

SERVE & PROTECT

PRESENTS

BEYOND SURVIVE, STRENGTH TO THRIVE STRENGTH FOR THE JOURNEY

a 7 hour symposium exclusively for
PUBLIC SAFETY PROFESSIONALS

5 key topics to achieve wellness

8:15a Check-in opens

8:45a Introductions

9:00a - 11:00a EMOTIONAL WELLNESS: THRIVING IN THE STORMS

11:15a - 12:15a FAMILY WELLNESS: BUILDING A THRIVING FAMILY LIFE

12:15p - 12:45p LUNCH BREAK

12:45p - 1:30p PHYSICAL WELLNESS: NUTRITION, FITNESS, REST

1:40p - 3:40p FINANCIAL WELLNESS: PLANNING FOR NOW AND THEN

3:50p - 4:59p SPIRITUAL WELLNESS: STRENGTH & PEACE FOR THE JOURNEY

Serve & Protect presents a symposium to address core needs in important areas of your life - BODY MIND SOUL. Each topic is designed to provide trauma informed solutions for professionals serving in public safety on the front lines. Our goal is to strengthen these families to thrive in all areas of their lives, personally and professionally. Our presenters are active or retired first responders and spouses.

Admission is free. We will treat you to lunch from Chic-fil-A .

The entire event will be streamed live on social media and recorded on video for free download and viewing.

RESERVATION REQUIRED: EMAIL ROB@SERVEPROTECT.ORG

OCTOBER 23, 2018

Brentwood United Methodist Church

309 Franklin Road, Brentwood TN 37027

RESERVATIONS OPEN OCTOBER 1, 2018. SEATING LIMITED TO 100

AS A NON-PROFIT, DONATIONS ARE ALWAYS APPRECIATED, BUT NOT REQUIRED.

CONFIDENTIAL CRISIS LINE

615-373-8000

**FIRST RESPONDERS TAKE YOUR CALL
WWW.SERVEPROTECT.ORG**



Tennessee State Lodge



**DOWNLOAD FREE
MOBILE APP FROM
OUR WEBSITE**

SCHEDULE

9 a.m. – 11:00 a.m.,

EMOTIONAL WELLNESS: THRIVING IN THE STORMS Professions (Rob Michaels; 2 hours)

- What is post-traumatic stress / physical wound vs. emotional wound
- What causes trauma responses
- What are the presenting symptoms
- Can trauma be treated
- Alternative treatment / equine, service dogs, etc
- Is addiction a symptom of trauma?
- Why is there resistance to getting help for trauma
 - Shame
 - Masks
 - Fear
- Can untreated trauma lead to suicide?
- What are the signs of suicidal ideations

11:15 a.m. – 12:15 p.m.

FAMILY WELLNESS: BUILDING A THRIVING FAMILY LIFE (Panel: Rose & Rob Casale, Amber Stevenson & husband, 1 hour)

- What is the impact of trauma on the family unit
- How does the life of a first responder impact a marriage?
- How are children of first responders effected
- What communication strategies can help

LUNCH BREAK – Chic-fil-A 12:15 a.m. – 12:45 p.m.

12:45 p.m. – 1:30 p.m.

PHYSICAL WELLNESS: NUTRITION, FITNESS, REST (Rose Casale; 45 minutes)

- The impact of proper sleep on the ability to withstand trauma
- The importance of learning to rest, decompress, and relax
- The role of proper nutrition – does it matter?
- Exercise as a stress reducing element

1:30 p.m. – 3:30 p.m.

