THE IMPACT OF TRAUMA ON LAW ENFORCEMENT OFFICERS CONFERENCE

SEPTEMBER 17–18, 2019
CHRISTOPHER NEWPORT UNIVERSITY
NEWPORT NEWS, VIRGINIA
Dear Colleague:

On behalf of Governor Ralph Northam and the Virginia Department of Criminal Justice Services, it is my pleasure to welcome you to The Impact of Trauma on Law Enforcement Officers Conference. The goal of this conference is to support law enforcement professionals who keep our communities safe and secure on a daily basis. While you are trained to handle the most critical incidents, like homicides and active shooter events, the accumulation of stress, anxiety, and trauma are rarely addressed. Exposure to traumatic experiences is an inevitable occupational challenge for you and other first responders. The intense pressures of the job often puts you at risk for mental and physical health issues.

This conference will provide you with information, awareness, resiliency tools, and support measures. Our presenters will dissect significant national and local incidents and share the impact these events have on the lives of first responders and their families. It is my hope that the information will help you focus on your personal well-being so that you can continue improving the quality of life for the communities you serve.

Please enjoy the conference and know that all of us at DCJS appreciate your dedication to keeping the Commonwealth safe.

With much gratitude,

Shannon Dion
8:00 am–8:45 am  Welcome
Steve Drew, Chief, Newport News Police Department
G. Zachary Terwilliger, United States Attorney, Eastern District of Virginia

8:45 am–9:00 am  Remarks
James Cevera, Chief, Virginia Beach Police Department

9:00 am–10:00 am  Safeguarding Law Enforcement Mental Health
Michael Kehoe, Former Chief, Newtown Department of Police Services
An officer’s job can have a negative, lasting, and profound impact on their mental health. Highly effective leadership requires law enforcement managers to understand that they can make a significant difference in the quality of life of the men and women who serve their communities. Protecting the health and wellness of police officers is as important as any training an officer gets throughout his or her career. The emotional well-being of law enforcement officers should be among the highest priorities of police agencies.

10:00 am–10:15 am  Break

10:15 am–11:00 am  What is Trauma?
Chris A. Scallon, Sergeant (retired), Norfolk Police Department

11:00 am–12:00 pm  The Effect of Unresolved Trauma
Deborah Ortiz, Code 9 Heroes and Families United and Producer/Director of the Code 9 Officer Needs Assistance documentary
This presentation will address the serious, long lasting effects of untreated and unresolved trauma that law enforcement and first responders deal with on the job, which can lead to Post Traumatic Stress Disorder (PTSD) and suicide. Ms. Ortiz will discuss the effects trauma can have on the body physically and mentally, as well as the effects trauma can have on family members.

12:00 pm–1:00 pm  Lunch (provided)

1:00 pm–2:00 pm  Law Enforcement Suicide Stigma, Families and Prevention
Brian Hill, Blue H.E L.P.
This presentation will bring the families and statistics of law enforcement suicide to life. Real stories, a 911 call and the widow of an officer lost to suicide will help you understand the true effects of suicide on the law enforcement family. The stigma attached to seeking help before a suicide and the effects on the family in the aftermath will also be discussed, as well as ways in which you can reduce the stigma and create an atmosphere that encourages emotional wellness.

2:00 pm–2:15 pm  Break

2:15 pm–3:30 pm  When Saving Lives Damages Your Own
Beth Medina, CEO and Program Director, The Innocent Justice Foundation
Matthew W. Kail, ICAC Commander, Maryland State Police Technical Investigations
Exposure to traumatic materials can have widespread and serious negative effects on professionals. Helping exposed individuals learn how to recognize and cope with problems, before they become severe or permanent, is the main priority of the SHIFT Program. ‘Wellness’ will be the main focus, including acknowledging negative effects of chronic exposure to traumatic material and building resiliency to cope with the stress your job entails.

