

# Wellness Summit 2022

**January 31 - February 1, 2022**

## **Sunday, January 30**

4:00 p.m. – 7:00 p.m.      **Check In** (*Hermitage Lobby*)

6:00 p.m. – 10:00 p.m.      **Hospitality & Welcome** (*General Hood Room*)

## **Monday, January 31**

7:00 a.m. - 8:30 a.m.      **Check In** (*Hermitage Lobby*)

7:00 a.m. - 8:00 a.m.      **Early Session – Physical Fitness**

a) **Yoga/Mindfulness (Part I)**

*Chris Davis, Yoga 911 (Edgewood Room)*

b) **Group Walk/Run** – *Led by a member of the NFOP Wellness Committee*

8:00 a.m. - 9:00 a.m.      **Morning Break**

9:00 a.m. – 9:30 a.m.      **Welcome & Opening Session** (*Hermitage Ballroom*)  
*Sherri Martin, MA, LPCA, NFOP National Director of Wellness Services*  
*Rick Snyder, NFOP Chaplain*  
*Patrick Yoes, NFOP President*  
*Recognition of Sponsors*  
*Remarks from Dr. Anna Courie, Director of Responder Wellness, FirstNet*

9:30 a.m. - 12:00 p.m.      **Keynote – Metabolic Health and Law Enforcement**  
(*Hermitage Ballroom*)  
*Kevin Gilmartin, PhD*  
*Chief Pat Flannelly, Layfayette (IN) PD*  
*Sgt. James Brack, Bellevue (WA) PD*

12:00 p.m. - 1:00 p.m.      **Lunch** (*McGavock Ballroom*)

1:00 p.m. - 1:50 p.m.      **Focused Session I**

**FS1-1: Building Financial Strength in First Responder Families**  
(*Belmont Room*)  
*Nick Daugherty, Financial Cop*

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## Monday, January 31 (continued)

1:00 p.m. - 1:50 p.m.

### **Focused Session 1 (continued)**

#### **FS1-2: Power in Peers Primer – A New Curriculum in LE Peer Support** (Cheekwood Room)

*Sherri Martin, MA, LPCA, NFOP National Director of Wellness Services*  
*Jeremy Kommel-Bernstein, COPS Office, US Department of Justice*  
*Tom Coghlan, PsyD*  
*Sgt. Chris Scallon, Norfolk (VA) Police (Ret.)*

#### **FS1-3: Spiritual/Pastoral Care in Wellness** (Evergreen Room)

*Rick Snyder, NFOP Chaplain*

#### **FS1-4: Emotional Intelligence for Law Enforcement** (Oaklands Room)

*Sgt. Corey Nooner, Oklahoma City Police*

#### **FS1-5: The Biology of Wellness** (Two Rivers Room)

*Mandy Nice, National Strength & Conditioning Association*

1:50 p.m. - 2:00 p.m.

### **Break**

2:00 p.m. - 2:50 p.m.

### **Focused Session II**

#### **FS2-1: Building Financial Strength in First Responder Families**

(Belmont Room)

*Nick Daugherty, Financial Cop*

#### **FS2-2: Compassion Fatigue/COVID Fatigue** (Cheekwood Room)

*Gabrielle Salfati, PhD*

#### **FS2-3: The Biology of Wellness** (Two Rivers Room)

*Mandy Nice, National Strength & Conditioning Association*

#### **FS2-4: Vicarious Trauma** (Evergreen Room)

*Sgt. Chris Scallon, Norfolk (VA) Police (Ret.)*

#### **FS2-5: Post Traumatic Growth – From Trauma to Triumph**

(Oaklands Room)

*Sherri Martin, MA, LPCA, NFOP National Director of Wellness Services*

2:50 p.m. - 3:00 p.m.

### **Break**

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## **Monday, January 31 (continued)**

- 3:00 p.m. - 4:00 p.m.      **Expert Panel Discussion: *Varying Perspectives of Wellness – Not Your Typical Cop*** (Belmont Room)  
*Sgt. Corey Nooner, Oklahoma City Police – Moderator*  
*Kathy Thomas, PhD – Moderator*  
*Lindsay McCall Long*  
*Capt. Valerie Littlejohn, Oklahoma City Police*  
*Sgt. Bryant Holloway, Oklahoma City Police*  
*Officer Rishi Singh, Houston Police*
- 4:30 p.m. - 5:30 p.m.      **Afternoon Session – Physical Fitness**
- a) **Pilates** – *Ingrid Coghlan, RYT (Edgewood Room)*
  - b) **Yoga** – *Wendy Hummell*
- 5:45 p.m. - 10:00 p.m.      **Hospitality & Networking** (General Hood Room)  
**The Dry Run** (General Thomas Room)

## **Tuesday, February 1**

- 7:00 a.m. - 8:00 a.m.      **Early Session – Physical Fitness**
- a) **Yoga/Mindfulness (Part II)**  
*Chris Davis, Yoga 911 (Edgewood Room)*
  - b) **Group Walk/Run** – *Led by a member of the Officer Wellness Committee*
- 8:00 a.m. - 9:00 a.m.      **Morning Break**
- 9:00 a.m. - 9:15 a.m.      **Morning Welcome** (Hermitage Ballroom)  
*Sherri Martin, MA, LPCA, NFOP National Director of Wellness Services*  
*James Smallwood, NFOP Treasurer; President, Andrew Jackson Lodge #5, Nashville*  
*Rick Snyder, NFOP Chaplain*  
*Recognition of Sponsors*

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## **Tuesday, February 1 (continued)**

9:15 a.m. - 11:00 a.m.

