



BluePaz First Responder National Health and Wellness Online Conference 2020

FREE for ALL First Responders through the Generous Support of our Sponsors! Active & Retired First Responders (Law Enforcement, Corrections, Fire, Dispatch, EMS, Crisis Workers, etc.) are invited.

Register at: www.bluepaz.com

9/11/20 AGENDA

All times listed – MST (Arizona)

8:00-8:10am- Welcome & Sponsor Greeting

(Dr. Dara Rampersad- BluePaz, Brain Injury Alliance of Arizona)

8:10-9:10am- Firefighter PTSD/Addiction, Recovery, and Family Perspective (Firefighter Josh & Anna Barnum)

9:10-10:10am- Nutrition Part III (Dr. Elizabeth Rice)

10:10-10:20am- Sponsor Greeting – (Erica Chestnut-Ramirez- EMPACT Suicide Prevention Center; Buena Vista Health and Recovery Center)

10:20 – 11:20am – Firefighter Suicide: A Widow’s Perspective (Lindsey Van Briesen)

11:20am-11:30am- Mindfulness Breathing Techniques (Dr. Elizabeth Rice)

11:30am-12:50pm- First Responder Traumatic Stress & Resiliency (Lt. Sally Panzer- St. Louis Metro PD)

12:50pm-1:00pm- Wrap-up

9/18/20 AGENDA

All times listed – MST (Arizona)

8:00-8:10am- Welcome & Sponsor Greeting

(Dr. Dara Rampersad- BluePaz, Oasis Behavioral Health)

8:10-9:40am- Moral Injury (Ret. Off. Dan Antrim)

9:40-9:50am- Sponsor Greeting – (Erica Chestnut-Ramirez- EMPACT Suicide Prevention Center; Joe Ramirez- Lighthouse Health and Wellness)

9:50-10:50am- Helping Others But Not Yourself: An Officer’s Journey (Deputy Chief Shaun McColgan, Danbury PD & Dr. Dara Rampersad)

10:50am-11:00am- Mindfulness Breathing Techniques (Dr. Elizabeth Rice)

11:00am-12:00pm- Trauma Behind the Badge- National Panel (Dr. Dara Rampersad, Agent Doug Monda, Major Chris Fields, Off. Raul Rivas, Dep. Chief Patrick Dragon, Sgt. Rich Creamer)

12:00pm-12:15pm- Wrap-up

AZPOST Approved- 8 HOURS * Improve Resilience * Improve Job Functioning * Increase Coping Skills * Decrease Burn-Out * Master Adrenaline Surges

