

IACP

OFFICER SAFETY & WELLNESS SYMPOSIUM

2020

FEBRUARY 27-29
MIAMI, FLORIDA
theIACP.org

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WELCOME

Dear Colleagues:

I am pleased to welcome you to the 2020 IACP Officer Safety and Wellness Symposium.

Now in its second year, the Officer Safety and Wellness Symposium has more than doubled in attendance, showing how important officer health and well-being is to all of us in law enforcement. The educational program at this conference has grown to include more than 40 sessions that highlight the latest research, best practices, and innovative ideas across the spectrum of safety and wellness. The agenda is designed to give you the opportunity to develop and enhance relationships across jurisdictional and professional boundaries.

As a police chief, nothing is more important to me than the safety and health of my officers. As the president of the IACP, I am honored to carry the banner and lead the global conversation around law enforcement mental health and the efforts to address and prevent law enforcement suicide. As the reported rate of law enforcement suicide continues to outnumber line-of-duty deaths, agencies across the world are looking for ways to improve mental wellness and prevent officer suicide.

We are proud to have the U.S. President's Commission on Law Enforcement and the Administration of Justice here at the IACP Officer Safety and Wellness Symposium for its first formal convening. The creation of this commission has been a priority of the IACP for over two decades. Their presence here signifies the national effort to put the overall health and safety of our law enforcement officers at the forefront when addressing public safety needs.

Through your attendance and your dedication to advancing the law enforcement profession, you are an important contributor in moving forward IACP's vision of supporting a culture of safety and wellness for officers around the world. Thank you for all you do on behalf of your communities, your agencies, and the IACP.

Have an enjoyable and productive event.

Warm Regards,



Chief Steven R. Casstevens
President
International Association of Chiefs of Police

SCHEDULE AT A GLANCE

WEDNESDAY, FEBRUARY 26	
12:00 PM – 5:00 PM	Registration
12:00 PM – 6:00 PM	Welcome Lounge

DAY ONE • THURSDAY, FEBRUARY 27	
7:00 AM – 5:00 PM	Registration and IACP Store
8:00 AM – 5:00 PM	Exhibits
9:00 AM – 10:30 AM	Opening Session
10:30 AM – 11:00 AM	Networking Break
11:00 AM – 12:00 PM	Workshops
12:00 PM – 1:30 PM	Lunch On Your Own
1:30 PM – 2:30 PM	Workshops
2:30 PM – 3:00 PM	Activity Break: Plank Challenge (Optional)
3:00 PM – 4:00 PM	Workshops
4:00 PM – 5:30 PM	Welcome Reception

DAY TWO • FRIDAY, FEBRUARY 28	
7:00 AM – 7:30 AM	Yoga Session (Optional)
8:00 AM – 8:30 AM	Mindfulness Session (Optional)
8:00 AM – 5:00 PM	Registration and IACP Store
8:00 AM – 5:00 PM	Exhibits
9:00 AM – 10:30 AM	Global Perspectives on Officer Safety and Wellness
10:30 AM – 11:00 AM	Activity Break: Push-Up Challenge (Optional)
11:00 AM – 12:00 PM	Workshops
12:00 PM – 1:30 PM	Lunch On Your Own
1:30 PM – 2:30 PM	Workshops
2:30 PM – 3:00 PM	Activity Break: Leap Year Jump Rope Challenge (Optional)
3:00 PM – 4:00 PM	Workshops

DAY THREE • SATURDAY, FEBRUARY 29	
7:00 AM – 7:30 AM	Yoga Session (Optional)
8:00 AM – 12:00 PM	Registration and IACP Store
8:30 AM – 9:30 AM	Workshops
9:30 AM – 9:45 AM	Networking Break
9:45 AM – 10:45 AM	Workshops
10:45 AM – 11:00 AM	Networking Break
11:00 AM – 12:00 PM	Workshops
12:00 PM – 2:00 PM	Closing Session (Lunch Provided)

SCHEDULE

WEDNESDAY ■ FEBRUARY 26, 2020

12:00 PM – 5:00 PM **Registration** **LOWER PROMENADE**

12:00 PM – 6:00 PM **Welcome Lounge**

THURSDAY ■ FEBRUARY 27, 2020

7:30 AM – 5:00 PM **Registration and IACP Store** **LOWER PROMENADE**

8:00 AM – 5:00 PM **Exhibits** **LOWER PROMENADE**

9:00 AM – 10:30 AM **Opening Session** **REGENCY BALLROOM**

IACP's 2020 Officer Safety and Wellness Symposium will kick off with remarks from IACP President Chief Steven R. Casstevens, Miami Chief of Police Jorge Colina, Florida Attorney General Ashley Moody, and FirstNet Senior Vice President Jason Porter.

