



THE IMPACT OF TRAUMA ON LAW ENFORCEMENT OFFICERS CONFERENCE

SEPTEMBER 21–22, 2022

HILTON CRYSTAL CITY
ARLINGTON, VIRGINIA



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COMMONWEALTH of VIRGINIA

Department of Criminal Justice Services

The Honorable Jackson H. Miller
Director

Tracy Louise Winn Banks, Esq.
Chief Deputy Director

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September 21, 2022

Dear Colleague:

On behalf of Governor Glenn Youngkin and the Virginia Department of Criminal Justice Services, it is my pleasure to welcome you to the 2022 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. We recognize that as law enforcement officers, you are often exposed to traumatic events, and the cumulative effects of witnessing human suffering and tragedies. The daily accumulation of stress, anxiety, and trauma in your profession is rarely addressed.

Officers spend much of their careers supporting and assisting others in need. While you are keenly aware of the trauma all around you, it is at times difficult to recognize issues that arise in your daily lives. The compounded stress and lack of recognition or attention to this can create a potential for escalating problems and can significantly impact the ability to maintain career success and thrive in your daily lives and relationships. DCJS is pleased to offer this two-day conference to provide information, awareness, resiliency tools, and support to the law enforcement community.

It is my hope that the personal stories you will hear from your fellow officers will help you focus on your physical and emotional 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.

Sincerely,

A handwritten signature in black ink, appearing to read "Jackson H. Miller".

Jackson Miller
Director

- 8:00 am–8:30 am** **Welcome and Opening Ceremony**
Presentation of Colors and National Anthem
Opening Remarks
Tracy Winn Banks, *Chief Deputy Director – Virginia Department of Criminal Justice Services*
Maggie Cleary, *Deputy Secretary of Public Safety and Homeland Security – Commonwealth of Virginia*
Andy Penn, *Chief of Police – Arlington County Police Department, Virginia*
- 8:30 am–9:45 am** **Snapshot of Virginia Law Enforcement Mental Health Survey Results**
Maggie DeBoard, *Chief of Police – Herndon Police Department, Virginia*
This presentation is intended to bring awareness to public safety mental health through a discussion of the recently released results of the *National Wellness Survey* for both the state of Virginia and on the national level. Understanding the extent of problem is the first step down the path of treatment and prevention.
- 9:45 am–10:00 am** **Break**
- 10:00 am–11:45 am** **Stress and Trauma on the Body and Mind**
Siobhan Seymour, *The Kalyana Project, Founder – Fort Collins Police Department, Colorado (Retired)*
This keynote is designed to educate participants about the effects of stress and trauma on the body and mind. Siobhan Seymour will share her own personal history of battling work related mental health issues, as well as the steps she took to change and heal. Attendees will learn about the efficacy and science behind simple techniques and habits that regulate the nervous system, and how to integrate these habits into their daily practice. Attendees can expect to leave empowered and well-equipped to handle future stressors, and find an increased sense of balance and well-being in their lives.
- 11:45 am–12:45 pm** **Lunch**
- 12:45 pm–2:30 pm** **Married With PTSD**
Meg Provow, *President – Silent Warrior, LLC*
Eric Provow, *Founder – Denny's Got My 6*
This keynote will bring light to the daily challenges of a married couple and dealing with a veteran spouse who lives with severe post-traumatic stress disorder. Meg Hawkins and Eric Provow, both first responders, have been married for over five years. When they met, Eric had been retired from the military for over seven years. In 2017, Eric almost completed suicide. This experience rocked and changed their lives forever. Eric shares his traumatic childhood, time in the military, and living with PTSD. Meg touches on how the well-being of spouses, significant others, and caregivers of veterans and first responders are greatly affected by their partner's mental health. Mental health is often overlooked and must not be forgotten. Meg and Eric share their stories to help others know that "it's ok to not be ok" and seeking help is not a weakness but a strength. They discuss the various therapies, treatments, and self-care practices that have helped them through some of their darkest days. Through this, and their passion to work through the trauma, Meg and Eric continue to have a strong marriage.
- 2:30 pm–2:45 pm** **Break**
- 2:45 pm–4:30 pm** **Trauma in the Law Enforcement Culture**
Charles Lowe, *Sergeant – St. Louis Metropolitan Police Department, Missouri*
This keynote looks at the pitfalls of the law enforcement culture regarding the trauma experienced during the course of a career. During this presentation, Sergeant Lowe encourages first responders to develop their mental health circle and other resources to aid being fit for the job both mentally and physically.
- 4:30 pm** **End of Day 1**