3:30 pm–4:30 pm  Engineering Recovery After a High Profile Event
Andrew J. Turco, Captain, Massachusetts Institute of Technology Police Department
This presentation offers a case study of a medium-size police department recovering from a high profile line-of-duty death. The focus is on the death of Officer Sean Collier, who was murdered in his cruiser in the days following the bombing of the Boston Marathon in 2013. It includes lessons learned about how departments can recover from losing an officer during a high profile event and be more prepared to manage trauma in the future.
**WEDNESDAY, SEPTEMBER 18, 2019**

8:00 am–8:15 am  Welcome  
Shannon Dion, **Director, Virginia Department of Criminal Justice Services**  
Brian Moran, **Secretary of Public Safety and Homeland Security**

8:15 am–8:45 am  Opening Remarks on Officer Suicide  
Thomas T. Cullen, **United States Attorney, Western District of Virginia**

8:45 am–9:45 am  A Personal Story of Trauma  
Neal Flatt, **School Resource Officer Sergeant, Chesterfield Police Department**  
In this presentation, Sgt. Neal Flatt shares the story of a call and lengthy encounter with a victim, a police officer, who took his own life in front of him. Sgt. Flatt discusses the impact this event had on him both personally and professionally.

9:45 am–10:00 am  Break

10:00 am–11:00 am  Badge of Life Presents: “Building a Better Cop”  
**A Comprehensive Mental Health and Suicide Prevention Program**  
Ronald Rufo, Retired, **Chicago Police Department**  
This presentation will consist of resources and information available to law enforcement through Badge of Life. Dr. Rufo will highlight the stress within law enforcement and will discuss various scenarios that will help to properly identify an officer who may be in distress.

11:00 am–12:00 pm  Navigating the Unthinkable: Tips on Maintaining a Relationship Following a Deadly Encounter  
Kit Cummings, **Operational Director, Virginia Law Enforcement Assistance Program**  
Jeff Valentine, Captain, **Spartanburg County Sheriff’s Office**  
Karen Valentine, Educator, **Campobello-Gramling School**  
Kit Cummings of Virginia Law Enforcement Assistance Program will provide a brief introduction to the challenges of maintaining a healthy long-term relationship while one or both participants are involved in a career in law enforcement. Jeff and Karen Valentine will then discuss challenges to their marriage in the wake of Jeff’s involvement in a fatal shooting while on duty. Karen describes the all-too-familiar isolation that a spouse or significant other endures, and Jeff candidly discusses his behavior and many common pitfalls that a law enforcement professional might encounter. Together they describe how they put their relationship back on course, emerging stronger as a couple.

12:00 pm–1:00 pm  Lunch (provided)

1:00 pm–2:15 pm  Surviving Suicide  
Doug Monda, **Founder, Chairman, President, Survive First**  
Mr. Monda discusses the signs and symptoms of declining mental health in the first responder. How to avoid a mental crisis by taking care of yourself and the steps we, as agencies and organizations can take to be proactive in helping our brothers and sisters. “Surviving Suicide” brings you a deep look into the life of a struggling first responder, a survivor, and a champion for better mental health for our own.

2:15 pm–2:30 pm  Break

2:30 pm–3:15 pm  Vicarious Trauma Toolkit  
Chris A. Scallon, **Sargeant (retired), Norfolk Police Department**  
The Vicarious Trauma Toolkit (VTT) was developed on the premise that exposure to the traumatic experiences of other people—known as vicarious trauma—is an inevitable occupational challenge for the fields of victim services, emergency services, fire services, law enforcement, and other allied professionals. The VTT includes tools and resources tailored specifically to the fields that provide the knowledge and skills necessary for organizations to address the vicarious trauma needs of their staff.

3:15 pm–4:30 pm  The Will to Survive  
Alex Collins, **Sergeant, San Bernardino County Sheriff’s Department**  
In his role as a Deputy Sheriff, Alex Collins was shot multiple times during a gun battle with an ex-officer in Big Bear. Sgt. Collins was rushed to Loma Linda University Medical Center where a team of doctors worked to save him. Collins will discuss his journey and his will to survive.
ALEX COLLINS
Sergeant Alex Collins joined the San Bernardino County Sheriff’s Department in 2007. He graduated from the academy, served time at the Glen Helen Rehabilitation Center and was eventually stationed in Big Bear. His two older brothers are also on the department which helped lead him into a career in law enforcement. In February of 2012, he was critically injured in the shootout that ended the manhunt for Christopher Dorner. At the time of the shooting, Sgt. Collins was an acting detective at the Big Bear station. He was also on family leave because his wife had given birth to their first child just two and a half weeks prior. In the shootout, Sgt. Collins was shot four times in the face, arm, chest, and leg. After about a month in the hospital, 20 surgeries, and physical therapy, he returned to work full duty just seven months after the shooting. He is currently a Sergeant at the Morongo station and was previously a Detective with the Criminal Intelligence Division. He is also a member of the department’s SWAT team. He will tell the story about the days leading up to the end of the manhunt as well as the day of and moments before the shooting, including how his Will to Survive instincts kicked in and how he vowed to keep on fighting.

