



**Michigan Crisis Response Association**  
**35th Annual Training Conference**  
**“Moving Ahead: Building on the Foundations”**

**September 15-17, 2024**

**Ralph A. MacMullan Conference Center**  
**Roscommon, MI**

**On the Shore of Higgins Lake**

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**The Michigan Crisis Response Association (MCRA) Annual Conference offers high quality training in critical incident stress management and related topics. The conference is especially valuable for: first responders and their families, mental health professionals, clergy, chaplains, educators, and medical practitioners and administrators.**

## **CLASSES BEGINNING 9/15/2024**

### **Assisting Individuals in Crisis & Group Crisis Intervention (GRIN)**

**3 Day Course: 9/15-17/2024**

- **Susan Elben, ICISF Approved Instructor, MCRA Board Member**

**Many consider this foundational course to be essential in understanding and responding to stress and trauma**

**Course Description:** This 3-day course combines ALL of the content of ICISF's Assisting Individuals in Crisis & Group Crisis Intervention courses.

Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. As physical first aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called "emotional first aid." Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, this course will prepare participants to understand a wide range of crisis intervention services for both the individual and for groups. Fundamentals of Critical Incident Stress Management (CISM) will be outlined and participants will leave with the knowledge and tools to provide several group crisis interventions, specifically demobilizations, defusings and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals, when necessary, will also be discussed.

This course is designed for anyone in the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress. Qualifies of 27 Contact Hours

#### **Program Highlights:**

- **Psychological crisis and psychological crisis intervention**
- **Resistance, resiliency, recovery continuum**
- **Critical incident stress management**
- **Evidence-based practice**
- **Basic crisis communication techniques**
- **Common psychological and behavioral crisis reactions**
- **Putative and empirically derived mechanisms**
- **SAFER-Revised model**
- **Suicide intervention**
- **Relevant research findings and ethical considerations**
- **Large group crisis interventions**
- **Small group crisis interventions**
- **Adverse outcome associated with crisis intervention**
- **Critical Incident Stress Debriefing (CISD)**

## **Class Held ONLY on 9/15/2024**

# **Resilient Leadership for Emergency Services & Healthcare Professions One Day Class: 9/15/2024**

**In times of crisis and adversity leadership is essential.**

- **David Edwards, Approved ICISF Instructor**
- **7 Contact Hours**

### **Course Description:**

**The course RESILIENT LEADERSHIP For Emergency Services and Healthcare Professions is a unique science-based program which prepares leaders to create an organizational culture of resilience. Frontline leaders/managers will find Resilient Leadership especially useful. Topics include resilience-oriented communications, the four characteristics that separate effective crisis leaders from others, and common mistakes leaders make. Qualifies for 7 Contact Hours.**

### **Program Highlights:**

- **Define and recognize resilience.**
- **Define and recognize a resilient organizational culture.**
- **Define the two covenants of Resilient Leadership.**
- **Define the four core pillars of Resilient Leadership.**
- **Practice Resilient Leadership by implementing 20 specific Resilient Leadership prescriptions (RX) to create a “culture of resilience.”**
- **Avoid the “7 deadly sins” of leadership.**

**\*This course may be available for continuing education credits, contact conference coordinator for information.**

## **Class Held ONLY on 9/15/2024**

### **Coordinator's Round Table**

**Time: 8:00 am – 12:00 pm**

**This seminar is an opportunity to meet with leaders of other teams in Michigan to explore issues that you face as a coordinator and talk with others about how you can handle them. We will generate ideas about successes, and areas for improvement as we try to provide the best possible CISM responses.**

**At the end of the seminar, we expect to have some expanded knowledge of issues and concerns that have come up during a team's existence, or if you are starting a team, some suggestions from others who have had a similar experience.**

**Facilitators will be Tim Turnwald, EMT/FF, Lenawee CISM Team; Larry Hayden, Retired Firefighter, GRFD Peer Team and MidWest Michigan CISM Team; and Dennis Potter, MSW, Clinical Director, MidWest Michigan CISM Team.**



