



**Michigan Crisis Response Association**  
**33rd Annual Training Conference**  
**“BUILDING STRONG TOGETHER”**

**September 11-13, 2022**

**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 9/11/2022**

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

**3 Day class: 9/11-13/2022**

- **Susan Elben, LMSW, ICISF Approved Instructor, Lead Instructor**
- **Bryan Boone, Retired, Grand Rapids Police Officer**

**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.

#### **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)**

**\* Click here for continuing education credit information for your profession**

# **CLASSES BEGINNING 9/11/2022**

## **Pastoral Crisis Intervention**

### **Three Day Class: 9/11-13/2022**

- **Jay Martin, D. Min., CCISM, Instructor**

**Many people in crisis experience challenges that require knowledge of how the emotional and spiritual intersect.**

#### **Course Description:**

**Pastoral Crisis Intervention (PCI) may be thought of as the integration of psychological crisis intervention with pastoral perspectives and resources. This newly revised course (previously known as Pastoral Crisis Intervention I & II) is designed to train participants in the use of psychological trauma and intervention techniques. This program does not provide instruction on spirituality or theology. Additionally, more specific advanced concepts and current field applications where pastoral crisis intervention will be covered.**

**Chaplains, pastoral counselors, mental health professionals, ministers, and anyone interested in the use of faith-based resources in healing or enhancing their skills in responding to individuals in crisis should find this course of interest.**

#### **Program Highlights:**

- **Define crisis intervention, CISM and PCI**
- **Providing ethical and non-biased care**
- **Classify risks and potential adverse reactions**
- **Recount advance topics in assessment**
- **Describe principles of basic spiritual first aid**
- **Discuss PCI with those expressing theodolite concerns**
- **Describe the incident management system (IMS)**
- **Illustrate PCI with those expressing suicidal ideation**
- **Describe PCI with those in acute bereavement**
- **Describe principles of death notification**
- **Principles and practices associated with self-care**

**\*This course may be available for continuing education credit contact conference coordinator for information**

## Classes Held ONLY on 9/11/2022

2 the Rescue presents:

**Zero to Sixty-Career Survival and Emotional Wellness  
(Morning topic, 8-12 PM)**

**Peer Support Team Training (Afternoon topic, 1- 4 PM)**

**The essential primer for understanding first responder stress and beginning and growing a Peer Support Team**

- Terry Bykerk, Owner, 2 The Rescue, LLC
- Mike Wierenga, Owner, 2 The Rescue, LLC

### **Morning Course Description:**

**Zero to Sixty-Career Survival and Emotional Wellness** is a seminar will educate through “boots on the ground” front line experiences and will provide responders and/or their loved ones or professionals with a clear picture on why these helping professions often lead to destructive and unhealthy lifestyle habits. *2 the Rescue* will demonstrate how the inability to manage the cumulative stress from daily exposures to adrenaline and trauma negatively affects safety, decision-making and one’s ability to remain ethically solid. First responders, their “work family” and their loved ones will be armed with tools to manage the everyday unique stressors and will be able to recognize the warning signs for chronic and post-traumatic stress and suicidal behavior. Participants will learn realistic, simple and successful methods to help rescue the rescuers! This program is for all first responders, Fire, EMS, dispatchers, law enforcement, nurses, social workers and any other mental health professionals that provide a service to others.

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

- Stepping off the adrenaline roller coaster
- What is the survival triangle (Organization – Personnel – Family)
- The “Terrible 10”
- Suicidal tendencies awareness
- Post-traumatic stress symptoms
- Managing critical incident stress
- Identifying cumulative acute stress
- Core values vs. situational values
- Lifestyle habits warning signs
- Support keys & phrases
- 4 C’s for survival

## **Afternoon Course Description:**

**Your Peer Support Team is up and running. That's great! Now the real work starts. Training and communication within your team, and among leaders and support partners is critical to achieving growth and to success. Teams need buy in from different groups, which should include family members, city and township management, command staff, Union leadership, EAP and, perhaps most importantly, your peers.**

**Whether you are just launching a team, or you've been operating for a while, this course will help and encourage you. This training is designed as an open discussion format. *2 the Rescue* will lead the dialogue on a range of developmental topics, encouraging course participants to raise specific questions on what is and isn't working in sustaining their peer support team.**

