

FAMILY WELLNESS CONFERENCE

LOCAL & NATIONAL SPEAKERS

First Responders and Their Families

Facing Addiction Head On

Samantha Troyer & Sarah Purcell

Working Yourself to Death

Dr. Stephen James

Building Mental Muscle Memory

Lindsay McCall Long

Keeping It All Together

Rodger Ruge

PCM - The Code for Communication

Matthew Gallagher, LCPC & Sarah Thome, LCSW

FREE BOOK

EACH ATTENDEE WILL RECEIVE A COPY OF EITHER

Navigating Adversity

Tactical Self-Care for First Responders

or

Keeping it all Together

Building Resilience at Home While Serving the Community



WHERE

**Sedgwick County Zoo
Cargill Learning Center
Auditorium**

WHEN

**December 3, 2022
8:00 AM to 4:00 PM**

WHO

Any Sedgwick County Sheriff's Office employee and their spouse or partner. Registration will also be open to other area first responders.

SPONSORS

Sedgwick County Sheriff's Office in partnership with Sedgwick County FOP Lodge 74

LUNCH

Sponsored by Hoidale Co.

REGISTER

**Send Email - Audrey Beard
audrey.beard@sedgwick.gov**

FAMILY WELLNESS CONFERENCE

First Responders and their Families - Facing Addiction Head On

Sarah Purcell and Samantha Troyer

Sarah is the spouse of Wichita Police Lieutenant, Derek Purcell. She was also the wife of Sedgwick County Sheriff's Deputy Brian Etheridge, who was killed in the line of duty 9/28/2009. Sarah shares her story and her recovery as an alcoholic. She volunteers her time within her community and is passionate about helping other first responders and their family members struggling with substance abuse or addiction.

Samantha worked as a full time paramedic since 2005, and is recovering from substance use disorder. She shares her story of how unresolved trauma led to her addiction, her battle with survival and recovery, and how to build resiliency. Her story is filled with failure and success. She addresses the fact that many first responders fight this battle in silence and her hope is by sharing her story she may help others.

Working Yourself to Death - The Dangers of Chronic Fatigue

Dr. Stephen James

Sleep is a basic human need. Research by the NASA Ames Fatigue Countermeasures Program shows that fatigue resulting from sleep loss cannot “be willed away or overcome through motivation or discipline” because sleep is a fundamental biological need which cannot be ignored (Della Rocco, 1999). As pioneering sleep researcher William C. Dement, M.D., Ph.D., stated, “police work is the one profession in which we would want all practitioners to have adequate and healthful sleep to perform their duties at peak alertness levels. Not only is fatigue associated with individual misery, but it can also lead to counterproductive behavior.” (in Vila, 2000, p. xiv).

The negative health, wellness, safety, and performance consequences of sleep loss, shift work, and long work hours (including from overtime and secondary employment) are increasingly being recognized as a critical problem in policing. Research shows that police officers tend to be chronically fatigued and fatigued officers are consequently at a higher risk for accidents, injuries, and human error.

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Building Mental Muscle Memory

Lindsay McCall Long

Lindsay is a medically retired police officer who was shot in the line of duty in 2018. She will discuss the importance of having solid coping skills to manage trauma and stress and why a good peer support team is beneficial to a department. She shares the tools she learned while dealing with a postpartum depression diagnoses that ended up helping her in the aftermath of her shooting the following year. Lindsay discusses the reality of taking care of her family after being shot three times in the line of duty and the importance of her strong support system. She is a peer support advocate and offers resources for first responders and their families.

Keeping it all Together: An evidence based model for building tactical resilience for peak field performance as well as enhancing personal, family relationships and wellness

Rodger Ruge

In this presentation you will hear about an evidence based model for building tactical resilience for peak field performance as well as enhancing personal, family relationships and wellness. Rodger Ruge is a retired law enforcement officer who has taught tens of thousands of the tools and skills he has used throughout his career and with his own family, children and friends. In this presentation you will experience and learn simple yet powerful techniques to calm and balance the nervous system, reduce hyper-vigilance, improve cognitive function,

PCM: The Code for Communication

Matthew Gallagher, LCPC & Sarah Thome, LCSW

Have you ever felt like everyone around you is speaking a different language? The Process Communication Model® is a highly effective strategy for communication used across a multitude of industries. It has been used by NASA, presidential campaigns, and Fortune 500 companies. This introduction to PCM® will teach you how to strengthen your abilities to connect with others and develop greater understanding of one another. We will outline the critical keys for authentic engagement on your team as well as in your home.