



**Michigan Crisis Response Association**  
**34th Annual Training Conference**  
**“Managing Crisis in Today’s Times”**

**September 10-12, 2023**

**Ralph A. MacMullan Conference Center**

**Roscommon, MI**

**On the Shore of Higgins Lake**

**Click for links to:**

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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 9/10/2023**

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

**3 Day Course: 9/10-12/2023**

- **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 9/10/2023**

### **Suicide Awareness: An Introduction for Crisis Responders One Day Class: 9/10/2023**

**Recognize and effectively intervene with suicidal individuals.**

- **Sandra Scerra, Approved ICISF Instructor**
- **7 Contact Hours**

#### **Course Description:**

**The ability to recognize and effectively intervene with suicidal individuals is one of the most challenging aspects of crisis intervention. This course is recommended for those without formal mental health training. The course is designed to increase awareness of suicide and equip participants with information and basic skills to respond to a person considering suicide. Discussions, demonstrations, and scenarios will be used to facilitate learning. This is an introductory level course. Qualifies for 7 Contact Hours.**

#### **Program Highlights:**

- **Overview of suicide**
- **Crisis intervention and suicide prevention**
- **Preventative and Protective Factors**
- **Risk and Recognition**
- **Strategies for Responding to those considering suicide**
- **Referral Skills and Resources**

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

## **Class Held ONLY on 9/10/2023**

# **The Secrets of Psychological Body Armor™ – Holistic Wellness for Emergency Services and Healthcare Professions**

**Helping emergency services and health care professions build a personal  
culture of resilience and holistic health**

- **David Edwards, Approved ICISF Instructor**

### **Course Description:**

**This course is designed to aid you in building a personal culture of resilience and holistic health. Our unique approach is intended to help you learn to better manage the stress in your life in order to increase your potential for happiness, success, and even create a competitive advantage through the creation of what we call Psychological Body Armor™. There is no “quick fix” in this program. It is not designed to be a “pop psych” feel-good course. Rather, this course contains facts and specific suggestions for actions you can take to enhance your personal resilience, all based upon the latest and most credible science. Qualifies for 7 Contact Hours.**

### **Program Highlights:**

- **Describe the nature of Psychological Body Armor™ (PBA)**
- **Recognize resilient attitudes**
- **Use physical exercise to strengthen PBA**
- **Use nutrition to fuel PBA**
- **Use rest to recharge and restore PBA**
- **Use interpersonal support**
- **Understand how spirituality relates to PBA**
- **Develop a PBA plan**

## Class Held ONLY on 9/10/2023

### CISM Refresher

#### One Day Class: 9/10/2023

- Jay Martin, ICISF Approved Instructor, MCRA Board Member

Refresher course that focuses on the four most commonly used CISM components

#### Course Description:

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. Qualifies for 7 Contact Hours.



## **Class Held ONLY on 9/10/2023**

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

**EMS, Fire and Dispatch**

**One Day Class: 9/10/2023**

- **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 for continuing education credit information for your profession.**

# **CLASS BEGINS 9/11/2023**

## **Grief Following Trauma**

### **Two Day Class: 9/11-12/2023**

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

**Cover key grief and loss concepts relating to trauma and traumatic death.**

#### **Course Description:**

**During the course of one's career, it is inevitable that professionals will encounter traumatic death and loss issues both personally and professionally. Professionals often feel ill prepared to provide effective care throughout the grief process. This course will cover key grief and loss concepts relating to trauma and traumatic death. Participants will increase their knowledge of how trauma impacts the grief process and will gain skills for evaluating and supporting persons who have experienced traumatic death and loss. This course is designed for anyone who works with people who experience grief and loss following a traumatic event. Qualifies for 14 Contact Hours.**

#### **Course Highlights:**

- **Characteristics of trauma**
- **Clinical implications of grief**
- **Primary needs of victims**
- **What helps and what hurts**
- **Types of traumatic events**
- **Traumatic grief and grief reactions**
- **Death notification**
- **Applications of the SAFER model**
- **Supporting grieving people**
- **Personal self-care plan**

## **CLASS BEGINS 9/11/2023**

### **Managing School Crises:**

### **From Theory to Application**

### **Two Day Class: 9/11-12/2023**

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

**A course designed to prepare you for the unpredictable crises that may occur within schools**

#### **Course Description:**

**Designed to prepare school administrators and all educators for the inevitable crises that occur within schools and/or that effect those in schools, this training reflects the three most common phases of a crisis: pre-crisis planning, acute crisis response and post-crisis activities. Special attention is given to the most common pitfalls (those that pose the most threat to school personnel from a liability standpoint) associated with crisis response activities. Participants of this training are introduced to the CISM framework and specific intervention techniques that can easily be applied within the school setting. These intervention techniques are research-informed and widely recognized for their effectiveness. Participants will be given opportunities to explore the elements of effective crisis management through multiple group activities. Qualifies for 14 Contact Hours.**

#### **Course Highlights:**

- **Prevalence and nature of school crisis**
- **Traumatic stress on learning and school milieu**
- **Major components of crisis management**
- **Specific goals of crisis intervention and crisis management**
- **“Standard of Care” as it relates to school crisis management**
- **CISM as a model of crisis intervention**
- **Unique role and needs of the building administrator**
- **Group intervention techniques for school personnel**
- **Protocol used for large incidents**
- **Respond to and manage a large-scale incident**



## **CLASS BEGINS 9/11/2023**

### **From Trauma to Addictions**

### **Two Day Class: 9/11-12/2023**

- **Sandra Scerra, ICISF Approved Instructor**

**Geared to prepare those who will assist individuals and groups who have been exposed to traumatic events and critical incidents.**

