

Registration Information

Health & Wellness Programs For Public Safety Agencies

April 20-22, 2022
Fort Lauderdale, Florida

Registration Visit our website at www.LRIS.com, email us at info@LRIS.com or call (503) 282-5440.

Fees Registration fees are \$795 per person; \$695 per person if three or more attend from the same organization. Registration fees include attendance, lunch on the first two days of the seminar, all seminar materials, and a hospitality reception on the first evening.

Cancellation Policy Reservations may be canceled up to ten days prior to the seminar with a full refund. Cancellations made within ten days are subject to a \$150 fee. Substitutions may be made at any time.

HOTEL INFORMATION

Hilton Fort Lauderdale Marina

1881 SE 17th Street
Fort Lauderdale, FL 33316
888-554-2131

To make arrangements, use the link on the seminar tab at www.LRIS.com/seminars/ or call the hotel directly and request the group rate for this seminar. The LRIS Group Code is **LRIS22**. Room rates Tuesday through Saturday nights are \$189 per night, plus taxes and fees. Book early if you plan to stay over the weekend. Reservations must be made by April 5, 2022. Reservations received after this date will be on a space-available basis only and at the prevailing rate.

SEMINAR MATERIALS

Each attendee will receive a printed handbook containing extensive written materials pertaining to each of the subjects addressed. A digital copy will be available as well.

P.O.S.T. CERTIFICATION

Peace Officer Standards and Training (P.O.S.T.) credits may be available on a state-by-state basis. If you would like information on your state, please contact Seminar Coordinator Claire Cowan at (503) 282-5440 or Claire@LRIS.com 30 days prior to the seminar.

CLE CERTIFICATION

LRIS has been approved as a CLE provider by the State Bar of California. This program will qualify for 12.5 hours of MCLE credit by the State Bar of California. If you require certification from any other state, please contact Seminar Coordinator Claire Cowan at (503) 282-5440 or Claire@LRIS.com 30 days prior to the seminar.

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HEALTH & WELLNESS PROGRAMS FOR PUBLIC SAFETY AGENCIES

FORT LAUDERDALE, FL
April 20-22, 2022

A three-day seminar for all public safety agencies, labor organizations, personnel directors, and attorneys involved in public sector labor relations.

"I enjoyed the training from start to finish. I strongly believe that it should be a 40-hour, five-day seminar."

Medgar Webster, Sr., DC Police Union



HEALTH & WELLNESS PROGRAMS FOR PUBLIC SAFETY AGENCIES



April 20-22, 2022

Hilton Fort Lauderdale Marina
Fort Lauderdale, Florida

"The most important course I have taken. Wellness and health are often forgotten in a profession that should have them as a priority."

Dan Rhein, Port Authority NY-NJ Police LBA



3021 NE Broadway
Portland, OR 97232-1810
(503) 282-5440

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AT A GLANCE

- » Wellness Programs And The Law - ADA, FMLA, GINA
- » Understanding PTSD And Resilience In First Responders
- » The Different Types Of Wellness, From Physical To Financial
- » Metrics For Success Of A Wellness Program
- » Model Wellness Programs Across The Country

WEDNESDAY, APRIL 20, 2022

9:00 Wellness Programs And The Law

- The basics of the Americans With Disabilities Act, the conditions covered by the ADA, and an employer's reasonable accommodation obligation.
 - How the ADA interconnects with the Family and Medical Leave Act, the Genetic Information Nondiscrimination Act, state and local laws, and obligations under a collective bargaining agreement or memorandum of understanding.
 - When can an employer legally require a fitness-for-duty evaluation?
 - Privacy and medical information.
 - Facts and figures – what does the hard evidence show about public safety employees and life expectancy, heart disease, pulmonary disorders, depression, suicide, PTSD, sleep disorders, and other conditions?
- Will Aitchison, Attorney at Law, Public Safety Labor Group, LLP; Executive Director, LRIS, LLC.*