8:30 am–10:15 am **The Backpack: One Story from the Boston Marathon**

Mario Millett, *Detective Lieutenant, Gang Unit Commander – Massachusetts State Police (Retired)*

On April 15, 2013, during one of the country's most celebrated marathons, two backpacks containing pressure cookers that had been converted into bombs were strategically placed amongst the crowds of onlookers then detonated. The explosions would forever change the community of Boston, and the fugitive hunt and investigations to follow would present several unforeseen challenges for law enforcement. This keynote will offer one person's unique perspective of the Boston Marathon Bombing investigation and the importance of tempering the effects of trauma during an intensive search in the midst of a critical undercover operation.

10:15 am–10:30 am **Break**

10:30 am–11:45 am **Finding My Own Resilience: The Journey Before, During and After 9/11**

David Berez, *Six 4 Consultants, Founder – East Windsor Police Department, New Jersey (Retired)*

The impact of trauma in law enforcement is real. While most law enforcement will never be involved in a gunfight or even have to fight for their own lives during the course of their career, we will all suffer an emotional death by a thousand cuts. While the average person will experience five major traumas in their life, the average police officer will experience *five a year* over the course of a 25-year career. Our experience with trauma starts before we are even born, and comes to us as transgenerational trauma. In 1999, David Berez became a Police Officer with the ability to serve the community where he grew up. Then on September 11, 2001, when the United States came under attack, he took it personally. He could not stand idly by and rushed in to do his part. This would change his life forever. The mind will never forget what his eyes saw, what his nose smelled, and the betrayal his heart had felt. 9/11 was the foundation of his professional trauma and he had built a skyscraper of accumulating events over the next 19 years of his career. Unfortunately, the foundation was weak, the rest of the building was created without the proper tools, and it all began to crumble when he retired. Six months after retirement, David was faced with the suicide of a close friend who was still an active-duty Police Officer. It was a reality check. He was forced to "face my own challenges head on or be a statistic too." David had the good fortune of a tightly woven network of law enforcement friends who encouraged him to seek help. We all have experiences and a journey that make us unique, but none of us need to travel that journey alone. Find your tribe, share your tools, and build a resilient mind through the power of your story

11:45 am–12:45 pm **Lunch**

12:45 pm–2:15 pm **Ask a Question, and Save a Life: Understanding the Phenomenon of Suicide and How to Prevent It**

Kenneth Blank, *Virginia Law Enforcement Assistance Program, First Sergeant – Virginia State Police*

Many in public safety find themselves impacted by suicide during their career. The most common question asked by those who lose friends, coworkers, or those they care about to suicide is, "Why?" Other unanswered questions may be, "Did I miss something? Did I do everything I could have? Could this have been prevented?" This keynote uses a mixture of personal and professional experiences in an attempt to answer some of the questions, to help us understand the phenomenon of suicide, and to understand how it might be prevented.

2:15 pm–2:35 pm **Break**

2:35 pm–4:30 pm **Mental Wellness and Resiliency**

Mike Pellegrino, *Resilient Minds on the frontlines, Founder – Ewing Police Department, New Jersey (Retired)*

This motivational keynote focuses on positivity, resiliency, and mental wellness. Mike Pellegrino discusses how to be a change agent in an ever-changing world. He will go over skills for your personal toolbox, and how to use those skills in order to stop the downward spiral caused by the daily stressors. Finally, planning for the future will be addressed as he talks about how to prepare mentally and emotionally to lead a life of significance.

4:30 pm **Conference Concludes**

DCJS DIVISION OF PUBLIC SAFETY TRAINING AND THE VIRGINIA CENTER FOR SCHOOL AND CAMPUS SAFETY (VCSCS)

2022 TRAINING SCHEDULE (AS OF 09/26/22)

Trainings are limited to target audiences and offered at no charge unless otherwise noted. Pre-registration is required to ensure space.