### **CISM Refresher Course**

**Time: 1:00 pm – 5:00 pm**

**For many people there's a need to "brush up" on or review CISM components and procedures because as we all know, "if you don't use it, you'll lose it." MCRA suggests that a best practice is for CISM team members should be to get "refreshed" at least every five years to keep the concepts and ideas fresh in your mind. This course will include a quick review of both the Group and Individual Crisis Response models including CMBs, Defusings, and CISDs. The afternoon portion of the class will offer mock events to "practice" doing CISM events. ICISF's "Group Crisis Intervention and/or Assisting Individuals in Crisis" should be viewed as a prerequisite.**

**Instructor: Dennis Potter, ICISF Approved Instructor, MCRA Board Member**

## **Class Held ONLY on 9/15/2024**

**Mental Health First Aid for Public Safety,**

**EMS, Fire and Dispatch**

**One Day Class: 9/15/2024**

- **Patricia Dixon, MCRA Board Member**

**Learn how to apply the ALGEE action plan: Assess, Listen, Give and Encourage the help that is needed.**

### **Course Description:**

**Mental Health First Aid for First Responders teaches how to identify, understand, and respond to signs of mental illness and substance use disorders. This 8-hour training gives the skills needed to reach out and provide initial support to someone who is struggling and to connect them to the appropriate level of care. The training focuses on the unique experiences of first responders and is a resources that can make a difference in the lives of the responder, co-works and family.**

### **Program Highlights:**

- **Discussion of first responders culture, stigma and their relevance to the topic of mental health.**
- **Outreach tactics to respond to individuals experiencing a mental health crisis.**
- **Discussion of the specific risk factors faced by many first responders and their families.**
- **Review of common mental health resources for first responders, their families and those who support them.**
- **Be able to recognize common signs and symptoms of mental health challenges.**
- **Recognize common signs and symptoms of substance use.**
- **Understand how to interact with a person in crisis.**
- **Know when to connect a person to help.**
- **Use self-care tools and techniques to keep yourself healthy.**

**[CLICK HERE TO REGISTER ONLINE TODAY](#)**

## **CLASS BEGINS 9/16/2024**

### **Law Enforcement Perspectives for CISM Enhancement**

#### **Two Day Class: 9/16-17/2024**

- **David Edwards, Approved ICISF Instructor, MCRA Board Member**

#### **Course Description:**

**Learn to identify, understand, and work with the “Blue Wall of Silence” in the law enforcement community. Designed to provide insight and understanding of the different types of stress in law enforcement culture from a systems perspectives emphasis, this course will provide practical “back pocket skills” in providing crisis intervention services to law enforcement organizations and individual personnel in crisis. The LE Perspectives course is intended for law enforcement officers, their families, mental health professionals, chaplains, and organizations that interact within the law enforcement community. It is an excellent course for CISM teams and team members who would want to enhance their understanding of the differences in the law enforcement culture as compared to other first responder cultures. Qualifies for 14 Contact Hours.**

#### **Course Highlights:**

- **Community perceptions of the Law Enforcement Profession**
- **Differentiated Model of oppression in capitalistic systems**
- **System dysfunctions in the LE culture**
- **Special considerations when providing CMB group interventions**
- **Stress areas of a LE officer in crisis**
- **Specific stress areas to LE officer culture**
- **Healthy coping mechanisms and resiliency protective factors**
- **Interventions to a suicide of a LE officer or a LODD**
- **Addictions and CISM response**
- **Psychological/emotional perceptions following an officer involved shooting**

