



## **Balance EMS - An Arizona EMS Resiliency, Wellness, and Safety Summit**

Desert Willow Conference Center, Phoenix, AZ 85040

### **Agenda**

April 8, 2019

8:00 AM – 4:45PM

<b>TIME</b>	<b>EVENT</b>
8:00 AM – 8:30 AM	Registration, Check-in and Breakfast
8:30 AM – 8:40 AM	Welcome – <b>Ben Bobrow, MD</b> , Medical Director, Bureau of EMS & Trauma System, Arizona Department of Health Services
8:40 AM – 9:40 AM	<b>Carl Hammerschlag, MD</b> <i>“Saving the Lives of Others (and Your Own)”</i>
9:40 AM - 9:50 AM	<b>John Tobin</b> <i>Tactical Yoga</i>
9:50 AM – 10:20 AM	<b>Neil Vigil</b> , University of Arizona Medical Student Class of 2021 <i>“Fostering a Resilient Organizational Culture”</i>
10:20 AM - 10:30 AM	Break
10:30 AM – 11:20 AM	<b>Rob Brewster</b> , Deputy Chief, Peoria Fire-Medical Department <i>“Developing an All-Encompassing Employee Wellness Program”</i>
11:20 AM – 11:30 AM	<b>John Tobin</b> <i>Tactical Yoga</i>
11:30 AM – 12:10 PM	<b>Jamie Valderrama MAIS</b> <i>“The Magic of Mindfulness”</i>
12:10 PM – 12:30 PM	Pick up Lunch
12:30 PM – 1:00 PM	<b>Derek Boehm</b> <i>“How to Survive After the Event”</i>
1:00 PM – 1:10 PM	<b>John Tobin</b> <i>Tactical Yoga</i>
1:10 PM – 2:00 PM	<b>Rob Brewster</b> and <b>Nicole Swartwout</b> <i>“Foundations of Resiliency Training”</i>
2:00 PM – 2:10 PM	<b>John Tobin</b> <i>Tactical Yoga</i>
2:10 PM – 2:40 PM	<b>Neil Vigil</b> , University of Arizona Medical Student Class of 2021; <b>Scott Robb</b> , Deputy Chief, Health and Safety, Golder Ranch Fire District <i>“Getting Ahead of the Unknown: Implementing Stress Management and Measuring the Change”</i>
2:40 PM – 3:15 PM	<b>Wayne Tormala</b> , Chief of Bureau of Tobacco & Chronic Disease, AZ Department of Health <i>“Beyond the Basics of Mindfulness”</i>
3:15 PM – 3:25 PM	Break
3:25 PM – 4:25 PM	<b>Michael Munion, MA, LPC</b> <i>“Understanding Trauma &amp; Strengthening Resilience”</i>
4:25- PM – 4:30 PM	<b>Jim Hayden</b> – <i>EMS Help</i>
4:30 PM – 4:45 PM	<b>Ben Bobrow</b> : Closing Remarks, CE form distribution

## Presenter Biographies

**Derek Boehm**, RN is also a Flight Paramedic for Air Methods. Derek is a passionate instructor who enjoys sharing his messages of courage through life. He served in the United States Marine Corp prior to beginning his career in EMS. His EMS career has evolved from EMT-Basic, Paramedic, Firefighter, Flight Paramedic to Registered Nurse. His willingness to share his challenges have inspired many of his colleagues.

**Robert Brewster**, Deputy Fire Chief: Peoria Fire –Medical Department. Chief Brewster brings expert field knowledge with 30 years of Fire Service Experience. In addition, he has served his community for 28 years as a Paramedic in California and Arizona. Currently, he is a Deputy Chief for the Peoria Fire-Medical Department and oversees the Administration and Support Services Divisions. With Peoria Fire - Medical he founded the Peoria Fire - Medical Department Peer Support Team and Employee Wellness Program (EWP) and currently serves as the program director. Chief Brewster has a Bachelor's of Science in Public Safety Administration through Grand Canyon University and is working on his Master's in Leadership.

