

2017

2nd Annual Rosecrance Florian Symposium

We all Need Help Sometimes:
Support and Solutions for
Emotional Wellness and Recovery



September 21-22, 2017

Crowne Plaza Hotel
Rosemont, Illinois



Sponsored by:
Chicago Fire Fighters
Union Local 2

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Rosecrance Florian Symposium Schedule

Day 1: Thursday, September 21, 2017

7:00 - 8:00 a.m.	Breakfast
8:00 - 8:30 a.m.	Opening Ceremony & Remarks
8:30 - 9:00 a.m.	Dan DeGryse, Director of the Rosecrance Florian Program
9:00 - 10:15 a.m.	Keynote Speaker 1: Kent Williams, Retired Police Chief, Owner, Breach Point Consulting
10:15 - 10:30 a.m.	Break
10:30 - 11:45 a.m.	Breakout Session 1A: Dr. Kathryn Juzwin, PsyD, & Susan Blechschmidt, LCPC, Clinical Psychologist, Northern Illinois Critical Incident Stress Management Team Breakout Session 1B: Leah Siwinski, Former Paramedic, Chicago Fire Department Lt. Matt Olson, Executive Director and Jada Hudson, Clinical Director of Program Development, Illinois Fire Fighter Peer Support
11:45 - 1:00 p.m.	Lunch
1:00 - 2:15 p.m.	Breakout Session 2A: Dr. Grace Tomas-Tolentino, PhD, Founder/Director, Core Psychotherapy Center Breakout Session 2B: Dan Bowers, Retired Police Officer, Ontario Provincial Police
2:15 - 2:30 p.m.	Break
2:30 - 3:45 p.m.	Breakout Session 3A: Colleen Murphy, Spouse Coordinator, Illinois Fire Fighter Peer Support Breakout Session 3B: Courtney Stewart, LPC, Rock County Sheriff's Office
3:45 - 4:00 p.m.	Break
4:00 - 5:15 p.m.	Keynote Speaker 2: Mike Dugan and John Walters, Retired, FDNY
6:00 - 10:00 p.m.	Dinner and Social Gathering with entertainment by John Preston

Day 2: Friday, September 22, 2017

7:00 - 8:00 a.m.	Breakfast
8:00 - 8:15 a.m.	Opening Remarks
8:15 - 9:30 a.m.	Keynote Speaker 1: Erica Gilmore, MSED, CADAC, LPC, Unit Coordinator, Rosecrance Florian Program
9:30 - 9:45 a.m.	Break
9:45 - 11:00 a.m.	Breakout Session 1A: Scott Robinson, Firefighter/EMT, Cranston Firefighters Breakout Session 1B: Fire Chief Derek Bergsten, Rockford Fire Department Officer Aurelio DeLaRosa, Rockford Police Department
11:00 - 11:15 a.m.	Break
11:15 - 12:30 p.m.	Breakout Session 2A: Ric Jorge, Retired Firefighter, CEO, Tactical Resiliency Training Breakout Session 2B: Beata Staszewski, Chicago Police Officer, PsyD, LPC, PrimeCare Community Health
12:30 - 1:30 p.m.	Lunch
1:30 - 2:45 p.m.	Breakout Session 3A: Kate Koester, MA, LCPC, Lifeworks Psychotherapy Center Breakout Session 3B: Officer Shawn Johnson, University of Illinois Police
2:45 - 3:00 p.m.	Break
3:00 - 4:15 p.m.	Keynote Speaker 2: Bobby Halton, Retired Fire Chief, Editor in Chief, Fire Engineering
4:15 - 4:30 p.m.	Closing

Day 1: Thursday, September 21, 2017

7:00 - 8:00 a.m. **Breakfast**

8:00 - 8:30 a.m. **Opening Ceremony/Remarks**

Illinois Honor Guard and Bagpipers
Phil Eaton, Rosecrance President/CEO
Father Jim Swarthout – Invocation

8:30 - 9:00 a.m. **Dan DeGryse, Director of the Rosecrance Florian Program**

9:00 - 10:15 a.m. **Breakthroughs in Moving First Responders from Surviving to Thriving**

Kent Williams, Owner, Breach Point Consulting

Kent is a retired Police Chief with over 32 years of experience in policing and peer support.

In a chaotic and unpredictable world of plummeting moral standards, our nation's first responders are facing stressors that can have predictable and profoundly negative impacts upon their lives, careers and families.

Attendees will gain a distinctly different outlook on the unique and potentially problematic consequences of performing well in the arena of crisis. Discover why First Responder Perspective (FRP), which serves as a blessing to society, can become a curse for those who possess it.