**[CLICK HERE TO REGISTER ONLINE TODAY](#)**

## **CLASS BEGINS 9/16/2024**

### **Suicide Prevention, Intervention and Postvention**

#### **Two Day Class: 9/16-17/2024**

- **Dennis Potter, ICISF Approved Instructor, Emeritus MCRA Board Member**

#### **Course Description:**

**Why do people kill themselves? How do I ask someone if they are feeling suicidal? What do I do if they say they ARE suicidal? How do I deal with the strong emotions suicide generates? This course will provide answers for these and other questions many crisis interventionists have about suicide. It will provide participants with basic information about suicide as well as help participants develop practical skills for prevention, intervention and postvention. Small group role plays will allow participants to apply the suggested techniques as they are learned.**

**This course is open to anyone who wishes to learn more about intervening across the suicide spectrum. Professionals from the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress may all benefit. Qualifies for 14 Contact Hours.**

#### **Course Highlights:**

- **Common myths about suicide**
- **Risk factors for suicidal behavior**
- **Frequent motivations for suicide**
- **Problem solving methods**
- **Effective intervention strategies**
- **Elements of effective postvention**
- **Elements of survivor grief**
- **Community referral sources**
- **“Mini-lecture” on suicide**
- **Feelings and reactions of suicide survivors**

## **CLASS BEGINS 9/16/2024**

### **Crisis Informed Peer Para-Counseling: Intervention Enhancement to the CISM Continuum**

#### **Two Day Class: 9/16-17/2024**

- **Jay Martin, ICISF Approved Instructor, MCRA Board Member**

#### **Course Description:**

**Today we see an unprecedented mix of unique stressors & disasters with limited psychological resources. The Critical Incident Stress Management continuum offers high risk populations seeking a strategic crisis response; one that holistically builds the resilience of those in need. Crisis Informed Peer Para-Counseling (CIPP) expands the support tools of peer counselors to collectively cope with trauma and disasters. CIPP will become the 1:1 follow up service to them CISD. The unprecedented mix of unique stressors & disasters with limited psychological resources means at risk populations are seeking a strategic crisis response; one that holistically builds the resilience of those in need and expands the support tools of peer counselors to collectively cope with trauma.**

**Prerequisites: Assisting Individuals in Crisis (2 day course) and Group Crisis Intervention (2 day course) OR Assisting Individuals in Crisis & Group Crisis Intervention (3 day course). Qualifies for 14 Contact Hours.**

#### **Course Highlights:**

- **Define the CIPP model**
- **Define terms in the field of peer support & crisis intervention**
- **Enhance skills in SAMSHA peer para counseling eight dimensions guidelines. Review Empathy versus Sympathy as a core principal of connection-Theresa Wiseman/Four Principles of Empathy-Perspective Taking/ Stay out of judgement, recognize emotions, communication.**
- **Define Mental health, addiction & trauma related disorders**
- **Define Peers as prevention educators**
- **Define Psychological First Aid**
- **Identify National, state & community behavioral healthcare & human service resources**
- **Define CIPP episode of care**



## **CLASS BEGINS 9/16/2024**

### **First Responder Peer Support Training**

#### **Two Day Class: 9/16-17/2024**

- **Gregg Ginebaugh, MCRA Board Member**

**This class is for those first responders who are, or want to be, on a peer team. You will walk away with the skills to provide effective support to your colleagues.**

#### **Course Description:**

**This course teaches participants in how to provide Peer Support through use of discussion and practical exercises. Participants will understand what it means to ask for and receive help; what Peer Support is and is not, and the fundamentals of responding to colleagues needing support/ in-crisis. Qualifies for 16 Contact Hours.**

#### **Topics addressed will include:**

- **Participants will demonstrate basic Peer Support intervention competencies.**
- **Participants will be able to engage in initial Peer Support discussion and understand/feel the importance of telling their story in a safe environment**
- **Participants will understand the ideas and theories behind helping and supporting those in distress**
- **Participants will be able to provide Peer Support to other members in the class through experiential exercises**
- **Participants understand how first responder culture influences members and may provide both support and challenges for member's mental well-being and help-seeking abilities**
- **Participants will be versed in how to address high risk behavior**
- **Participants will know how and when to refer to a mental health professional.**
- **Participants will be able to work with and understand basic listening and communication skills.**
- **Participants will understand psychological issues common to human beings in general and first responders in particular.**

