

The 4th Judicial Circuit Family Violence Coordinating Council and Orr Law, LLC  
present:

## **“The Good, the Bad and the Ugly” Coping with Stress as a Responder to Victims of Violence and Trauma-Related Experiences**

Featuring Dr. Olivia Johnson, DM

Wednesday, March 7, 2018

9:00 AM – 3:30 PM

Sign-In 8:30 AM – 8:45 AM

**Effingham Event Center/Knights of Columbus Hall, 1501 W. Fayette Ave., Effingham, IL**

This training should be attended by all professionals who come in contact with and respond to victims of violence and trauma-related experiences. This training has applications for law enforcement, probation, educators and administrators, attorneys, EMTs, healthcare professionals, judges, childcare providers, foster parents, professionals and volunteers who work with youth, nursing home staff, home healthcare aids, therapists, counselors, advocates, and clergy.

**Continuing Education Credits for Law Enforcement, Attorneys, Advocates, Social Workers, Counselors, EMTs, Educators, Substance Abuse, and Nurses have been applied for.**

This symposium will focus on understanding the causes and effects of good stress (eustress), bad stress (distress), and ugly stress (chronic) often faced by law enforcement, first responders and other professionals who come in contact with and support victims of family violence and/or trauma-related life experiences. Methods and techniques for dealing with stress will be addressed: deep breathing, cognitive/mental reframing, and recognizing early onset of stress and anger before problems arise. This presentation is part of the FVCC's continuing effort to educate and enhance services provided by our community partners and to provide training that will improve practices and support efforts to increase victim and community safety.

Dr. Johnson shares that cumulative forms of stress can be catastrophic to those who respond to victims of violence and trauma-related incidents in the form of liability, medical costs, lost work, increased absenteeism and lost trust. Training and education about the adverse effects of stress can better prepare them for what they may encounter. Stress can contribute to a multitude of symptoms and has been shown to contribute to completed suicide if left unaddressed. Being transparent about stress and issues affecting mental health can help reduce taboos and stigmas surrounding such issues making treatment and healing much more effective.

**Registration Fee of \$25** includes materials and lunch catered by Niemerg's.

Checks should be made payable to the **4<sup>th</sup> Circuit FVCC**.

**Deadline** for registration is **February 21, 2018**.

**Mail your registration form and registration fee to:**

Brenda Benton, Local Coordinator, 4<sup>th</sup> Judicial Circuit FVCC

27390 W. 4<sup>th</sup> St. Road, Centralia, IL 62801

For more information, contact Brenda at: PH (618)533-1530 or [brenda.benton56@gmail.com](mailto:brenda.benton56@gmail.com) .

Name \_\_\_\_\_ Title \_\_\_\_\_

Agency \_\_\_\_\_

Address \_\_\_\_\_

City & Zip \_\_\_\_\_ Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Type of Continuing Education Credits requested: \_\_\_\_\_

## **Presenter's Bio**

**Dr. Olivia Johnson** holds a master's in Criminology and Criminal Justice from the University of Missouri, St. Louis and a doctorate in Organizational Leadership Management from the University of Phoenix, School of Advanced Studies. Dr. Johnson is the founder of the Blue Wall Institute where she trains first responders, first responder families, and administrators on wellness issues, suicide awareness and prevention, peer support, stress and anger management, and leadership issues. Due to her perseverance in raising awareness of the issues facing our first responders, was named the Illinois State Representative and active Board Member for the National POLICE Suicide Foundation where she trains, conducts research, publishes articles, and communicates with agencies in need. This role led to her being invited to speak at the FBI's Behavioral Science Unit's 2010 – Beyond Survival Toward Officer Wellness (BeSTOW) Symposium.

Dr. Johnson is a veteran of the United States Air Force, a former police officer, and published author. She is an Associate Member of the International Association of Chiefs of Police (IACP), Associate Member of the Illinois Association of Chiefs of Police (ILACP), member of the International Law Enforcement Educators & Trainers (ILEETA), the National POLICE Suicide Foundation (PSF), National Alliance on Mental Illness (NAMI), Illinois Department of Public Health (IDPH) Illinois Suicide Prevention Alliance member and Suicidology Researcher (3-year term), American Association of Suicidology (AAS) Volunteer Member, Public Safety Writers Association (PSWA), a public safety expert writer for SilverHart, Missouri Law Enforcement Funeral Assistance Team member, Serve & Protect Advisory Board member, St. Clair County (IL) Suicide Alliance, Suicide Prevention/Juvenile Justice Curriculum (SPJJC) Ad Hoc Committee member, and member of the International Public Safety Association (IPSA), Forensic Behavioral Health Advisory Board Committee member. Dr. Johnson is considered a subject matter expert (SME) in police officer health and wellness, police officer suicide, and suicide prevention and awareness in first responders. Dr. Johnson speaks on officer wellness and resilience for the Bureau of Justice VALOR Program and is on the Advisory Board for VALOR regarding curriculum review for de-escalation training and techniques. Dr. Johnson is an Adjunct Professor for Lindenwood University in Belleville, Illinois, and recently accepted a part-time position with the Institute for Intergovernmental Research as a Senior Research Associate. She also writes for several law enforcement and mental health publications and is the Peer Support columnist for Police One.

She was recently asked to lead the peer support section with Crisis Systems Management, where she trains military and Law Enforcement personnel worldwide on Critical Incident Peer Support (CIPS) and Law Enforcement Resiliency - Peer Support. Recent speaking engagements include: FBI National Academy Associates Conference 2013; International Association of Chiefs of Police [IACP] Conference 2013; National Interdiction Conference 2013 and 2014; Midwest Security & Police Conference 2012, and the International Law Enforcement Educators & Trainers Association [ILEETA] 2012 and 2014.

### **The Blue Wall Institute**

The Blue Wall Institute is a recognized provider of first responder (e.g., Police, Fire, EMS, Military, Corrections, Dispatchers, Clergy, and Medical Personnel) wellness training. The Blue Wall Institute was founded in response to the high number of yearly first responder suicides.

Our mission is to improve the quality of life for our first responders by educating them on all the dangers of the job. We take a holistic approach, in that we not only include first responders in our training, but supervisors, administrators, and first responder families. A first responder in need of assistance may not see a problem for what it is. Their judgment and perception may be clouded, which is why including those closest to the first responder in training is an essential part of saving lives and averting tragedy, as we believe "saving lives begins in the classroom."<sup>TM</sup>

The Blue Wall Institute focuses on: overall first responder wellness, suicide awareness and prevention, stress and anger management, resilience building, substance use and abuse, heart health, speaking with health care providers, critical incident stress, and PTSD.