## **Topics addressed will include:**

- **History of First Responder Peer Support**
- **Ongoing needs and support**
- **Continuing educational training**
- **Education for the leadership**
- **How to educate the new recruits**
- **Problem Recognition**
- **Policy, Procedures & SOP's**
- **State Laws – privacy of peer-to-peer conversations**
- **What is a CISM Debriefing vs. Defusing?**
- **When is it time for the One-on-One's?**
- **Mindset of an organization and its personnel**
- **Building awareness and trust: How to make your team visible**
- **WHO is on this team and how to keep them healthy**
- **The importance of Networking and Mutual Aid**
- **Where does CISM fall when dealing with First Responders family members**
- **Death Notifications**
- **Dealing with the Line of Duty Death or Suicide of a colleague**
- **References, Resources and Support**

**\*Click here for continuing education credit information for your profession**

## **Classes Held ONLY on 9/11/2022**

### **Understanding the First Responder's Cultures: For Mental Health Staff**

**One Day Class: 9/11/2022**

- **Dennis Potter, LMSW, FAAETS, Instructor**

**If you want to provide mental health help to first responders you have to understand who they are, how they think, and what they face on the job.**

#### **Course Description:**

All Mental Health professionals know that we need to understand the cultural setting of their clients to provide the most effective interventions. This may be especially true for working with First Responders. For the purposes of this training, First Responders are identified as those individuals who work as: Dispatchers, Law Enforcement Officers, Correctional Officers, Firefighters, and Emergency Medical personnel. While many issues/stressors are common all of these professions, some are more unique to specific groups. This course identifies the cultures of each profession and their unique stressors. First Responders may have a variety of life issues including marital problems, family issues, depression, substance abuse struggles, PTSD, etc. Mental health professionals need to understand the unique stress of first responder professions and how these may impact their non-professional lives in order to offer the most effective help in an ethical and non-biased manner.

This class will provide information about first responders' cultures and opportunities for discussion regarding adapting our clinical approach to meet the needs of first responders.

#### **Program Highlights:**

- **First Responder cultures**
- **Unique stressors in the First Responder world**
- **The "functional dysfunctionalities" that work for first responders on the job**
- **The "resistance, resilience, and recovery" continuum**
- **The "functional dysfunctionalities" that work for First Responder's on the job**
- **The "resistance, resilience, recovery" continuum**
- **Intervention skills and resources that are relevant to First Responder's**

**\*Click here for continuing education credit information for your profession.**

## **CLASSES BEGINNING 9/12/2022**

### **Advanced Group Crisis Intervention**

#### **Two Day Class: 9/12-13/2022**

- **Mindy Albright, CCISM, C.E.C.R., CCRC, D.A.A.E.T.S., Lead Instructor**
- **Mike Mattern, Peer Instructor**

**If you've completed introductory CISM training (Group Crisis Intervention or Assisting Individuals in Crisis & Group Intervention, also known as GRIN) this class will help you to refine your skills and knowledge**

#### **Course Description:**

Designed to provide participants with the latest information on critical incident stress management techniques and post-trauma syndromes, the Advanced Group Crisis Intervention builds on the knowledge base which was obtained through the Group Crisis Intervention course and/or in publications. At the conclusion of this course, participants will have been exposed to specific, proven strategies to intervene with those suffering the ill effects of their exposure to trauma. Emphasis will be on advanced defusings and debriefings in complex situations. This course is designed for EAP, human resources and public safety personnel, mental health professionals, chaplains, emergency medical services providers, firefighters, physicians, police officers, nurses, dispatchers, airline personnel and disaster workers who are already trained in the critical incident stress debriefing format. It will also be useful for those working extensively with traumatized victims for various walks of life. This course requires previous training and experience.

***\*Prerequisite: Group Crisis Intervention***

#### **Course Highlights:**

- **Relevant research findings**
- **Managing complex group-oriented crisis interventions**
- **Nature and importance of incident assessment**
- **Strategic intervention planning**
- **Comprehensive, integrated, systematic and multi-component CISM**
- **Concepts of enhanced group processes**
- **Significantly delayed interventions**
- **“Multiple incident CISD”**
- **Suicide of a colleague**
- **Small group crisis support sessions after a disaster**

**\*Click here for continuing education credit information for your profession.**

## **CLASSES BEGINNING 9/12/2022**

### **Building Skills for Crisis Intervention Teams**

#### **Two Day Class: 9/12-13/2022**

- **Dennis Potter, LMSW, FAAETS, ICISF Approved Instructor**

**Have you completed some CISM training but haven't had much of a chance to practice your skills? Do you need more practice to feel confident? If so, this is the course for you.**