**Carl A. Hammerschlag**, MD is a master storyteller and internationally recognized author, physician, speaker, healer, and humanitarian clown. A Yale-trained psychiatrist; he has spent more than twenty years working with Native Americans. He is an expert on community-based health care, how to survive in rapidly changing cultures, and a leading authority in the practical applications of Psychoneuroimmunology (mind-body-spirit medicine). A faculty member at the University of Arizona Medical School, the Chief of Community Mental Health, Gesundheit! Institute, and founder of the Turtle Island Project, a non-profit, multidisciplinary organization whose programs integrate the principles of mind/body/spirit medicine with Native American rituals and ceremonies.

Dr. Hammerschlag's life work has been chronicled in five critically acclaimed books: *The Dancing Healers*, *The Theft of the Spirit*, *Healing Ceremonies*, *Kindling Spirit: Healing From Within*, and two children's books.

For the last 25 years he has been a humanitarian clown, joining Patch Adams MD the world's most recognized humanitarian clown/doctor, spreading clown joy and healing in disaster areas, refugee camps, and institutions all over the world. He is a recipient of the National Caring Award. Selected by the Caring Institute of Washington D.C. from more than a quarter million nominations, the award honors "the ten most caring adults in America." In his presentations, Dr. Carl Hammerschlag brings his gift of storytelling, a wealth of legends, and unique insights which bridge the worlds of science, spirit, and culture. With poignancy and humor, he leads his audiences on a joyful journey that will stimulate and renew their creative potential.

**Michael Munion**, MA, LPC has been a practicing therapist in Arizona since 1979. Named to the Arizona Integrated Treatment Consensus Panel, which developed the Best Practice Guidelines for the Treatment of Co-Occurring Mental Health & Substance Use Disorders. Member of Arizona's delegation to the National Policy Academy on the Treatment of Co-Occurring Disorders. Michael Munion has been affiliated with the Milton Erickson Foundation since 1980, and has been faculty at International Congresses on Ericksonian Approaches since 1989. He is also a member of the Phoenix Institute of Ericksonian Therapy. Since early 2017, Michael Munion has been the Chief Psychology Officer for The Pain Project, which provides tele-health solutions and treatment for individuals suffering chronic pain.

**Scott Robb**, Division Chief – Health & Life Safety Services Golder Ranch Fire District. Oversees Training, EMS, Fire and Life Safety, Health and Safety and Special Operations. Started career as a reserve firefighter with South Tucson Fire and Golder Ranch Fire District in July 1999. Began full time Golder Ranch Fire District in July 2001. Certified Emergency Paramedic. Haztech. Personal Trainer Certification. BS- Applied Management from Grant Canyon University. Scott is passionate about making a difference and saving the lives of fellow first responders. He has been instrumental in creating and implementing a stress management program within his department. Working to decreasing the number of first responder deaths has helped open the discussion with many agencies.

**Nicole Swartwout**, Administrative Assistant: Peoria Fire-Medical Department. Nicole brings 12 years of Emergency Medical experience as an EMT-B, Emergency Department Technician, and BLS trainer. She is also a certified crisis interventionist and has dedicated over a decade as a volunteer grief support facilitator. Among her administrative duties with the City of Peoria Fire-Medical Department, she has been instrumental in the development and deployment of the Peer Support Team and Employee Wellness Program (EWP). Nicole holds an Associate's degree in Emergency Operations and is currently working on her Bachelors in Biology/Pre-Med through Grand Canyon University.

