

Behind the Badge Foundation
9th Annual Law Enforcement Family Network Conference
October 5-7, 2016
DoubleTree by Hilton Spokane City Center, 322 North Spokane Falls Court, Spokane, WA
“RESILIENCE WITH DIGNITY AND INTEGRITY”

Lacy and Chris Wolff (Keynote)
Texas Department of Public Safety; Pflugerville Fire Department

Course Title: “Family FIRST - First Responder Integrative Resilience Support Training”

This four-hour interactive and entertaining workshop will bring science to life. The latest research on resilience building is interwoven through storytelling and real-life experience of a first responder couple. Chris and Lacy Wolff have dedicated their adult lives to improving health and quality of life of those who serve. This course is a culmination of 30 years of combined experience, knowledge, struggle and growth. It is our mission to help first responder families thrive.

The goal of the course is to establish strong first responder families through everyday wellness integration strategies. We will focus on four specific areas:

- **The Stress Response System**- lays the groundwork for the entire course. Through a live biofeedback demonstration participant will see the immediate physiological response to mental stress. Participants will leave with a very specific skill to counterbalance the affects of energy depleting emotions.
- **Mindset**- Chris will describe the difference between fixed and growth mindsets and will give strategies to help first responder families establish values that will counterbalance the negativity that they face on a daily basis.
- **Recharge**- gives participants strategies to recharge the human battery including “finding the flow state,” “daily gratitude practice,” and “sleep optimization.”
- **Family Tactics** – Wrapping up the session we will give specific resources and skills to improve family communication.

Biographies:

Lacy Wolff - Lacy Wolff is a Training Specialist working for the Texas Department of Public Safety. She is also an active member of the FBINAA Officer Safety and Wellness Committee. After completing her undergraduate degree in Kinesiology from Texas A&M University, Lacy spent over 12 years supporting the US Army overseas in both Italy and Germany. During that time, she earned her Master’s degree in Exercise Science and Health Promotion and learned from leaders in the field of psychophysiological (mind-body) resilience, sleep, and human performance optimization. Lacy is a certified Exercise Physiologist through the American College of Sport Medicine, a Certified Strength and Conditioning Specialist through The National Strength and Conditioning Association, a Licensed HeartMath Instructor, and a 200-hour certified yoga instructor.

Lacy returned to her home state of Texas in 2014 to train State Troopers within the DPS Academy. She teaches from a holistic wellness model, linking all aspects of health to include: mental, physical, social, tactical, and spiritual. Lacy is honored to have co-developed and co-

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instruct S.H.I.E.L.D. with Sgt. Melvin Allick and believes this course may be a catalyst for changing the face of policing in the United States and beyond.

Chris Wolff - Chris Wolff is a firefighter with Travis County ESD 2, Pflugerville Fire Department, and is a Resilience Instructor at the Pflugerville Fire Academy. He received his undergraduate degree from Texas A&M University and began teaching as a Wilderness Instructor at Hurricane Island Outward Bound School. His primary role in this position was to assist in rehabilitating adjudicated youth.

He moved to Germany in 2003 and started a career working for the US Army Morale Welfare and Recreation Division. Chris left the Army in 2014 as the Director of Outdoor Recreation in Vicenza, Italy. During his time in Europe, Chris obtained a Master's Degree in Sport Management and was instrumental in developing the Warrior Adventure Quest Program designed to aid in redeployment of Soldiers returning from combat. For eight years he delivered high adventure programs that aided in the readiness and resilience of service members and their families. He received numerous individual awards, and under his leadership, Vicenza Outdoor Rec was awarded the best Outdoor Recreation Program in the Army.

Since Returning to Texas, he has found a rewarding second career in the fire service and is honored to bridge his past knowledge and experience with the many lessons he has gained serving alongside his brothers and sisters on the thin red line.