#### **Course Description:**

**After learning the CISM techniques it is important to get the experience in using and maintaining the skills necessary to do quality interventions. This course has been designed to provide participants with direct application and practice of skills of crisis intervention techniques. The course emphasizes a broadening of the knowledge base concerning critical incident stress management interventions as well as the practice of each application. Participants will learn some training techniques and activities that they might use to assist their teams in additional skill building. This course has been developed for Employee Assistance Programs, human resources staff, public safety personnel, mental health professionals, chaplains, paramedics, firefighters, physicians, police officers, nurses, dispatchers, airline personnel and disaster workers to increase mastery and confidence in the skills learned during the CISM core courses.**

#### **Course Highlights:**

- **Skills in organizing appropriate CISM responses**
- **Conducting Crisis Management Briefings**
- **Participate as a Team member and a “participant” of an event**
- **Appropriate CISM activities for a variety of incidents**
- **Range of CISM techniques within the CISM process**
- **Understanding of CISM principles for each activity**
- **“Teaching” phases in each type of CISM experience**
- **Defusing steps and purposes**
- **Alternative techniques to accomplish the goals of CISM**
- **Ethics and non-biased intervention principles**
- **One on one skills using CISM process**

**\* Click here for continuing education credit information for your profession**

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

## **MCRA IS PROUD TO ANNOUNCE**

**Our Key-note Speaker:**

**Mike Wierenga**

**Sunday, September 11, 2022**



**A 20-plus year veteran in firefighting and law enforcement, Mike is an active-duty training officer for a police department in western Michigan. He has more than 5,500 hours of hands-on and classroom instruction. This former Police Officer of the Year and MCRA responder of the year, combines over 450 hours of critical incident stress management training with front-line applications in multiple line of-duty deaths, officer-involved shootings, suicides and other violent tragedies. His passion for the safety and emotional wellness of emergency responders and their loved ones is easily seen by all in his presentations.**

**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.

**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) 286-9598 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.

**Frontline Strong Together Grant:** If funding is available, Wayne State University, under the Frontline Strong Together Grant through Michigan Department of Health and Human Services, may cover First Responder's costs for the GRIN and Advanced Group Interventions courses, (excluding room costs and meals). A list of qualified applicants will be sent by MCRA to Wayne State University/Frontline Strong Together for approval.

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

[info@mcrainc.com](mailto:info@mcrainc.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:**

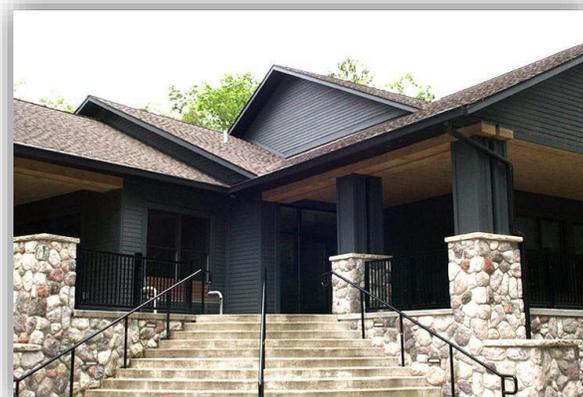
**The conference will document participation for MCOLES CEUs. Participants must sign in and out of class daily and provide their MCOLES ID number.**

### **Dispatch:**

**GRIN, Advanced Group, and Skills Building courses are 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>Sunday, September 11, 2022</b>	
Time	Course
8:00 am – 10:00 am	<b>Assisting Individual In Crisis &amp; Group Crisis Intervention</b> <b>Pastoral Care Intervention</b> <b>2 the Rescue Zero to Sixty-Career Survival and Emotional Wellness</b> <b>Understanding the First Responder’s Cultures: For Mental Health Staff</b>
10:00 am – 10:15 am	Break
10:15 am – 12:00 pm	<b>Assisting Individual In Crisis &amp; Group Crisis Intervention Continues</b> <b>Pastoral Care Intervention Continues</b> <b>2 the Rescue Zero to Sixty-Career Survival and Emotional Wellness</b> <b>Continues</b> <b>Understanding the First Responder’s Cultures: For Mental Health Staff</b> <b>Continues</b>
12:00 pm – 1:00 pm	Lunch
1:00 pm – 4:30 pm	<b>Assisting Individual In Crisis &amp; Group Crisis Intervention Continues</b> <b>Pastoral Care Intervention Continues</b> <b>2 the Rescue Peer Support Team Training</b> <b>Understanding the First Responder’s Cultures: For Mental Health Staff</b> <b>Continues</b>
5:30 pm – 6:30 pm	Dinner
6:30 pm	Sunday Evening Program

