

IMPROVING YOUR MENTAL HEALTH AND WELLNESS

Hosted by 1st Responder Conferences and Code 4 NW



Endorsed by the King County Sheriff's Office

When: June 12-13, 2018

Time: 800-1600 both days

Where: Seattle Joint Training Center
9401 Myers Way S, Seattle, WA 98108

Early bird registration is \$50 plus fees which includes a continental breakfast. Networking dinner and registration tickets available for \$80 plus fees.

Tickets are limited for both.

*To register go to

www.1stresponderconferences.org

The phrase "fit for duty" for public safety professionals has historically only accounted for good physical health for the duties related to one's job. However, recent evidence-based research indicates that maintaining one's behavioral health is equally important. It's no secret that physical and mental stress can have serious consequences on your well being. It shouldn't be surprising, then, to learn that researchers have found that working as a public safety professional can contribute to health problems. To combat the health hazards that come with public safety work, we are providing this training to improve your mental health and well-being so you can maintain a enjoyable career and live a healthy life.

This two day training is for all first responders, corrections, dispatchers, chaplains, professional staff and spouses who work in the public safety field. (Spouses are encouraged to attend)

Speakers and Topics

Stress is Killing Us - Bruce Wind, Seattle PD Retired

Post Traumatic Growth, A Positive Change - Mike Washington, Seattle Firefighter

Researching Peer Support and Trauma - Martin Lally, Police Officer at the Greater Manchester Police Federation

HOPE Animal-Assisted Crisis Response - Raquel Lackey and Pickles

Code 4 NW - Founder Steve Redmond

Breaking the Silence, Understanding Trauma - Amy Crawford, PhD, LMFT Trauma Specialist

Communicating During Difficult Times: Overcoming Barriers to Getting What You Need - Detective Beth Wareing