




DR. OLIVIA JOHNSON

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PROFESSIONAL EXPERIENCE

Blue Wall Institute INSTRUCTOR/CONSULTANT	2010 - Present
Institute for Intergovernmental Research SENIOR RESEARCH ASSOCIATE	2014 - 2020
Lindenwood University ADJUNCT PROFESSOR	2015 - 2017
Sandoval IL Police Department POLICE OFFICER	2004 - 2008
United States Air Force AIRFIELD MANAGEMENT SPECIALIST	1994 - 2001

EDUCATION AND TRAINING

UNIVERSITY OF PHOENIX
DM Doctorate of Management & Organizational Leadership.
2010

UNIVERSITY OF MISSOURI, ST. LOUIS
M.A. Criminology & Criminal Justice.
2005

SOUTHERN ILLINOIS UNIVERSITY
B.A. Workforce Education and Development.
2001

AUTOPSY CERTIFICATION
Am. Assoc. of Suicidology Law Enforcement Psychological Autopsy
2020

PUBLICATIONS

Johnson, O., Russo, C., & Papazoglou, K. (Dec. 2019). Job exposure and occupational challenges: The important of mindfulness for today's law enforcement professional. *Crisis, Stress, and Human Resilience: An International Journal*, 1(3), pp. 187-191.

Johnson, O., Papazoglou, K., Violanti, J., & Pascarella, J. (8 Aug 2022). Depression in the ranks. Retrieved form: <https://leb.fbi.gov/articles/featured-articles/depression-in-the-ranks>

Carlson-Johnson, Olivia & Grant, Heath & Lavery, Cathryn. (2020). Caring for the Guardians- Exploring Needed Directions and Best Practices for Police Resilience Practice and Research. *Frontiers in Psychology*. 11. 1874. 10.3389/fpsyg.2020.01874.

Huntley, D., Charette, C., Dodson, K., Grammatico, H., Cooney-Koss, L., Johnson, O.N., & Brown, J. (2017). Introduction to parricide: When children kill parents. *The Journal of Forensic Behavioral Health*, 1(1).

Huntley, D., Cich, J., Pickett, H., Eckberg, D., Johnson, O., & Dodson, K.D. (2018). Obsessive compulsive disorder (OCD) and compulsive hoarding in the criminal justice system. In J.Brown & E. Weinkauff (Eds.), *Forensic mental health: A source guide for professionals* (pp. 268-83). St. Paul. MN: Forensic Press International.

Johnson, O., & Barthelmass, S. (2011). Mental illness and risks for law enforcement. *The Bridge*,14(3): 6-7.

Johnson, O., & Brown, J. (Spring, 2018). Repercussions of bullying on adolescent mental health. *Forensic Mental Health Insider*, 1(2).

Johnson, O., & Brown, J. (2017). Suicide awareness and prevention for law enforcement professionals. *The Police Chief*, 84(11).

Johnson, O., Brown, J., & Hull, A. (2018, Spring). Repercussions of behavior adolescent mental health. *Forensic Mental Health Insider*, 1(2), pp. 103.

Johnson, O., Carlson, P., Murphy, B., Flory, D., Lankford, B., & Wyllie, D (2016). Preparing civilians to survive an active shooter event. *The Journal of Law Enforcement*, 5(2).

Johnson, O., & Krawczyn, J. (2022). Think Like a Detective: Is There a Change in Behavior? In: Johnson O., Papazoglou K., Violanti J., Pascarella J. (eds) *Practical Considerations for Preventing Police Suicide*. Springer, Cham. <https://doi.org/10.1007/978-3-030-83974-1>

Johnson O., Milliard B., Krawczyn J. (2022) Pre-employment Eligibility and Predicating Self-Harm in Law Enforcement Personnel. In: Johnson O., Papazoglou K., Violanti J., Pascarella J. (eds) *Practical Considerations for Preventing Police Suicide*. Springer, Cham. <https://doi.org/10.1007/978-3-030-83974-1>

Johnson O., Papazoglou K., Violanti J., Pascarella J. (Eds). (2022). *Practical Considerations for Preventing Police Suicide*. Springer, Cham. <https://doi.org/10.1007/978-3-030-83974-1>

Johnson, O. (2012). Behind the badge: Broken in blue. Belleville, IL: Blue Wall of Silence. Johnson, O. (2011). *Blue Wall of Silence: Perceptions of the Influence of Training on Law Enforcement Suicide*. Belleville, IL: Global Health Care Systems.