<b>Monday &amp; Tuesday, September 12-13, 2022</b>	
Time	Course
8:00 am – 10:00 am	<b>Assisting Individual In Crisis &amp; Group Crisis Intervention Continues</b> <b>Pastoral Care Intervention Continues</b> <b>Advanced Group Crisis Intervention Begins</b> <b>Building Skills for Crisis Intervention Teams Begins</b>
10:00 am – 10:15 am	Break
10:15 am – 12:00 pm	<b>Assisting Individual In Crisis &amp; Group Crisis Intervention Continues</b> <b>Pastoral Care Intervention Continues</b> <b>Advanced Group Crisis Intervention Continues</b> <b>Building Skills for Crisis Intervention Teams Continues</b>
12:00 pm – 1:00 pm	Lunch
1:00 pm – 4:30 pm	<b>Assisting Individual In Crisis &amp; Group Crisis Intervention Continues</b> <b>Pastoral Care Intervention Continues</b> <b>Advanced Group Crisis Intervention Continues</b> <b>Building Skills for Crisis Intervention Teams Continue</b>
5:30 pm – 6:30 pm	Dinner (Monday Only)

\*\*\*SCHEDULED START AND STOP TIMES ARE SUBJECT TO CHANGE

[CLICK HERE TO REGISTER ONLINE](#)

**33<sup>rd</sup> Annual MCRA Training Conference  
September 11 – 13, 2022**

**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-G)

- Session A** – Assisting Individuals in Crisis and Group Crisis Intervention (3-Day Course)  
 **Session B** – Pastoral Crisis Intervention I & II (3-Day Course)

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

- Session C** – Advanced Group Crisis Intervention (2-Day Course)  
 **Session D** – Building Skills for Crisis Intervention Teams (2-Day Course)

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

- Session E** – 2 the Rescue (1-Day Course)  
 **Session F** – Understanding the First Responder’s Cultures: For Mental Health Staff (1-Day Course)

**CONFERENCE FEES** (Please select one of the following)

<i>Rates with Lodging include 2 or 3 nights of lodging, meals, &amp; training material. Rates without Lodging include meals and training material.</i>	<b>Before 7/31/2022</b>	<b>Beginning 8/1/2022</b>
<input type="checkbox"/> Session A or B (3-days) with lodging arriving Saturday evening	<input type="checkbox"/> \$425.00	<input type="checkbox"/> \$450.00
<input type="checkbox"/> Session A or B (3-days) with lodging arriving Sunday morning	<input type="checkbox"/> \$375.00	<input type="checkbox"/> \$400.00
<input type="checkbox"/> Session A or B (3-days) without lodging	<input type="checkbox"/> \$325.00	<input type="checkbox"/> \$350.00
<input type="checkbox"/> Session C or D (2-days) + Session E or F (1-day) with lodging arriving Saturday evening	<input type="checkbox"/> \$425.00	<input type="checkbox"/> \$450.00
<input type="checkbox"/> Session C or D (2-days) + Session E or F (1-day) with lodging arriving Sunday morning	<input type="checkbox"/> \$375.00	<input type="checkbox"/> \$400.00
<input type="checkbox"/> Session C or D (2-days) + Session E or F (1-day) without lodging	<input type="checkbox"/> \$325.00	<input type="checkbox"/> \$350.00
<input type="checkbox"/> Session C or D (2-days) with lodging arriving Sunday evening	<input type="checkbox"/> \$390.00	<input type="checkbox"/> \$400.00
<input type="checkbox"/> Session C or D (2-days) with lodging arriving Monday morning	<input type="checkbox"/> \$340.00	<input type="checkbox"/> \$390.00
<input type="checkbox"/> Session C or D (2-days) without lodging	<input type="checkbox"/> \$315.00	<input type="checkbox"/> \$365.00
<input type="checkbox"/> Session E or F (1-day) with lodging arriving Saturday evening	<input type="checkbox"/> \$150.00	<input type="checkbox"/> \$175.00
<input type="checkbox"/> Session E or F (1-day) without lodging	<input type="checkbox"/> \$100.00	<input type="checkbox"/> \$150.00

**33<sup>rd</sup> Annual MCRA Training Conference  
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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:

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**Payment Method - Select One**

- |  |  |
|--|--|
| <input type="checkbox"/> Mail ( <i>Make checks payable to MCRA</i> ) | <input type="checkbox"/> Day of the Conference |
| <input type="checkbox"/> Agency Purchase Order                       | <input type="checkbox"/> Online/Credit Card    |

**Mail Registration/Payments to:** MI Crisis Response Association (MCRA)  
6767 Montgomery Road  
Marlette, MI 48453

or

**Email to:**  
[info@mcrainc.com](mailto:info@mcrainc.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, 2022.** To register by phone or for conference inquiries, please call 616-706-6069 or email [info@mcrainc.com](mailto:info@mcrainc.com).