## **KEYNOTE ADDRESS**

**Frontline Strong Together  
Sunday, September 15, 2024**



**Frontline Strong Together (FST5) was created in support of Police Officers, Fire Fighters, EMS, Correctional Officers, 911 Dispatchers, and their immediate families. FST5 is the result of collaboration between mental health professionals and first responders. This project aims to help first responders and their families overcome invisible injuries and stress caused by the difficulties of their professions, and to improve the quality of their life and prosperity.**

**The state of Michigan provided a grant and selected Wayne State University – Psychiatry and Behavioral Neurosciences, to partner with first responder professional unions and other interest groups to address the mental health of our first responders across all 83 Michigan counties.**

## **Additional evening activities during the conference include:**



- ◆ **Welcome From the President**
- ◆ **The Year in Review**
- ◆ **Responder of the Year Award**
- ◆ **Practice Debriefing Demonstration**
- ◆ **Bonfires**
- ◆ **Euchre tournament**
- ◆ **Karaoke**
- ◆ **Networking**
- ◆ **Socializing**

## CONFERENCE LOCATION

**Ralph M. MacMullan (RAM) Center**  
**104 Conservation Drive**  
**Roscommon, MI 48653**

<https://www.michigan.gov/dnr/places/ram-center>



The RAM Center provides a recreational retreat with rustic lodging, modern meeting spaces, and recreational activities on the shore of beautiful Higgins Lake.

Sleeping accommodations consist of six separate lodges with double occupancy rooms. The bedrooms contain two beds with access to either shared (with an adjoining room) or communal bathrooms. Each building has a lounge with cable TV, refrigerator, coffee machine and microwave. WIFI is available throughout. The RAM center supplies towels, linens, and housekeeping services (fresh towels and linens, bathroom, and room clean-ups). Meals are provided and served family-style.

The area has other lodging options including a nearby campsite and hotels/motels for those who chose to stay off-site and register only for instruction and/or meals.

## GENERAL CONFERENCE INFORMATION

**Class start and end times:** Class beginning and ending times may vary. Please check the conference schedule that is provided when checking in.

**Certificates:** All conference attendees will receive a certificate based upon verified hours of attendance. Those completing an ICISF course will also receive a certificate from ICISF.

**Attire:** The conference setting is very informal. Seasonal and casual attire is recommended.

**Fees and payment information:** Fees are listed in U.S. funds and cover registration, handouts, coffee breaks, and the certificate of attendance. We accept cash, checks (US dollars from a US bank) and credit card payments at the conference. There is a \$50 fee for returned checks.

**Cancellation policy:** Cancellations must be received in writing at least 14 days prior to the conference for a full refund minus a \$25 administrative fee. In the event MCRA must cancel a course due to low registration or other circumstances beyond our control, we will notify you as soon as we can. You may select another course or receive a full refund. Attendee substitutions are allowed.

**Scholarships:** Financial assistance based upon demonstrated need may be available. Please call (616) 706-6096 for information.

**Trouble Shooting:** If you are dissatisfied with any aspect of the MCRA conference, please allow us to address your concern by contacting Bryan at (616) 706-6069.

**Special needs:** If you have special needs, please clearly specify these on the registration form (i.e., dietary restrictions, mobility assistance, etc.). The RAM center is ADA compliant and registered service animals are welcome.