THOMAS T. CULLEN
Thomas T. Cullen was confirmed as United States Attorney for the Western District of Virginia in 2018, after being nominated by President Donald J. Trump. Mr. Cullen is the highest-ranking federal law enforcement official in the Western District of Virginia, a judicial district that includes 46 counties and 17 cities in the western half of the Commonwealth. He directs approximately 70 employees, including over 30 Assistant U.S. Attorneys and Special Assistant U.S. Attorneys. The U.S. Attorney’s office is responsible for prosecuting federal crimes that occur in the district, including offenses involving violence, firearms, narcotics, terrorism, child exploitation, fraud, and public corruption. The office also engages in civil enforcement actions, defends the U.S. in civil cases and collects debts owed to the government. Prior to becoming U.S. Attorney, Mr. Cullen was a partner at Woods Rogers PLC in Roanoke, where he led the firm’s white collar and government investigations practice and represented individuals and organizations in criminal matters, internal investigations, and complex litigation. Before entering private practice, he served as the Deputy Criminal Chief and an Assistant United States Attorney in the Western District of Virginia, where he directed numerous multi-agency investigations and prosecutions, supervised Assistant U.S. Attorneys, and coordinated with officials at the Department of Justice. Mr. Cullen began his career as a federal prosecutor as an Assistant U.S. Attorney in Charlotte, North Carolina. He has investigated, prosecuted, and defended matters involving healthcare fraud, financial fraud, tax offenses, embezzlement, public corruption, racketeering, drug conspiracy, money laundering, and violent crimes. Mr. Cullen received his J.D., Order of the Coif, from William and Mary Law School, and his B.A. from Furman University. Following his graduation from law school, he clerked for United States District Judge Robert E. Payne in the Eastern District of Virginia, and then for Judge Roger L. Gregory, now Chief Judge of the United States Court of Appeals for the Fourth Circuit.

KIT CUMMINGS
Kit Cummings is the Law Enforcement Outreach Specialist for New River Valley Community Services and volunteers as the Operations Director of Virginia Law Enforcement Assistance Program (VALEAP). Mr. Cummings retired from the Blacksburg Police Department in 2014 after 25 years of service, and now enjoys a semi-retired second career in the public mental health field. Working in public safety peer support since 1994, he was a founding member of VALEAP in 2008. He has been a Crisis Intervention Team officer with the New River Valley Crisis Intervention Team since the team’s inception in 2004, and serves as the liaison between the Community Services Board and 14 partnering law enforcement agencies. He is also the spouse of a law enforcement officer – his wife Valerie is a 20-year police veteran with the Vinton Police Department.

SHANNON DION
Shannon Dion was appointed by Governor Ralph Northam as the Director of the Virginia Department of Criminal Justice Services in January 2018, after serving as the Department’s Director of Policy and Legislative Affairs since 2014. Ms. Dion has dedicated her career to improving public safety in the City of Richmond and in the Commonwealth. She is a former prosecutor who worked for the City of Richmond and the Office of the Attorney General. As an Assistant Commonwealth’s Attorney, for almost six years, Ms. Dion worked with victims, witnesses, law enforcement, probation officers, defense attorneys, and judges to seek just outcomes for everyone impacted by crime. She handled a variety of cases, including traffic offenses, financial crimes, sexual assaults, domestic violence, firearms, robberies, malicious woundings and aggravated assaults, and murders. At the Office of the Attorney General, she prosecuted crimes in state and federal courts, represented several public safety agencies, and implemented public safety initiatives. One notable case she handled as a Special Assistant United States Attorney involved the federal prosecution of a state employee for embezzling funds from the Virginia Birth Injury Compensation Program. She also prosecuted a state official for corruption and embezzlement crimes. The last few years of her nearly seven-year tenure at the office, Ms. Dion served as the head of the Criminal Prosecutions and Enforcement Unit. She graduated from the University of Virginia and obtained her law degree from the University of Richmond, T.C. Williams School of Law.