Sgt. Julie Beard
Redmond Police Department
Family Breakout Session

Course Title: “Family Personal Safety”

Family Personal Safety is a 2-hour course designed to talk about mindset, preparation, and safety tips based on location and activity. We use humor to discuss different types of dangerous situations and how to avoid them; how to survive a fight; what weapons are available in Washington state; and go over information on violence against women. We look at how to be prepared, but not paranoid. This course talks about self-defense but is not designed to teach self-defense tactics – we don't get to fight each other or hit the heavy bag, but we do talk about why it is important to train and prepare.

Biography:

Julie Beard is currently assigned as the Community Engagement Sergeant for the Redmond, WA Police Department. She oversees School Resource Officers, Crime Prevention, the Volunteer & Explorer Program, the Social Media/PIO Team, and our Community Engagement Council for Underrepresented Voices. Julie has served as a Patrol Officer, Field Training Officer, Explorer Advisor, Recruiter, Taser Instructor, Public Information Officer, Peer Support Team Member, and Patrol Sergeant since starting her career in 2003. She holds a BS in Psychology from the University of Washington [Go Huskies!] and a

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MA in Organizational Leadership from Gonzaga University. Julie teaches on a variety of topics, and Women's Personal Safety is her favorite curriculum to share with the community.

Name
Agency/Org
LEO Breakout Session

Course Title:

Biography:

Neil M. Kirkpatrick, Ph.D.
Tacoma Police Department
Licensed Psychologist
Clinical Director - Behavior Therapy Center of Tacoma

Course Title: "Stress, Trauma, Self-Care and Support for Law Enforcement"

This course will address such questions as: Why do some events affect me while other, equally horrific ones don't? What is the difference between PTSD and being emotionally impacted? Why don't most self-care guides seem to help me at all? and How do you support a loved after a distressing event when they don't want to tell you about it?

Biography:

Dr. Kirkpatrick is a licensed clinical psychologist. He has worked in the field of mental health for 27 years in in-patient, out-patient, and forensic settings. He currently works as the head of a training clinic in the psychology department at the University of Washington, as the Officer Wellness Consultant for the Tacoma Police Department, and in private practice. He also volunteers on the Pierce County Child Abduction Response Team (CART).

Gayle Frink-Schulz
Program/Services Director, Behind the Badge Foundation

Closing: "What's Your Bounce Back Factor?"

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. Research has shown that resilience is ordinary, not extraordinary.

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It's encouraging to know people commonly demonstrate resilience. It involves behaviors, thoughts and actions that can be learned and developed in anyone. Hear how Gayle's introspective look at experiences in life encouraged 'bouncing back' instead of staying stuck during hard times.

Biography:

Gayle Frink-Schulz became a police widow in 1993 when her husband, Trooper Steven L. Frink was killed in the line of duty. Steve was a motor officer with the Washington State Patrol. At the time of his death, their daughter Kari was 14 years old and their son, Christian, was 3 years old.

Gayle worked through her grief by supporting families suffering the loss of their officer to a law enforcement line of duty death and supporting the police agencies affected by the loss of one of their own. She served at the national level as a board member of Concerns of Police Survivors (COPS), trained nationally for COPS as a lead-presenter on 'The Traumas of Law Enforcement' and trained at the CJTC Basic Academy on 'Critical Incident Stress and the Family'.

In 1994 she started the Washington State chapter of Concerns of Police Survivors along with three other police widows – Karen Hawn, Sedonia Cochran and Lois Masengale. Gayle served as the president of WA State COPS for six years and was a board member of the Washington State Law Enforcement Memorial (WSLEM). She then served as the Executive Director for the Washington State Law Enforcement Memorial and 10-99 Foundations. She oversaw fundraising and construction of the Washington State Law Enforcement Memorial. Gayle is a founding member of Behind the Badge Foundation's line of duty death response team; her role on the team is Family Support Lead. She currently serves as the Program/Services Director for Behind the Badge Foundation.