FINANCIAL WELLNESS: PLANNING FOR NOW AND THEN (Nick Daugherty, Former Police, Ramsey Financial Planner; 2 hours)

- Budgeting – living within your means
- Debt reduction strategies
- Pitfalls that first responders fall into
- How to maximize employer benefits
- Planning life insurance and Pension Plans
- Baby Steps to Financial Freedom

3:30 – 4:30

SPIRITUAL WELLNESS: STRENGTH & PEACE FOR THE JOURNEY (Rob Michaels, Drew Grant, Rose & Rob Casale.; 1 hour)

- Most public safety agencies, local, state, and federal, have either a Chaplain's program or access to local clergy for critical incident counseling / consoling for victim's families.
- How does faith intersect with public safety jobs
- Can one man make a difference? When a living example is KEY (Rob & Drew)
- God moves in mysterious ways to direct our path (Rob testimony)
- God calls us when we least expect it (Rob M, Rose, Rob C)

SPEAKERS

Moderator / Speaker: Robert Michaels M.A.; founder / CEO, Educator;

Former Military Police and Detective, Norfolk Police
Founded Serve & Protect in 2011;
Member American Academy of Experts in Traumatic Stress
State Chaplain TN FOP; FBI Chaplain, Memphis Division
Visiting lecturer, Davidson County Sheriff's Office Training Division,
Hendersonville FD, FOP Southern States Conference, ASIS, etc.

Rose Casale, R.N.: Trauma Services Director, Spouse Support, Educator

The wife of a police officer since 2008, Rose is committed to the mental health of all first responders and their families; experiencing first hand the challenges that families of first responders encounter on a daily basis.
Spouses also need to seek healthy ways to deal with the stress and anxiety of the job and the trauma issues it brings.

Robert Casale, M.A.: Mental Health and Counseling, Educator

Chicago Police Department, 18 year veteran; Education and Training Division; Crisis Intervention Team, Certified, Peer Support
Served on the tactical unit and gang suppression team
Rob is passionate about breaking down the stigma in the community that surrounds mental health and well being. He encourages first responders to seek assistance to help them better understand and manage their stress in positive ways, which helps them to have better family lives, work relationships, job satisfaction and lead healthier lives.

Amber Stevenson: LCSW, LADAC, Trauma Therapist

Amber is certified in EMDR Therapy and finds this approach to be highly beneficial in helping clients process recent and/or past trauma. She has completed training in Equine Assisted Psychotherapy and Equine Assisted EMDR and offers equine assisted sessions at a private farm in Franklin, TN. While she works with a number of presenting issues, her areas of clinical focus are Trauma (which can include physical/ emotional/ sexual abuse, witnessing accidents, surviving violent crime or witnessing violent crime, natural disasters, etc.); Substance Use Disorders; Attachment-related issues; and Dissociative Disorders. As the wife of a MNPD Sergeant, she has a unique understanding of the impact of trauma on the first responder and subsequently on their families and serves this population also in her private practice.

Nick Daugherty: First Responder Financial Management Specialist

Dave Ramsey Master Financial Planner
Began his career with the Grand Prairie Police Department in 2003
In 2015 he was transferred to the criminal intelligence unit supervising intelligence, crime analyst, and detectives assigned to the US Marshal's Fugitive task force and FBI's regional computer forensic laboratory. He retired in August of 2017 and now serves as a reserve officer for GPPD.
In 2011 he was approached by Grand Prairie Police Chief Dye who wanted to start a revolutionary and progressive training block on financial planning in the Grand Prairie police academy to all incoming recruits. This was later expanded into mandatory training classes for all officers at GPPD. He currently teaches "Building Financial Strength in Police/Firefighter Families" to numerous agencies and police academies across the state of Texas. Utilizing the principles of Dave Ramsey, he has helped hundreds of officer's work towards a debt free lifestyle and financial freedom. To date almost 2,000 first responders have been through his training.

Drew Grant: Retired Law Enforcement

Drew was the first call to launch Serve & Protect, and has served on the board from the start. He served with Norfolk Police on patrol and as a Detective, He was Chief Investigator for Arapahoe County DA's Office for the 18th Judicial District - Arapahoe, Douglas, Lincoln, and Elbert Counties, and served Command Officer with Douglas County Sheriff's Office.

It was Drew, while partners with Rob Michaels, who took a stand and challenged Rob to live out faith even as a cop.