10:30 AM – 11:00 AM **Networking Break** **UPPER AND LOWER PROMENADE**

10:45 AM – 3:00 PM **Commission on Law Enforcement and the Administration of Justice: Hearing on Officer Safety and Wellness** **JASMINE**

11:00 AM – 12:00 PM **Peer Support Lessons Learned: Peer Prevention, Peer Intervention and Peer Post-vention Services** **HIBISCUS**

Physical Rehabilitation in Police Departments: Program Benefits and Keys for Success **MIAMI LECTURE HALL**

The Institution, Leadership, and Culture: The Major Impediment to Better Health and Wellbeing in Policing **ORCHID**

Roadmap to Wellness: How CRI-TAC No Cost Technical Assistance Can Support Your Agency's Needs **RIVERFRONT CENTRAL HALL**

Reducing the Number One Killer of Men and Women in Uniform-Heart Disease **RIVERFRONT SOUTH HALL**


WORKSHOPS – CONCURRENT

WORKSHOPS - CONCURRENT

12:00 PM - 1:30 PM Lunch On Your Own

1:30 PM - 2:30 PM	Tactical Sports Medicine- The Next Evolution to Caring for Injured First Responders	HIBISCUS
	Predicting Hazardous Levels of Burnout and Job Dissatisfaction: Findings From 741 Police Leaders	MIAMI LECTURE HALL
	Post-Incident Care: Effective Response to Officer Trauma Exposure	ORCHID
	Resilience in Law Enforcement: Thriving in the Face of Adversity	RIVERFRONT CENTRAL HALL
	Addressing Police and Community Trauma: A Path Towards Collective Healing	RIVERFRONT SOUTH HALL

2:30 PM - 3:00 PM Activity Break: Plank Challenge (Optional) UPPER PROMENADE




Show off your fitness skills and compete against your peers in the Plank Challenge. The plank is a core strength exercise that involves maintaining a position similar to a push-up for the maximum possible time.

WORKSHOPS - CONCURRENT

3:00 PM - 4:00 PM	Small Grants for Big Ideas: How COPS Office Funding Can Help	HIBISCUS
	How 250 Los Angeles Police Department Officers Lost & Kept Off 3,000 Pounds	MIAMI LECTURE HALL
	Law Enforcement Stress and Work-Family Conflict-Initiatives to Increase Wellness and Resiliency	ORCHID
	Understanding the Connections: How and Why Domestic Violence, Substance Misuse, and Suicide Risk are Associated Among Law Enforcement	RIVERFRONT CENTRAL HALL
	Creating a Trauma-Informed Law Enforcement Agency and Culture: A Case Study	RIVERFRONT SOUTH HALL

4:00 PM - 5:30 PM Welcome Reception RIVERWALK TERRACE

7:00 AM – 7:30 AM **Yoga Session (Optional)** **RIVERWALK TERRACE**



This 30-minute session will begin with a simple seated warm-up to ground the body and center the attention on the breath. This is followed by a short series of standing postures and movements synchronized with the breath. The session concludes with a guided relaxation meditation.

8:00 AM – 8:30 AM **Mindfulness Session (Optional)** **RIVERFRONT SOUTH HALL**

Gina Rollo White, *Founder & Director, Mindful Junkie Outreach*

Curious about mindfulness? Get a little taste of what it's all about. Session includes a brief talk about mindfulness, and a real time practice. No yoga pants required - we will be sitting in chairs!