#### **Course Description:**

**Explore the relationship between exposure to traumas and the often resulting addiction. Those individuals who work in the “helping professions” are statistically at a greater risk for developing addictions. The use of alcohol, drugs and other activities as a means of self-medicating overwhelming job-related stress and chronic exposure to emotionally charged events is often common place. Personality traits and the human culture of “helpers” are looked at, as well as issues of enabling and family dynamics. Good critical incident stress management MUST include an addictions component which addresses these dangers and gives you the tools necessary to address these dependencies.**

**This course is for those in the “helping professions” who are at a greater risk to crisis and the potential for substance abuse and addictions and those who work with this specialized population. Qualifies for 14 Contact Hours.**

#### **Course Highlights:**

- **Addiction Issues of Concern**
- **Generalized Adaptation Syndrome**
- **PTSD, Alcoholism and Addictions**
- **Extremes of Human Stress**
- **Assessing Incidents**
- **Addiction and Suicide**
- **Enabling, Jackpots & Co-Dependency**
- **Belief Systems and Recovery**
- **Roads to Living Clean and Sober**
- **Living with Someone in Recovery**

## **CLASS BEGINS 9/11/2023**

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

#### **Two Day Class: 9/11-12/2023**

- **Gregg Ginebaugh, MCRA Board Member**

**This class is for those first responders who are, or want to be, on a peer team. Taught by two first responders, 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.**

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

## **MCRA IS PROUD TO ANNOUNCE**

**Our Key-note Speaker:**

**David R. Edwards, PH. D**

**Sunday, September 10, 2023**



**David R. Edwards is currently employed as the Wellness Officer for the Monroe (MI) Department of Public Safety. He is also the Founder and President of Call for Backup®, a non-profit that focuses on mental wellness as well as suicide awareness and prevention for uniformed services personnel. This program has been presented to thousands of personnel in more than 25 states since 2017.**

**David is a Certified Trauma Services Specialist and a member of the American Academy of Experts in Traumatic Stress. He is an approved instructor for the International Critical Incident Stress Foundation, a member of the International Law Enforcement Educators and Trainers Association, and is a sought-after speaker, trainer, and conference presenter. He also serves as a Reserve Police Officer and Police Chaplain in SE Michigan.**

**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) 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:

[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:**

**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>Sunday, September 10, 2023</b>	
Time	Course
7:00 am – 5:00 pm	Registration
8:00 am – 10:00 am	Assisting Individual In Crisis & Group Crisis Intervention Psychological Body Armor Suicide Awareness CISM Refresher Mental Health First Aid for First Responders
12:00 pm – 1:00 pm	Lunch
1:00 pm – 4:30 pm	Assisting Individual In Crisis & Group Crisis Intervention Psychological Body Armor Suicide Awareness 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 11-12, 2023</b>	
Time	Course
7:00 am – 5:00 pm	Registration
8:00 am – 10:00 am	Assisting Individual In Crisis & Group Crisis Intervention Continues Grief Following Trauma Managing School Crises From Trauma to Addictions First Responder Peer Support Training
12:00 pm – 1:00 pm	Lunch
1:00 pm – 4:30 pm	Assisting Individual In Crisis & Group Crisis Intervention Continues Grief Following Trauma Managing School Crises From Trauma to Addictions First Responder Peer Support Training
5:30 pm – 6:30 pm	Dinner (Monday Only)

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

[CLICK HERE TO REGISTER ONLINE](#)

**34<sup>th</sup> Annual MCRA Training Conference  
September 10 – 12, 2023**

**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** – Grief Following Trauma (2-Day Course)
- Session C** – Managing School Crises (2-Day Course)
- Session D** – From Trauma to Addictions (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** – Psychological Body Armor (1-Day Course)
- Session G** – Suicide Awareness (1-Day Course)
- Session H** – CISM Refresher Course (1-Day Course)
- Session I** – 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"/> \$425.00
<input type="checkbox"/> Session A (3-days) with lodging arriving Sunday morning	<input type="checkbox"/> \$375.00
<input type="checkbox"/> Session A (3-days) without lodging	<input type="checkbox"/> \$325.00
<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"/> \$425.00
<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"/> \$375.00
<input type="checkbox"/> Session B, C, D or E (2-days) + Session F, G, H or I (1-day) without lodging	<input type="checkbox"/> \$325.00
<input type="checkbox"/> Session B, C, D or E (2-days) with lodging arriving Sunday evening	<input type="checkbox"/> \$375.00
<input type="checkbox"/> Session B, C, D or E (2-days) with lodging arriving Monday morning	<input type="checkbox"/> \$350.00
<input type="checkbox"/> Session B, C, D or E (2-days) without lodging	<input type="checkbox"/> \$325.00
<input type="checkbox"/> Session F, G, H or I (1-day) with lodging arriving Saturday evening	<input type="checkbox"/> \$175.00
<input type="checkbox"/> Session F, G, H or I (1-day) without lodging	<input type="checkbox"/> \$150.00



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

**September 10 – 12, 2023**

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**

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

**Mail Registration/Payments**

**to:**

MI Crisis Response Association (MCRA)  
6767 Montgomery Road  
Marlette, MI 48453

**or**

**Email to:**

MCRAConference2023@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, 2023.** To register by phone or for conference inquiries, please call 616-706-6069 or email [MCRAConference2023@gmail.com](mailto:MCRAConference2023@gmail.com) .