Learning Objectives:

1. Overcoming the Caustic Effects of performing well in the arena of crisis
2. Removing classic frustrations encountered by first responders
3. Understanding the detrimental impact of rewarded cynicism

10:15 - 10:30 a.m. **Break**

10:30 - 11:45 a.m. **Breakout Session 1**



Breakout Session 1A: Stress Management Resources for First Responders

Dr. Kathryn Juzwin, PsyD, & Susan Blechschmidt, LCPC, Clinical Psychologist, Northern Illinois Critical Incident Stress Management Team

Dr. Juzwin is a professor at the Illinois School of Professional Psychology/Argosy University in Schaumburg, IL. She is also the consulting psychologist to the Bartlett, IL Police Department. Susan is the Social Services Coordinator for the Lake in the Hills, IL Police Department

This presentation will focus on recognizing and identifying cumulative career stress and stress management techniques for uniformed officers. It will also address resources for stress management, including debriefing services.

Learning Objectives:

1. Identifying indicators of cumulative stress
2. Understanding the impact of cumulative stress on the body and functioning
3. Identifying ways to reduce and manage stress

Breakout Session 1B: There's Life In Her Yet & Creating a Firefighter Peer Support Team

Leah Siwinski, Chicago Fire Department

Leah is a former paramedic with 13 years of experience as a first responder.

Jada Hudson, Clinical Director of Program Development, Illinois Fire Fighter Peer Support

Jada is a counselor specializing in the needs of firefighters, law enforcement and others with occupational trauma and stress.

Matt Olson, Executive Director, Illinois Fire Fighter Peer Support

Matt is a 27-year veteran of the fire service and a Lieutenant with the Bolingbrook, IL Fire Department.

Hear a personal story from a paramedic diagnosed with PTSD and learn how she's changing the conversation about behavioral health in the fire service. Then, hear from two professionals who have created a successful peer support program and how it is changing and saving lives.

Learning Objectives:

1. Recognizing PTSD in yourself and others
2. Building a successful peer support team
3. Learning about the power of a conversation

11:45 - 1:00 p.m. **Lunch**

1:00 - 2:15 p.m. **Breakout Session 2**

Breakout Session 2A:

The Reconfiguration of Shame in the Experience of Cumulative Trauma

Dr. Grace Tomas-Tolentino, PhD, Founder/
Director, Core Psychotherapy Center

Dr. Tomas-Tolentino has been working in the behavioral health field for more than 20 years. She specializes in treating adults and adolescents who have experienced trauma.

The collective experience of traumatic events can have adverse and lasting consequences on an individual's psychological and interpersonal capacities. Shame that arises from such experiences is at the core of various mental health disorders, including PTSD, depression, and substance abuse.

This presentation will offer a clinical perspective on the relationship between shame and cumulative trauma as well as viable treatment interventions.

Learning Objectives:

1. Defining shame in the context of trauma
2. Describing the role of shame in the development of mental health issues and relational difficulties
3. Providing treatment interventions to alleviate shame

Breakout Session 2B:

First Eyes® Proactive Mental Health Program

Dan Bowers, Retired Police Officer, Ontario
Provincial Police

Dan spent over 30 years with the Ontario Provincial Police before retiring in 2008. Prior to his career in policing, Dan spent 4 years in the Canadian Armed Forces.

Having a plan in place before a mental health crisis occurs is important for first responders. In this presentation, attendees will learn about a program created by retired O.P.P. Detective Sergeant Dan Bowers who has been living with PTSD, depression and anxiety for many years. Dan's personal journey through mental health issues taught him that early detection and intervention is critical. He will share how this program is helping first responders, their partners, families and friends.

Learning Objectives:

1. How mental injury/illness can impact the family
2. Ensuring EAP providers are aware of their own limitations in providing care to those who are at risk of a mental injury/illness
3. How First Eyes is saving relationships, saving families and saving lives.

Breakout Session 3A:

Spouses and Family of First Responders

Colleen Murphy, Spouse Coordinator, Illinois
Fire Fighter Peer Support

Colleen has been the wife of a firefighter for over 10 years.

Colleen has witnessed firsthand the effects the job of a first responder can have at home. She knows what it takes to beat the odds in a culture that often leaves loved ones with feelings of emotional neglect. She hopes that sharing her experience will create a better understanding for the loved ones at home and create a safer, more balanced life for the first responder. Colleen will provide tips and ideas to minimize concerns and fears that come with the role of being the significant other.

Learning Objectives:

1. Learn more effective ways to communicate
2. Avoid comparing first responder calls to home life circumstances
3. How to prevent your children from getting anxiety over your job

Breakout Session 3B:

Partners of Police: Adaptability, Resiliency, and Recovery

Courtney Stewart, Advanced Correctional
Healthcare at Rock County Sheriff's Office

Courtney is a Licensed Professional Counselor with more than 8 years of multidisciplinary care coordination in public safety, academia, legal, mental health, and healthcare.