NEAL FLATT
Sergeant Neal Flatt is a member of the Chesterfield County Police Department. He has served for over 28 years, with the bulk of his service in uniform. He is a DCJS certified general instructor, firearms instructor, and serves as a peer counselor on the department’s peer support team. He received awards for bravery from both Chesterfield County and Richmond Police Departments. He is a retired lieutenant colonel from the U.S. Army with 23 years of service in both the Active and Reserve component. Sgt. Flatt is currently assigned to the Chesterfield County Police Department’s School Safety Unit where he supervises police officers working as school resource officers in the county’s middle and high schools.
BRIAN HILL

Brian Hill is a charter member of ILEETA (International Law Enforcement Educators and Trainers Association) and has taught instructor development courses at the last ten annual ILEETA conferences. Mr. Hill has been the editor of the Officer Safety/Use of Force section of ILEETA Journal for several years. He is the vice chair for Colorado P.O.S.T. Arrest Control Subject Matter Expert Committee. He currently serves as the training coordinator for Blue H.E.L.P., which brings suicide and mental health awareness to first responders. Mr. Hill has been in law enforcement over 20 years and currently serving as a dedicated law enforcement officer in the Denver, Colorado metro area. He started a Toastmasters Club at his agency and was the first President of that club. Mr. Hill proudly served his country in the United States Marine Corps and served in Desert Storm and Desert Shield. He was an Embassy Marine at Nassau, Bahamas, Havana, Cuba, and Singapore.

MATTHEW KAIL

Lt. Matthew Kail is the Commander of the Maryland State Police Technical Investigation Section. He received a Bachelor of Science degree in Management Studies from the University of Maryland University College with a minor in Criminal Justice. He has been a Maryland State Trooper for 20 years, and Commander of the Technical Investigation Section since 2014. Prior to this current assignment, he was the barracks commander of the Maryland State Police Barrack “D” Bel Air. As a criminal investigator, Lt. Kail spent a majority of his career assigned to the FBI Baltimore Field Office investigating cyber-crime with an emphasis on child exploitation investigations.

MICHAEL KEHOE

Michael Kehoe retired as chief of police from the Newtown, Connecticut Police in 2016. Chief Kehoe was hired by the Newtown Police Department in 1978 after graduating from Western Connecticut State University with a B.S. in Criminal Justice Administration. In 1985, Chief Kehoe received a M.B.A. in Business Administration from Rensselaer Polytechnic Institute (RPI). Chief Kehoe was promoted through the ranks of the Newtown Police Department eventually being promoted to Chief of Police in 2001. Chief Kehoe managed the aftermath of the 2012 Sandy Hook Elementary School shooting. He has presented nationally on many topics including Crisis Leadership; Lessons Learned from the Sandy Hook Elementary School Shooting; Officer Wellness and Safety; Responding to Active Shooters and Mass Casualties; Safety and Security within School Settings; and Police Leadership. Chief Kehoe has participated in various national roundtable discussions and delivered testimony on Gun Violence and School Safety, First Responder Wellness and Safety, Emergency Protocols at Critical Incidents for State and Local Police, and School Related Threat Based Penalties.

BETH A. MEDINA

Beth Medina is the CEO of The Innocent Justice Foundation (TIJF) and Program Director of SHIFT. She began as a volunteer with TIJF in 2009, helping to assist with community events. She continued to assist TIJF in strategic planning and Board development and in 2014, Ms. Medina transitioned into the role of CEO, continuing to spread the message and mission of The Innocent Justice Foundation in the wider community. Her background includes her more than 20 years of experience in non-profit, education and mental health fields, including extensive experience developing and launching new programs and designing curriculum for community based organizations. She holds a B.A. from the University of North Carolina at Charlotte, a Paralegal degree from Roosevelt University, a Master’s Degree in Marriage and Family Therapy from the California Graduate Institute, and completed her Doctoral work in Psychology at The Chicago School of Professional Psychology.