**Questions:** Please email any questions to:

[mcrconference2024@gmail.com](mailto:mcrconference2024@gmail.com)

## Continuing Education Credit Information

**MCRA has either received, or in the process of applying for, the following continuing education credits:**

### **Social Workers, Counselors, and Psychologists:**

**MCRA is partnering with Wayne State University School of Social Work to provide Continuing Education Clock Hours, CECH, as approved by the Michigan Continuing Education Collaborative (MICE C-0058) for all conference classes. One hour classroom instruction is equivalent to one CECH. Participants must complete an on-line course evaluation and will receive CECH documentation by mail following the conference. Psychologist and Licensed Counselors can receive Certificates of Attendance with Continuing Education Unit, CEU, documentation.**



### **Law Enforcement:**

**The conference will document participation for MCOLES CEUs. Participants must sign in and out of class daily and provide their MCOLES ID number.**

### **Dispatch:**

**Assisting Individuals in Crisis and Group Crisis Intervention (GRIN) course is approved for use of 911 funds.**

### **EMS:**

**GRIN is an approved Blue Book course. EMS CEU's for remaining courses are being applied for. Follow EMS CEU submittal process for credit.**



## CONFERENCE AGENDA

<b>Saturday, September 14, 2024</b>	
Time	Course
4:00 pm – 7:00 pm	Registration

<b>Sunday, September 15, 2024</b>	
Time	Course
7:00 am – 5:00 pm	Registration
8:00 am – 12:00 am	~ Assisting Individual In Crisis & Group Crisis Intervention ~ Resilient Leadership for Emergency Services & Healthcare Professions ~ CISM Roundtable ~ Mental Health First Aid for First Responders
12:00 pm – 1:00 pm	Lunch
1:00 pm – 5:00 pm*	~ Assisting Individual In Crisis & Group Crisis Intervention ~ Resilient Leadership for Emergency Services & Healthcare Professions ~ CISM Refresher* ~ Mental Health First Aid for First Responders
5:30 pm – 6:30 pm	Dinner
6:30 pm	Sunday Evening Program

<b>Monday &amp; Tuesday, September 16-17, 2024</b>	
Time	Course
7:00 am – 5:00 pm	Registration
8:00 am – 10:00 am	~ Assisting Individual In Crisis & Group Crisis Intervention Continues ~ Crisis Informed Peer Para-Counseling: Intervention Enhancement to the CISM Continuum ~ Law Enforcement Perspectives for CISM Enhancement ~ Suicide Prevention, Intervention and Postvention ~ First Responder Peer Support Training
12:00 pm – 1:00 pm	Lunch
1:00 pm – 5:00 pm*	~ Assisting Individual In Crisis & Group Crisis Intervention Continues ~ Crisis Informed Peer Para-Counseling: Intervention Enhancement to the CISM Continuum Continues ~ Law Enforcement Perspectives for CISM Enhancement Continues ~ Suicide Prevention, Intervention and Postvention Continues ~ First Responder Peer Support Training Continues
5:30 pm – 6:30 pm	Dinner (Monday Only)

\*SCHEDULED START AND STOP TIMES ARE SUBJECT TO CHANGE

[CLICK HERE TO REGISTER ONLINE](#)

**35<sup>th</sup> Annual MCRA Training Conference  
September 15 – 17, 2024**

**PERSONAL INFORMATION** (Please print or type)

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Profession: \_\_\_\_\_ Gender:  Male  Female  
 Organization: \_\_\_\_\_  
 Address, City, State, ZIP: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Daytime Phone Number: \_\_\_\_\_ Alternate Phone #: \_\_\_\_\_  
 Name of Emergency Contact: \_\_\_\_\_ Emergency Contact Phone #: \_\_\_\_\_  
 Have you attended this conference before?  Yes  No If yes, how many times? \_\_\_\_\_

**COURSE SELECTION** (Cannot be combined with Sessions B-I)

**Session A** – Assisting Individuals in Crisis and Group Crisis Intervention (3-Day Course)

**2-DAY COURSES** (Cannot be combined with Session A)

- Session B** – Crisis Informed Peer Para-Counseling: Intervention Enhancement to the CISM Continuum (2-Day Course)
- Session C** – Law Enforcement Perspectives for CISM Enhancement (2-Day Course)
- Session D** – Suicide Prevention, Intervention and Postvention (2-Day Course)
- Session E** – First Responder Peer Support Training (2-Day Course)