Partners of police experience the demands of their significant other's career on a similar, yet different level. Intimacy, self-concepts, communication, (un)conditional regard, and their friendship is subject to adverse effects. Education, support, faith/hope, and self-care can repair, restore, and enhance the quality of the family unit.

Attendees will be provided with information based in clinical research and evidence-based interventions specific to this population as well as Courtney's first-hand experience as a law enforcement officer's wife.

Learning Objectives:

1. Define and differentiate between types of life stressors
2. How "pre-existing baggage," thoughts, feelings, behaviors, and personality traits impact a relationship
3. Learn concepts that can reduce the feelings of detachment, loneliness, and fear of abandonment

2:15 - 2:30 p.m. **Break**

2:30 - 3:45 p.m. **Breakout Session 3**

3:45 - 4:00 p.m. **Break**



4:00 - 5:15 p.m. **Even Tough People Need Help Sometimes**

Mike Duggan and John Walters, FDNY (retired)

Mike and John will share their real-life experiences dealing with the difficulties they had accessing counseling services and the impact it had on them, their families, and their ability to do their jobs. They will share their personal stories of how they accepted and embraced counseling and how it had a positive impact on their lives.

Learning Objectives:

1. Why counseling is important for first responders
2. Why there should be a critical incident response protocol in place in your organization
3. Outline and demonstrate the positive effects this can have on your members and your department

6:30 - 10:00 p.m. **Social Gathering and Dinner**

CEU Information:

Continuing education units will be available for social workers, counselors, marriage and family therapists, nurses, CEAPs, EMTs and Paramedics. IAODAPCA CEUs will also be available.



Dinner and Social Gathering hosted by F.O.O.L.S. International

President of F.O.O.L.S. International, Rich Stack will speak, followed by entertainment from John Preston, recording artist, veteran and full-time firefighter.



John Preston was in the Marine Corps from 2000 to 2004. He started writing music while in Iraq and signed a record deal upon returning to the United States. Preston experienced PTSD and struggled with alcoholism and depression after returning from Iraq. "We are taught in the military not to show weakness, but . . . it's okay to ask for help. I don't want anyone ever to think they are weak because they have PTSD and need some extra support services." Preston says his "whole purpose in life is to create music that heals the souls of veterans who have served."



Thank you to our Platinum Sponsor!

The Chicago Fire Fighters Union Local 2 is a labor organization. Like all organized labor we band together and use collective bargaining in order to provide benefits to our members and their families

Our goal is to make sure all our members are treated equally and fairly. We do this by standardizing wages, defining working conditions, and providing for our members' retirement. Local 2 has sponsored an Employee Assistance Program (EAP) for our members since 1982 to support a healthy and happy good life. This is not in opposition to management because a happy and healthy employee is also a productive employee.

7:00 - 8:00 a.m. **Breakfast**

8:00 - 8:15 a.m. **Opening Remarks**

Father Jim Swarthout and Dan DeGryse, Rosecrance Florian Program

8:15 - 9:30 a.m. **Concerns for Uniformed Service Personal and Treatment Opportunities**

Erica Gilmore, MSED, CADC, LPC, Unit Coordinator, Rosecrance Florian Program

Erica has been with the Rosecrance Florian Program for two years and has worked in the field of substance abuse and mental health for nine years.

This presentation will provide education on mental health and substance abuse issues that are impacted by the kind of work first responders do on a daily basis. Erica will talk about PTSD, depression, anxiety, and substance abuse. She will also discuss how these issues are being treated in the Rosecrance Florian Program.

Learning Objectives:

1. Recognize the signs and symptoms of a mental health issues
2. Understand how substance abuse impacts the brain and body
3. Know the treatment options available and how to utilize them

9:30 - 9:45 a.m. **Break**

9:45 - 11:00 a.m. **Breakout Session 1**

Breakout Session 1A: Heroes One Day, Villains the Next

Scott Robinson, Cranston Firefighters, Local 1363 Members Assistance Program

Scott has been a first responder for 22 years. He is a Fire-fighter/EMT for the Cranston Fire Department and an Instructor for the Rhode Island Fire Academy

The Station nightclub fire occurred on Thursday, February 20, 2003 in West Warwick, Rhode Island. The toxic smoke, heat and stampede of people toward the exits killed 100 and injured 230. It was the fourth-deadliest nightclub fire in US history. Hear the personal story of a firefighter who responded to that fire and the events that followed.

Learning Objectives:

1. Discuss behavioral responses to negative mood or low morale
2. Discuss the effects this has on firefighter families
3. Recommendations for dealing with these issues

Breakout Session 1B: Developing Effective and Sustainable Behavioral Health Programs for Police and Fire

Fire Chief Derek Bergsten, Rockford Fire Dept., Officer Aurelio DeLaRosa, Rockford Police Dept.