8:00 AM – 5:00 PM **Registration and IACP Store** **LOWER PROMENADE**

8:00 AM – 5:00 PM **Exhibits** **LOWER PROMENADE**

9:00 AM – 10:30 AM **Global Perspectives on Officer Safety and Wellness** **REGENCY BALLROOM**

General session will feature an international panel of speakers from Australia, the United Kingdom, Canada, and the Netherlands who will discuss global officer safety and wellness themes, issues, and solutions.

10:30 AM – 11:00 AM **Activity Break: Push-Up Challenge (Optional)** **UPPER PROMENADE**



Push yourself to the limit in one minute as you compete in IACP's push-up tournament.

WORKSHOPS – CONCURRENT

11:00 AM – 12:00 PM **Injuries, Ambush, and Fatality: Assessing Threats of Domestic Violence Perpetrators** **HIBISCUS**

Job Related Illness Among Law Enforcement: A National 21-year Trend of On-Duty Deaths **JASMINE**

Building Financial Strength in First Responder Families **ORCHID**


Body Armor Saves: Sharing Survival Stories to Save Lives **RIVERFRONT CENTRAL HALL**

Job Testing Officers: After Injury, Before Hiring, and Annually **RIVERFRONT SOUTH HALL**

WORKSHOPS - CONCURRENT

12:00 PM - 1:30 PM Lunch On Your Own

1:30 PM - 2:30 PM	How 250 Los Angeles Police Department Officers Lost & Kept Off 3,000 Pounds	HIBISCUS
	Peer Support: Ask The Experts	ORCHID
	Officer Wellness in 2020 and Beyond: High-Tech Tools and Innovative Solutions	RIVERFRONT CENTRAL HALL
	Officer Involved Shootings-The Aftermath	RIVERFRONT SOUTH HALL

	2:30 PM - 3:00 PM	Activity Break: Leap Year Jump Rope Challenge (Optional)	UPPER PROMENADE
	Jump into leap year with our jump rope challenge. Get your heart rate going as you compete against fellow participants.		

WORKSHOPS - CONCURRENT

3:00 PM - 4:00 PM	Utilizing Wearable Technology to Enhance Police Officer Resiliency and Performance	HIBISCUS
	Traumatic Risk Management in United Kingdom Policing	JASMINE
	Clearing the Crash: Strategies to Increase Responder Safety at Traffic Incidents	ORCHID
	Comprehensive Strategies for Suicide Prevention in Law Enforcement: Messaging, Connections, and Support	RIVERFRONT CENTRAL HALL
	Building a Safety Culture within Law Enforcement: Practical Tools to Improve the Safety of Your Officers	RIVERFRONT SOUTH HALL

SATURDAY ■ FEBRUARY 29, 2020

7:00 AM - 7:30 AM Yoga Session (Optional)

RIVERWALK TERRACE



This 30-minute session will begin with a simple seated warm-up to ground the body and center the attention on the breath. This is followed by a short series of standing postures and movements synchronized with the breath. The session concludes with a guided relaxation meditation.

8:00 AM - 12:00 PM Registration and IACP Store

LOWER PROMENADE

WORKSHOPS - CONCURRENT

8:30 AM - 9:30 AM

Mental Health and Mental Illness in the Policing Profession: A 10-year Longitudinal Study Investigating PTSD in the Royal Canadian Mounted Police

HIBISCUS

A Comprehensive Suicide Prevention Framework for Departments

JASMINE

Training Academy Recruits in Basic Officer Rescue Practices: The Colorado Springs Police Model

MIAMI LECTURE HALL

A Crash Course in Building a Family Support Group for Your Agency

ORCHID

Wellness and Resiliency Programing; Using the Whole Person Concept

RIVERFRONT SOUTH HALL

9:30 AM - 9:45 AM

Networking Break

UPPER AND LOWER PROMENADE

WORKSHOPS - CONCURRENT

9:45 AM - 10:45 AM

Multi-Disciplinary Partnerships: A Team-Based Approach to Sustainable Officer Wellness Strategies

HIBISCUS

Early Warning Cumulation of Operational Incident with Impact

JASMINE

Patrol Based Tactical Medical Team- The Suffolk County Police Model

MIAMI LECTURE HALL

Prevention of Cumulative Traumatic Stress in Traffic Units

ORCHID

Promoting Officer Wellness: A COPS Office Priority

RIVERFRONT SOUTH HALL

See You Next Year!





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