



1st RESPONDER —CONFERENCE—

1st Responder Conferences Presents

1st Responder Mental Health and Wellness Webinars

We would like to extend an invitation to all the 1st responders, military/veterans, health professionals and spouses in your agency or organization to our live interactive webinars.

These multifaceted webinars are particularly aimed for all 1st Responders and their families, Police, Fire, EMS, Dispatchers, Military/Veterans, Corrections, Coroners, Chaplains, retired 1st Responders, Professional Staff, Clinicians and Health Professionals and those who work in helping professions who work with others. Spouses are also encouraged to attend.

The goal of these webinars is to improve the mental health and wellness of our first responders. By discussing the real 21st Century issues that are consistently facing our first responders and their families, our webinars will provide awareness, resources, and action items to combat PTSD, depression, suicide, addiction, stress, and overall mental health.

1st Responder Conferences proudly introduces a line-up of credible nationally recognized speakers who will address matters that impact the personal and professional lives of first responders and their family members through dynamic and engaging presentations for the entire first responder community. With a progressive and forward message of optimism and sustainability, 1st Responder Conferences is pushing past traditional silence and bringing first responder wellness to our Everyday Heroes and their families. These webinars are unique in that your spouses or significant others who support you are invited to listen and learn with you.

Certificate of attendance are available upon request for anyone who would like to self-submit training hours.

***Registration is free and required. Registrations are limited.**

Donations for our webinars will be accepted during registration and are appreciated. All registration donations will go towards our 1st Responder Conferences Scholarship fund to help pay for registrations to our live conferences for those first responder and families who need financial assistance. We receive several applications for our scholarship fund. Because of your donations, we can Help Our Everyday Heroes and their families!

***Win a chance to win a raffle at every webinar!**

***Please consider registering and passing this information on to other organizations and agencies.**

1st Responder Conferences is committed to the emotional, physical, and spiritual well-being of the public safety work force and work with leaders in the public safety profession to make this possible. We recognize that first responders are our greatest asset and we feel it is our responsibility to create a climate that supports good health and resiliency. We are dedicated to promoting awareness at our conferences surrounding the difficulties of the profession and inspiring conversations that minimize the stigma associated with the stresses our first responder's experience. We provide education, mental health tools and resources for agencies, individuals, and family members. Our mission is to improve the quality of life for all who dedicate themselves to protecting and serving others.

1st Responder Conferences partners with [Blue H.E.L.P.](#) which is a nonprofit organization. We work together to make sure all first responders get the resources they need to live a happy and healthy life!



<https://1stresponderconferences.org/upcoming-webinars>

Speakers and Topics:

September 3rd at 1630 PST- *“Stress: The Good, The Bad, and the Ugly”* presented by Josh Briley, PhD, FAIS, is the Science and Education Director for Electromedical Products International, Inc @ Alpha Stim

September 10th at 1630 PST- *“Trauma, Post Traumatic Stress Disorder & Treatment Protocols”* presented by Tim Erhardt, MSW, LCSW, Laurel Ridge Treatment Center

September 18th at 0900 PST- *“Strong Foundations, Strong Families, Strong First Responders”* presented by Wendy Norris, CEO of the Texas LODD Task Force

September 25th at 0900 PST- *“Decide to Thrive: A Culture of Wellness Starts with You!”* Presented by Marc Junkerman, Behind the Line, Inc.

October 1st at 1630 PST- *“From the Ashes”* presented by Cody Schroeder, firefighter, Beaumont Fire Department

October 9th at 0900 PST- *“Creating a Culture of Courage: A Behavioral Health Study of Resilience and Response to Traumatic Events for First Responders and Suicide Ideation”* presented by Dr. Brett Ellis, Harris County ESD 48 FD- Asst. Chief of Operations

October 16 at 0900 PST- *“Introduction to Yoga For First Responders”* presented by Olivia Mead, Founder and CEO of Yoga For First Responders

October 23 at 0900 PST- *“Turning Stress into Strength”* presented by Kwesi Millington, Resiliency Speaker and Trainer

October 29 at 1630 PST- *“Overcoming Post Traumatic Stress”* presented by Kevin Zimmerman, National Director of Outreach/Help For Heroes

November 6th at 0900 PST- *“Substance Use Disorder and First Responders”* presented by Simone Lee Joannou, Research Coordinator for Heroes Helpline at UTHealth, Houston

November 12th at 1630 PST- *“First Responder Sleep, Hypervigilance, Energy, Motivation and Drive”* presented by Andi Clark, CEO and Founder of 911 Lifestyle

November 20th at 0900 PST- *“The 411 on Mental Health Treatment for First Responders”* presented by Jeni McCutcheon, Psy D., PLLC

More dates are listed on our website. To see our complete list of webinars, please visit www.1stresponderconferences.org

To download a flyer, please visit www.1stresponderconferences.org or contact us for flyers, basic info letters, and sponsor/industry partner/vendor forms for your organizations or to share.

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