September 27	K-12 Public School Safety Training for Administrators: Adding Tools to Your Safety Toolbox	Shenandoah University, Winchester
September 27	Advanced Search and Seizure	Salem Cardinal Justice Academy, Salem
September 28	Advanced Search and Seizure	The Crossroads Institute, Galax
September 28	Legal Updates for SSOs—2022 v.1	online
September 29	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Southern Virginia Higher Education, South Boston
September 29–30	Impact of Jailers: Peers Helping Peers	Salem Cardinal Criminal Justice Academy, Salem
September 30	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Danville-Pittsylvania Community Services, Danville
October 4–5	School Security Officer Initial Certification Training	Roanoke County Police Academy, Roanoke
October 6	From the Case Files of: De-escalation of Youth in Crisis through Understanding Development, Trauma, and Mental Health for Law Enforcement	Roanoke, (TBD)
October 7	Civilian Response and Casualty Care (CRCC) Virtual Training (afternoon session)	Online
October 10	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	City of Richmond Department of Justice Services, Richmond
October 10–13	2022 National Threat Assessment Conference for Educational Institutions	Virginia Beach Convention Center, Virginia Beach
October 13	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Rappahannock Community Services Board, Fredericksburg
October 17	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Danville-Pittsylvania Community Services, Danville
October 17–18	K-12 Public School Safety and Security Training for Administrators	Chesterfield Police Academy, Chesterfield
October 17–21	School Resource Officer and School Administrator Basic Course	Chesterfield Police Academy, Chesterfield
October 17–21	Crime Prevention Recertification ~ SAVE THE DATE ~	Virginia State Police Administrative Headquarters, North Chesterfield
October 18–20	Surveillance Detection for Bombing Prevention	Northern Virginia Criminal Justice Academy, Ashburn
October 20–21	Domestic Extremism and Violent Extremism Awareness	Wytheville Community College, Wytheville
October 21	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Juvenile and Domestic Relations Court, Norfolk
October 25	Putting Title IX Into Play: Understanding the Title IX Process in K-12 Schools	online
October 25–26	Mental Health Topics for Pathways for Violence Prevention	TBD, Roanoke
October 26	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Bristol Public School Main Office, Bristol
October 21	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Juvenile and Domestic Relations Court, Norfolk
October 25	Putting Title IX Into Play: Understanding the Title IX Process in K-12 Schools	online
October 25–26	Mental Health Topics for Pathways for Violence Prevention	TBD, Roanoke
October 26	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Bristol Public School Main Office, Bristol
October 27	Putting Title IX Into Play: Understanding the Title IX Process in K-12 Schools	online
October 27	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Danville-Pittsylvania Community Services, Danville
October 31	K-12 Virtual Behavioral Threat Assessment Basic Training	online
November 3–4	Domestic Extremism and Violent Extremism Awareness	Germanna Community College, Fredericksburg
November 8	Civilian Response and Casualty Care (CRCC) (morning and afternoon sessions)	Winchester
November 14–15	Pointman Leadership Institute: Inspirational, Trustworthy Leaders: The Power of Character/Leadership and Ethics – Preventing Corruption	Central Shenandoah Criminal Justice Training Academy, Weyers Cave
November 17–18	Pointman Leadership Institute: Inspirational, Trustworthy Leaders: The Power of Character/Leadership and Ethics – Preventing Corruption	Southwest Virginia Criminal Justice Training Academy, Bristol
December 1	K-12 Virtual Behavioral Threat Assessment Basic Training	online
December 6	K-12 Public School Safety Training for Administrators: Adding Tools to Your Safety Toolbox	Southwest Virginia Higher Education Center, Abingdon
December 6	Homemade Explosives Awareness ~ SAVE THE DATE ~	Salem Cardinal Justice Academy, Salem
December 7	K-12 Public School Safety Training for Administrators: Adding Tools to Your Safety Toolbox	Roanoke College, Salem
December 7	Homemade Explosives Awareness ~ SAVE THE DATE ~	Skyline Regional Criminal Justice Academy, Middletown
December 8	School Security Directors' Virtual Roundtable	Online
December 8	Virginia SRO Connect	Online
December 8	Homemade Explosives Awareness ~ SAVE THE DATE ~	Virginia State Police Academy, N. Chesterfield
December 9	Homemade Explosives Awareness ~ SAVE THE DATE ~	Virginia Beach Fire Training, Virginia Beach
December 13	Legal Updates for SSOs— 2022 v. 1	online
December 13	From the Case Files of: De-escalation of Youth in Crisis through Understanding Development, Trauma, and Mental Health for Law Enforcement	Hampton Roads, (TBD)

A list of all DCJS conferences and trainings may be found at: www.dcjs.virginia.gov/training-events

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ADDITIONAL INFORMATION



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