**Keynote – Results of the 2021 FOP Biennial Critical Issues in Policing Survey: An Update on the State of Officer Wellness**

*(Hermitage Ballroom)*

*Sherri Martin, MA, LPCA, NFOP National Director of Wellness Services  
Dr. Jacqueline Drew, PhD, Griffith University, Queensland, Australia*

**FirstNet Wellness** – *Dr. Anna Courie, Director of Responder Wellness, FirstNet*

11:00 a.m. - 11:10 a.m.

**Break**

11:10 a.m. - 12:00 p.m.

**Special Presentation: Preview of PTSD911 Film Project**

*Conrad Weaver (Hermitage Ballroom)*

**The FOP Wellness Provider Vetting Guide – An Essential Tool**

*(Hermitage Ballroom)*

*Sherri Martin, MA, LPCA, NFOP National Director of Wellness Services  
Stephanie Conn, PhD*

*David Black, PhD*

*Jeremy Kommel-Bernstein, COPS Office, US Department of Justice*

12:00 p.m. - 1:00 p.m.

**Lunch** *(McGavock Ballroom)*

1:00 p.m. - 1:50 p.m.

**Focused Session III**

**FS3-1: Impacts of Trauma & Loss on a Law Enforcement Marriage and Family** *(Belmont Room)*

*Cathy & Javier Bustos, That Peer Support Couple*

*Dianne Bernhardt, Concerns of Police Survivors*

*Shelley Jones, Survivors of Blue Suicide*

**FS3-2: Indianapolis Metropolitan Police Department**

*(Cheekwood Room)*

*Rob Turner, Indianapolis Metro Police*

*IMPD Wellness Division Staff, Indianapolis Metro Police*

*Deputy Chief Valerie Cunningham, Indianapolis Metro Police*

**FS3-3: Vicarious Trauma** *(Evergreen Room)*

*Sgt. Chris Scallon, Norfolk (VA) Police (Ret.)*

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## **Tuesday, February 1 (continued)**

1:00 p.m. - 1:50 p.m.

### **Focused Session III (continued)**

**FS3-4: Emotional Intelligence (Title TBD)** *(Oaklands Room)*  
*Sgt. Corey Nooner, Oklahoma City Police*

**FS3-5: Transitioning from Military to Law Enforcement – Wellness Considerations for Double Duty** *(Two Rivers Room)*  
*Rob Noceda, Chicago Police*

1:50 p.m. - 2:00 p.m.

### **Break**

2:00 p.m. - 2:50 p.m.

### **Focused Session IV**

**FS4-1: Impacts of Trauma & Loss on a Law Enforcement Marriage and Family** *(Belmont Room)*  
*Cathy & Javier Bustos, That Peer Support Couple*  
*Dianne Bernhardt, Concerns of Police Survivors*  
*Shelley Jones, Survivors of Blue Suicide*

**FS4-2: Indianapolis Metropolitan Police Department**  
*(Cheekwood Room)*

*Rob Turner, Indianapolis Metro Police*  
*IMPD Wellness Division Staff, Indianapolis Metro Police*  
*Deputy Chief Valerie Cunningham, Indianapolis Metro Police*

**FS4-3: Power in Peers Primer – A New Curriculum in LE Peer Support** *(Evergreen Room)*

*Sherri Martin, MA, LPCA, NFOP National Director of Wellness Services*  
*Jeremy Kommel-Bernstein, COPS Office, US Department of Justice*  
*Tom Coghlan, PsyD*  
*Sgt. Chris Scallon (Ret.)*  
*Gabrielle Salfati, PhD*

**FS4-4: Spiritual/Pastoral Care in Wellness** *(Oaklands Room)*  
*Rick Snyder, NFOP Chaplain*

**FS4-5: Transitioning from Military to Law Enforcement – Wellness Considerations for Double Duty** *(Two Rivers Room)*  
*Leaders of Chicago Police Military Unit*

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## **Tuesday, February 1 (continued)**

3:00 p.m. - 4:00 p.m.

**Expert Panel Discussion:**

***Supporting Officers Through Crisis – Lessons for Leaders***

*(Hermitage Ballroom)*

*Thomas Coghlan, PhD*

*Jennifer Myers, MA*

*Lewis Schlosser, PhD*

**Concluding Remarks & Wrap-Up**

*Sherri Martin, MA, LPCA, NFOP National Director of Wellness Services*

4:30 p.m. - 5:30 p.m.

**Afternoon Session – Physical Fitness**

a) **Pilates** – *Ingrid Coghlan, RYT (Edgewood Room)*

b) **Yoga** – *Wendy Hummell*

5:45 p.m. - 10:00 p.m.

**Hospitality & Networking** *(General Hood Room)*

**The Dry Run** *(General Thomas Room)*