**AND/OR a 1-Day Course** (Cannot be combined with Session A)

- Session F** – Resilient Leadership for Emergency Services & Healthcare Professions (1-Day Course)
- Session G** – Coordinator’s Roundtable and/or CISM Refresher Course (1-Day Course)
- Session H** – Mental Health First Aid for First Responders (1-Day Course)

**CONFERENCE FEES:**

*Rates with Lodging include 2 or 3 nights of lodging, meals, & training material. Rates without Lodging include meals and training material.*

	<b>Cost</b>
<input type="checkbox"/> Session A (3-days) with lodging arriving Saturday evening	<input type="checkbox"/> \$435.00
<input type="checkbox"/> Session A (3-days) with lodging arriving Sunday morning	<input type="checkbox"/> \$385.00
<input type="checkbox"/> Session A (3-days) without lodging	<input type="checkbox"/> \$335.00
<input type="checkbox"/> Session B, C, D, or E (2-dayS) + Session F, G, H or I (1-day) with lodging arriving Saturday evening	<input type="checkbox"/> \$435.00
<input type="checkbox"/> Session B, C, D, or E (2-days) + Session F, G, H or I (1-day) with lodging arriving Sunday morning	<input type="checkbox"/> \$385.00
<input type="checkbox"/> Session B, C, D, or E (2-days) + Session F, G, H or I (1-day) without lodging	<input type="checkbox"/> \$335.00
<input type="checkbox"/> Session B, C, D, or E (2-days) with lodging arriving Sunday evening	<input type="checkbox"/> \$285.00
<input type="checkbox"/> Session B, C, D, or E (2-days) with lodging arriving Monday morning	<input type="checkbox"/> \$260.00
<input type="checkbox"/> Session B, C, D, or E (2-days) without lodging	<input type="checkbox"/> \$235.00
<input type="checkbox"/> Session F, G, or H (1-day) with lodging arriving Saturday evening	<input type="checkbox"/> \$185.00
<input type="checkbox"/> Session F, G, or H (1-day) without lodging	<input type="checkbox"/> \$160.00

**34<sup>th</sup>Annual MCRA Training Conference**

**September 15 – 17, 2024**

Please select meals you will be attending (Included in conference fee):

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> <b>All Meals Provided</b> | <input type="checkbox"/> Sunday Breakfast  | <input type="checkbox"/> Sunday Lunch  |
| <input type="checkbox"/> Sunday Dinner             | <input type="checkbox"/> Monday Breakfast  | <input type="checkbox"/> Monday Lunch  |
| <input type="checkbox"/> Monday Dinner             | <input type="checkbox"/> Tuesday Breakfast | <input type="checkbox"/> Tuesday Lunch |

Requesting Social Work CEUs (Pending Approval - Additional cost may apply\*\*):  Yes  No

\*\*Please note that there may be an additional charge for SW CEU credits that is separate from the conference fee you selected above that will be payable onsite the day of check in. Notification will be given via email once the additional cost has been determined.

Roommate Request (if applicable): \_\_\_\_\_

Do you have any special dietary needs?  Yes  No

If Yes, Please Specify: \_\_\_\_\_

Please specify if you have a disability that may require special accommodations:

\_\_\_\_\_

**Payment Method - Select One**  Mail (*Make checks payable to MCRA*)  Purchase Order  
 Day of the Conference

**Mail Registration/Payments** MI Crisis Response Association (MCRA)  
**to:** 6767 Montgomery Road **or** **Email to:**  
Marlette, MI 48453 MCRAConference2024@gmail.com

To submit form by email, save as a document file and e-mail as an attachment. **Confirmation will be issued for those registrations received prior to September 1, 2024.** To register by phone or for conference inquiries, please call 616-706-6069 or email [MCRAConference2024@gmail.com](mailto:MCRAConference2024@gmail.com) .