11:00 Increasing Resilience In First Responders

- How first responders can take proactive and responsive steps to adaptively respond to chronic stress and trauma. A discussion of the risk and protective factors that influence wellbeing is offered to assist first responders to understand their own experiences with trauma and stress, and how to mitigate their impact. This will include a plain-language discussion of the neurobiology of trauma. Resilience research is applied to the unique issues of first responder work, generating practical strategies to promote resilience.
- Attendees will be able to identify risk and protective factors for chronic stress and trauma.
 - Attendees will be able to describe the neurobiology of trauma.
 - Attendees will be able to identify organizational and personal strategies for increasing protective factors against chronic stress and traumas.
- Stephanie Conn, PhD., First Responder Psychology.*

12:00 Lunch (Included in registration)

1:00 Increasing Resilience In First Responders (Cont. from morning)

4:00 Adjournment

4:15 Hosted Reception

THURSDAY, APRIL 21, 2022

9:00 An Integrated Approach to Wellness

- Traditional barriers to wellness programs.
- The costs to employers of inadequate wellness, including liability claims, workers' compensation claims, and general job performance.
- The different kinds of wellness: psychological, physical, family, financial, and holistic.
- Starting a program – what online and other resources are available?
- Should participation be mandatory?
- The need for confidentiality of wellness programs.
- Integrating training and education with wellness and finding time in the workday for wellness.
- Heart health – how to incorporate a monitoring system into your program.
- Mindfulness in the public safety workplace.
- Sleep studies – the importance of sleep and shift schedules that promote health.
- Metrics for success of a wellness program.

Retired Sergeant Scott Vincent, Sunriver, OR.

12:00 Lunch (Included in registration)

1:00 Functional Fitness For Public Safety Employees

Emergency responder health and wellness must be addressed with a comprehensive, lifestyle-oriented focus. A discussion of the four pillars of fitness: Physical Fitness, Recovery and Rest, Hydration, and Nutrition. In this presentation, you will receive an overview of each pillar and some key tips on how to incorporate these pillars into an overall wellness program designed to reduce risk factors associated with emergency responder health, increase performance, increase injury reduction, and help you enjoy a long and healthy retirement.

Fire Chief Dan Kerrigan, Township of Upper Providence, PA.

4:00 Adjournment

FRIDAY, APRIL 22, 2022

8:30 A Comprehensive Approach To A Healthy Career In Public Safety

In 2010 the Indianapolis Metropolitan Police Department (IMPD) created the Office of Professional Development and Wellness (OPDW) to work with officers struggling in their personal and professional lives. The IMPD's OPDW has been nationally recognized by former United States Attorney General, Loretta Lynch, as the model for police agencies across the country. Claire Hochman and Nicole Juday will discuss how IMPD combats employee crises using innovative strategies and best practices. The problem-solving program identified agency and community stakeholders and uses education and crisis support resources for early intervention rather than waiting for crisis to occur. Focusing on pro-active resiliency building, IMPD created the Mentoring Program. The Mentoring Program formally pairs trained officer mentors with recruits and employees experiencing distress. The Mentoring Program has become the foundation of the IMPD OPDW's Wellness Model and success.

- How the Department's OPDW systems operate.
- The measurable accomplishments of the program.
- Wellness as a joint labor-management effort.
- From healthy hire to healthy retire.

Claire Hochman and Nicole Juday, Office of Professional Development and Wellness, Indianapolis Metropolitan Police Department, IN.

11:30 Adjournment

What Attendees Of Our First Health & Wellness Seminar Thought:

- » "I was very impressed with all the speakers and LRIS as a whole. I have so many takeaways from this seminar that will assist me with implementation of a wellness program at my agency." James Gonzales, Hobart Police Department, IN
- » "I found this conference extremely informative and helpful. I think that everyone that spoke had valuable and real information to contribute." Briana Pierson, Grand Rapids Police Department, MI
- » "Very good program – extremely practical and much needed. LRIS provided the information and education to help with starting our own program." Steve Prelock, Solon Firefighters Local 2079, OH
- » "This has been one of the better trainings I have attended in my 35 years in law enforcement. I will be able to bring valuable information back to my local." Deborah Batista, New England PBA
- » "Great information. I'm looking forward to taking this back and implementing at my department." Tim Artoff, Grants Pass Police Association, OR