DOUG MONDA

Mr. Monda is constantly following the road to live happy. This is his motto and the motto of Survive First, Inc. He, along with his wife Karen, founded Survive First, Inc., a 501(c)3 assisting first responders and their families in need of mental health support in 2018, and has been helping his brothers and sisters since. He began his career in public safety in 2001. In his second year of service, he joined the S.W.A.T. team, and subsequently attended Marine Scout Sniper Training, earning his certification with Blackwater. He spent 15 years on the Cocoa Police Department S.W.A.T. team. During his service on S.W.A.T., his experience as a sniper and team leader played a critical role in the safety of teammates and success of countless missions. During his career he has also worked on the DEA Task Force, and alongside FBI, ATF, NASA and other agencies. In 2016 he was named Cocoa Police Department’s Officer of the Year. Additionally, throughout his career, he earned many other awards for his hard work and dedication to the City of Cocoa. In 2013, his own mental health became impacted from his long career in law enforcement. His personal experience with treatment for PTSD, depression, and attempted suicide was the catalyst that drove the founding of Survive First Foundation. Mr. Monda is now a national keynote speaker who speaks on the impacts of a first responders job on mental health and family. His mission is to spread awareness of PTSD, depression, and suicide in first responders to break the stigma, so that help may be received before it is too late.

BRIAN MORAN

Brian Moran was appointed by Governor McAuliffe in January 2014, and reappointed by Governor Northam in January 2018 as Virginia’s Secretary of Public Safety and Homeland Security. The Office of the Secretary of Public Safety and Homeland Security comprises 11 state agencies and provides oversight to the Homeland Security and Resilience Staff Group. Secretary Moran served as Virginia’s Chief Resilience Officer under Governor McAuliffe, and currently serves as the Governor’s Homeland Security Advisor, and the Governor’s Criminal Justice Advisor. In 2015, he was awarded the President’s Award by the Virginia Association of Chiefs of Police. Prior to his appointment, Secretary Moran served as a long time County prosecutor in Arlington. In 1996, he was elected to the Virginia House of Delegates representing the 46th legislative district, a seat he held for 13 years. He championed and sponsored legislation in the areas of child abuse, domestic violence, drunk driving, drug interdiction and elder abuse. He forged bipartisan coalitions and support to pass numerous pieces of legislation. Most notably, he created the felony drunk driving law and Alicia’s Law, which provides law enforcement the necessary tools to stop internet sexual predators from preying on our children.
DEBORAH ORTIZ
Deborah Ortiz is the co-founder of the non-profit Code 9 Heroes and Families United. The non-profits mission is to help Make First Responder Mental Health a priority as they work towards positive change in the First Responder Culture. They raise awareness, advocate and educate on the devastating effects of PTSD for First Responders and Families that could lead to suicide. Ms Ortiz is also the producer/director to the award-winning documentary “Code 9 Officer Needs Assistance,” which she completed after her husband was diagnosed with PTSD after his 22-year law enforcement career. It was through the pain and darkness that her husband and family endured that ignited a passion to help first responders and families to help prevent any more devastation.

RONALD A RUFO
Dr. Ron Rufo retired from the Chicago Police Department in 2015 after serving 22 years as a Chicago Police officer. Dr. Rufo has spent most of his career as a Crime Prevention specialist in the Preventive Programs Unit. He was last assigned to the 18th Police District. Ron received his Bachelor of Arts Degree in Criminal Social Justice from Lewis University, graduating with highest honors and a Scholar of the University in 2000. He attained his Master of Arts Degree in Organizational Leadership from Lewis University in 2002. Dr. Rufo graduated with his Doctorate Degree in Organizational Leadership from Argosy University in 2007. His Dissertation was: An Investigation of Online Sexual Predation of Minors by Convicted Male Offenders. Dr. Rufo’s first book, Sexual Predators Amongst Us, was published in December 2011 by Taylor Francis, CRC Press. He has co-authored a second book with Dr. Lauren Barrow on Criminal Profiling, Police and Profiling in the United States: Applying Theory to Criminal Investigations that was published in 2012 by Taylor Francis, CRC Press. Dr. Rufo’s latest book, Police Suicide: Is Police Culture Killing Our Officers? The book on police suicide was published by Taylor Francis, CRC Press in August 2015. Dr. Rufo is currently a national police suicide speaker with the Badge of Life.