**John Tobin**, RYT-200 All his adult life, John has dedicated himself to the service of others. Teaching yoga is his opportunity to serve the world in a new and powerful way. He was drawn to yoga for the physical health benefits ten years ago and fell in love with how it feeds the body, mind, and spirit. He believes in the healing power of yoga and that we *practice* yoga on the mat to be able to *live* yoga everywhere else. It is his passion to make yoga available to those who serve our communities: Veterans, Firefighters, Police Officers, EMS Professionals, First Responders, Doctors, Nurses, and other health care professionals. A proud veteran of the U.S. Army, John flew AH-64 Apache helicopters in the 1990's. He currently serves as a Fire Captain and Paramedic with the Mesa Fire/Medical Department where he has been since 1998. He was recently appointed to the National EMS Advisory Council (NEMSAC) in Washington, DC. This council advises and makes recommendations to the National Highway Traffic Safety Administration and the Federal Interagency Commission on EMS. John is regarded as a subject matter expert in High-Performance CPR and he has presented on the subject in ten countries on four continents. He has played significant roles in statewide initiatives to improve patient outcomes from both cardiac arrest and traumatic brain injury. He has taught at various paramedic training programs throughout the Valley. In 2012, John was a finalist for the *Phoenix Business Journal's* Health Care Heroes Award for his work to improve survivability from sudden cardiac arrest. Bringing yoga to those who need it the most!

**Wayne M. Tormala**. Dedicating his career to human service, Wayne Tormala has provided leadership for over 40 years in the public and private sectors at the local, state, national and global levels, and currently serves as an advisory board member of the *Altruism in Medicine Institute*, a global initiative of His Holiness the 14<sup>th</sup> Dalai Lama. Wayne has developed successful programs across a wide range of issues, including poverty, world hunger, mental health, HIV/AIDS, environmental conservation, economic development, social justice, and public health. He has developed several "best practices" in economic development and public health for high-risk, disparate populations, and has performed extensive public-speaking and media work throughout his career in local, state, and national venues.

In his current duties as Bureau Chief, Arizona Department of Health Services, Wayne provides leadership across a range of population health arenas, including tobacco control, chronic disease (cardiovascular, cancer, pulmonary, stroke, diabetes, asthma, HIV prevention), healthy aging (falls prevention, Alzheimer's Disease), men's health, worksite wellness, chronic pain, health disparities, and refugee health. He also provides personal and professional growth experiences for healthcare, education and social service professionals on such topics as *Loss & Grief, Doing Things That Matter, Being a Catalyst for Community Change, and Compassion for Self & Others*.

Wayne has served in a voluntary capacity on numerous boards and commissions, with current duties with the *Altruism in Medicine Institute, City of Phoenix Human Services Commission, and Phoenix Shanti Group*, and is an Adjunct Faculty of the *University of Arizona - College of Public Health*. Wayne finds balance with daily meditation, relaxing with family and friends, playing guitar, gardening, and enjoying the nearby deserts and mountains of Arizona.

**Jamie Valderrama**, MAIS is a Lecturer and Associate Coordinator at Arizona State University for the Integrative Health Initiative housed in the School of Social Work within the Watts College of Public Service and Community Solutions. Jamie is passionate about providing tools for responsive living via mindful practices and uses her extensive background in education to successfully integrate that knowledge within her courses as well as help both the community and ASU faculty integrate it into their coursework. Jamie currently teaches both undergraduate and graduate stress management courses with the graduate courses focusing on first responders and health professionals. In addition to teaching and training, Jamie conducts keynotes and workshops nationally and internationally on the personal and professional benefits of mindfulness

**Neil Vigil** is a third-year medical student at the University of Arizona College of Medicine Phoenix. He graduated from the United States Military Academy at West Point in 2010 and was named a Pat Tillman Scholar in 2018.

Prior to attending medical school, Neil had a distinguished career in the U.S. Army having served as a medic, Blackhawk helicopter pilot, and Aviation Officer. He is a decorated Operation Enduring Freedom veteran where he conducted aerial combat missions across western Afghanistan while leading a 53-Soldier platoon.

Neil's research focuses on reducing emergency medical provider suicide by finding measurable solutions to improving resiliency and well-being. He is the author of *Death by Suicide: The EMS Profession compared to the General Public* as well as the lead researcher of *Improving Resilience in Firefighters: A Study of Mindfulness-based Training*.