Derek has worked in the fire service for 26 years. Aurelio has been in law enforcement for 26 years.

Derek and Aurelio will co-present a comparative analysis on how fire and police departments implement and grow firefighter and police behavioral health programs that are actively engaged, sustainable, and meet the comprehensive needs of their firefighters and police officers.

Learning Objectives:

1. How to be proactive vs reactive
2. Why you need to invest in the continued training and development of the Peer Support Team
3. How to identify, establish, and invest in outside community relationships



11:00 - 11:15 a.m. **Break**

11:15 - 12:30 p.m. **Breakout Session 2**

Breakout Session 2A: **Victories do Not Come By Accident**

Ric Jorge, CEO, Tactical Resiliency Training LLC
Ric is a retired firefighter who has been in the fire service for 25 years.

Mindset controls emotion, emotions alter biology, biology enhances performance. This is a simple explanation of a complicated process to develop "resiliency". Ric will walk attendees through the step by step process techniques to increase resiliency. This is an interactive lecture where questions are asked, and participation is expected.

Learning Objectives:

1. The laws of adult learning and their impact on an individual
 2. How to enhance the development of neural plasticity and why
 3. How to improve or develop greater resiliency
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Breakout Session 2B: **An Analysis of Positive and Negative Coping Techniques used by Law Enforcement Personnel**

Dr. Beata Staszewski, PsyD, LPC, PrimeCare Community Health
Beata has also been a Police Officer with the Chicago Police Department since 2003.

Law enforcement personnel engage in both positive and negative coping strategies to manage personal and work experiences. Common negative coping strategies including use of mood altering and performance enhancement substances will be explored to understand why they are often turned to by law enforcement personnel. Positive strategies including training, therapy/counseling, and peer support groups will be identified and examined with regard to potential for efficacy and acceptance within the law enforcement community.

Learning Objectives:

1. Identify common negative coping strategies used by law enforcement officers
2. Identify common positive coping strategies used by law enforcement officers
3. Identify current practices in place to promote positive coping strategies among law enforcement agencies

12:30 - 1:30 p.m. **Lunch**

1:30 - 2:45 p.m. **Breakout Session 3**



Breakout Session 3A: **Psychology of Addiction: Who is Vulnerable and How to Recognize the Signs**

Kate Koester, MA, LCPC, Lifeworks Psychotherapy Center
Kate has been in the behavioral health field for 10 years.

Addiction affects our lives in many ways. Certainly, police officers, firefighters, veterans and first responders to traumatic events and violence have encountered addiction in their profession. As a clinician with an emphasis in addiction and trauma, Kate will provide attendees with helpful signs to recognize someone who is struggling with addiction. This lecture will provide simple and thorough information about the psychological development of addiction and a guide for helping individuals get help and recover.

Learning Objectives:

1. Identify psychological concepts of development that make one vulnerable for addiction
 2. Identify common characteristics of potentially addicted persons
 3. Identify stages of the healing process
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Breakout Session 3B: **The Impact of Stress on First Responders/ Emotional Survival**

Shawn Johnson, Police Officer, University of Illinois Police
Shawn has 20 years of experience as a Police Officer and is currently coordinating Crime Prevention/Site Security Assessments for the University Police Department.

Policing is dangerous work, but the danger is not on the street alone. The stress of policing has an impact on home life. The pressures of law enforcement put officers at risk of PTSD and suicide.

Learning Objectives:

1. Research on police suicide
2. How to cope with on the job stress
3. The effects of trauma on police officers

2:45 - 3:00 p.m. Break

3:00 - 4:15 a.m. **Stigma Surrounding Behavioral Health in the Fire Service and Next Steps**

Bobby Halton, Retired Fire Chief, Editor in Chief, Fire Engineering

Bobby is also the Education Director of the Fire Department Instructors Conference and is active with the National Fallen Firefighters Life Safety Initiatives.

Despite a growing awareness and recognition of mental health issues in our society, stigma associated with such circumstances remains strong. Stigma is powerful in the professions of first responders, as society views these men and women to be heroes, resilient through all experiences. Weak or fragile are words that come to mind in regards to psychological issues such as depression, anxiety, PTSD, and substance abuse. We have to address and remove this stigma so we can better address the issues our men and women, who put the safety and well-being of civilians above their own, struggle with.

Learning objectives:

1. Identify stigma associated with substance abuse and psychological issues and the effect on first responders.
2. Better understand the greater impact stigma has in our first responder communities.
3. Recognize ways to dismantle such stigmas to better address issues affecting first responders well being.

4:15 - 4:30 p.m. Closing

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