CHRISTOPHER J. A. SCALLON
Sergeant Chris Scallon retired as a 24-year veteran with the Norfolk Police Department. He holds a Masters in Psychology, B.S. in Criminal Justice, and is certified in Critical Incident Stress Management from the University of Maryland. He is a United States Navy Veteran. He was the founder, and the first Director of the Norfolk Police Department’s Critical Incident Stress Management (CISM), Peer Support Unit, and the Crisis Intervention Team (CIT) Co-Coordinator for the Department. He is a peer and current board member of the Virginia Law Enforcement Assistance Program (VALEAP) and a certified peer with the West Coast Post Trauma Retreat/First Responder Support Network. Having been involved in multiple shootings, he is intimately familiar with trauma and consequences of exposure. Sgt. Scallon is an approved instructor for International Critical Incident Stress Foundation (ICISF) teaching basic and advanced Assisting Individuals in Crisis and Group Crisis Intervention. He is also a certified Mental Health First Aid Instructor (Adult/Veteran Modules) and founder of Survival Mindset Training and Consulting, teaching across the country and abroad.

G. ZACHARY TERWILLERGER
G. Zachary Terwilliger is the 62nd U.S. Attorney for the Eastern District of Virginia (EDVA). As the chief federal law enforcement officer in EDVA, Mr. Terwilliger supervises the prosecution of all federal crimes and the litigation of all civil matters in which the United States has an interest. He leads a staff of over 350 prosecutors, civil litigators, and support personnel located in Alexandria, Newport News, Norfolk, and Richmond. Prior to becoming U.S. Attorney in 2018, he served as an Associate Deputy Attorney General, and Chief of Staff in the Office of the Deputy Attorney General at the Department of Justice. Mr. Terwilliger began his career at EDVA as an intern in 1999. In 2008, after serving as a law clerk in the U.S. District Court for the Southern District of Florida, he was appointed as a Special Assistant U.S. Attorney in EDVA before being hired as an Assistant U.S. Attorney in 2010. Assigned to the Major Crimes Unit, he prosecuted numerous violent crime, fraud, organized crime, and human trafficking cases, and managed law enforcement task forces focusing on human trafficking and firearms. From September 2015 to September 2016, he served as counsel to Senate Judiciary Chairman Chuck Grassley. Mr. Terwilliger earned a Bachelor of Arts degree in Government and Foreign Affairs from the University of Virginia, and graduated with the highest honors from the William & Mary School of Law.

ANDREW J. TURCO
Captain Andrew Turco joined the MIT Police Department in 2004. In 2010, he graduated from the New England School of Law in Boston. Following law school he practiced law during the day and patrolled the campus of MIT at night until he was promoted to Sergeant in 2015, and in 2018, he was promoted to Captain. Captain Turco is on the Government Relations Committee of the International Association of Campus Law Enforcement (IACLEA), where he is working on legislation to support families of sworn campus law enforcement following line-of-duty deaths. Additionally, Captain Turco teaches workshops on community response to Active Shooters/Violent Intruder incidents, which is now required for all incoming freshman at MIT.

JEFF AND KAREN VALENTINE
Jeff and Karen Valentine have been married 29 years and have two daughters, Amber and Grace. Mr. Valentine has been employed for 22 years with the Spartanburg County Sheriff’s Office where he currently serves as the Captain of the Uniform Patrol Division. He is also the Associate Pastor for Rejoice! Lutheran Church. Ms. Valentine has been a teacher for 22 years, and currently teaches first grade at the Campobello-Gramling School in Campobello, South Carolina. They have been assisting law enforcement professionals and their families for more than 15 years, as peers with the South Carolina Law Enforcement Assistance Program and the Virginia Law Enforcement Assistance Program. They have made a tremendous impact in the lives of many hundreds of families along the Eastern Seaboard through their work. They became involved with LEAP programs in the wake of Jeff Valentines’ involvement in a fatal on-duty shooting in March 2000.
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<td>Impact of Trauma on Law Enforcement Conference</td>
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<td>September 23–24, 2019</td>
<td>Disability Awareness for Law Enforcement: Train the Trainer</td>
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<td>Defuse and Manage Difficult Situations in K-12 and Higher Education: School and Police Tactics That Work</td>
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