mental Health*, focuses on mental health issues and suicide. He has consulted with police departments internationally.
- Sept 26<sup>th</sup>, Week 3: Dr. Joel Faye will talk about officer-involved shootings. He has interviewed over 500 officers who have been involved in shootings. This is a critically important discussion.

- Oct 3<sup>rd</sup>, Week 4: We are delighted to have two speakers this week. Dr. Craig Wetterer Ph.D, J.D., MSCP will be sharing his work as a Clinical-Forensic Psychologist, attorney, professor, and ex-police officer. We are honored to have him, as few people have held so many positions.

Dr. Nancy Bohl is a nationally recognized specialist in trauma and works with law enforcement. Her expertise has led to her giving talks to the Bureau of Indian Affairs, the FBI, California Highway Patrol, and the Security Police of the United Nations, to name a few.

- Oct 10<sup>th</sup>, Week 5: Christy Warren, is the author of the powerful book, *Flash Point: A Firefighter's Journey Through PTSD*. We are honored to have Christy join us not only to discuss a career that began as a 19-year-old EMT but evolved into an incredible career serving Berkeley, California.
- Oct 17<sup>th</sup>, Week 6: Julie Jaechs will talk about her career as a crime scene investigator in Oakland. The nature of this job involves the aftermath of violence, psychology, evidence, and the many professional skills of a CSI investigator.
- Oct 24<sup>th</sup>, Week 7: Dr. Erika Vadopalas, LMFT, Ph.D brings her in-depth knowledge of working with first responders.
- Oct 31<sup>st</sup>, Week 8: Yet to be scheduled
- Nov 7<sup>th</sup>, Week 9: We are very fortunate to have Miranda Dabbs lead a discussion together with others on the ways that first responder work can impact intimate partner relationships and families. This is critical knowledge for clinical psychologists working to help children and families and for those who want to expand their knowledge of trauma-informed therapy.
- Nov 14, Week 10: Marlene Capra, is the founder of Speak Safe, in Marin County, California. She will be joining us for a discussion on the exploitation of children and youth. Child trafficking and exploitation can be for labor, it can also be for sexual exploitation. Research has found that 1% or less of youth will report it. Her organization is multigenerational, involving youths themselves, who work to educate the community about this regional and international issue. Speak Safe also works collaboratively with law enforcement. Supporting youth who have had this experience is an invaluable skill for those in mental health. It also deeply impacts first responders who investigate these crimes.
- Nov 21<sup>st</sup>, Week 11: We are delighted to have Dr. Conseulo Flores join us. She is the Director of Clinical Operations for the Trauma and Stress Recovery Center, a multi-site clinical practice that focuses on trauma and stress arising from work. She is a bilingual English and Spanish professional with extensive knowledge of job-related disability. This talk will help you understand the process that people injured or traumatized on the job may go through. Whether or not you work with first responders, this is a valuable lecture on work-related disability. We will also learn from Ken Holmes about the work of the Medical Examiner and coroner.
- Nov 28: Thanksgiving Break (Nov 25-29<sup>th</sup>)
- Dec 5<sup>th</sup>: Week 12. We are very fortunate to have Terrence Dittmer share his knowledge accumulated over 33 years on the Columbus, Ohio police force, every year of it spent patrolling the night shift in a city of over 900,000 people. He has an important perspective to share about urban policing, what he's seen and observed, and what he's learned.
- Dec 12, Week 13, Last day of class, group discussion.