Johnson, O. (2018). Enhancing officer resilience. *ILEETA Journal* 8(1), 67.

Papazoglou K. Kankarm K., Johnson, O., & Russo, C. (in prep). Stress, Prevention, and Resilience among First Responders. *International Journal of Environmental Research and Public Health: Special Issue*.

Papazoglou, K., Russo, C., & Johnson, O. (2019). Police Self-Compassion. In L. Galiana (Ed.), *The Power of Compassion* (pp.1-12). Nova Publishers: Hauppauge, NY.

PUBLICATIONS(CONTINUED)

Russo, C., Aukhojee, P., Tuttle, B.M., Johnson, O., Davies, M., Chopko, B., & Papazoglou, K. (2019). Compassion Fatigue & Burnout. In K. Papazoglou & D.M. Blumberg (Eds.), *POWER: Police Officer Wellness, Ethics, and Resilience. Wellness, Ethics, & Resilience (pp.97-115)*. Elsevier-Academic Press: San Diego, CA.

Salvatore, T., Dodson, K.D., Johnson, O., Cich, J., Harrowers, D., & Brown, J. (2018). Domestic violence: Driver of adult and elder murder-suicide. *The Forensic Mental Health Practitioner*, 1(1), pp. 1-14.

Johnson, O., Russo, C., & Papazoglou, K. (Dec. 2019). Job exposure and occupational challenges: The importance of mindfulness for today's law enforcement professional, *Crisis, Stress, and Human Resilience: An International Journal*, 1(3), pp. 187-91.

Johnson, O., Papazoglou, K., Violanti, J., & Pascarella, J. (8 Aug 2022)/ Depression in the ranks. Retrieved from: <https://leb.fbi.gov/articles/featured-artivcles/depression-in-the-ranks>

PROFESSIONAL TRAINING

- Madison County ETSB. Vicarious Trauma: Out of Sight and Out of Mind. Wood River Police Department, IL., December 6, 2023.
- Bank the Blue: The FATAL 10 of Law Enforcement Suicide. FOP Lodge #4, Hillside, IL, November 9 2023.
- Southern Illinois Law Enforcement Commission [SILEC]. Annual Police Chiefs' Conference. Employee Health & Wellness: Recognizing and Minimizing Risk. October 25, 2023. Pere Marquette Lodge, Grafton, IL.
- 100 Club of Illinois. The FATAL 10 of Law Enforcement Suicide. October 5, 2023.
- FBINAA: The FATAL 10 of Law Enforcement Suicide: Manchester, MO. September 5, 2023. Bank the Blue: The FATAL 10 of LE Suicide, FOP Lodge #4, Hillside, IL, August 24, 2023.
- First Responder Foundation, The FATAL 10 of Law Enforcement Suicide, September 7-8, 2023, Kearney Nebraska Library.
- Bank the Blue: The FATAL 10 of LE Suicide, FOP Lodge #4, Hillside, IL September 14, 2023.
- Louisiana Safer Conference, The FATAL 10 of Law Enforcement Suicide, Louisiana State Police Training Academy, September 22, 2023.
- Concerns of Police Survivors, Traumas of Law Enforcement Training, The FATAL 10 of Law Enforcement Suicide, Kannapolis, NC, August 30, 2023.
- Beyond the Scene: From Surviving to Thriving- The FATAL 10 of Law Enforcement Suicide. July 24, 2023, Marquette, MI, Northern Michigan University.
- University of Missouri, St. Louis, (MO), Child Trafficking& Technology Conference: Effective Response to Online Child Sexual Exploitation – The FATAL 10 for those protecting our Children. July 28, 2023.
- Bank the Blue: The FATAL 10 of LE Suicide, Cook County Sheriff's Police FOP Lodge #4, Hillside, IL July 13, 2023.
- Palm Beach County Sheriff's Office, The FATAL 10 of Law Enforcement Suicide, June 30, 2023.
- Skokie Police Department, The FATAL 10 of Law Enforcement Suicide, June 21, 2023, (Bank the Blue).
- Cook County Sherriff's Department, The FATAL 10 of Law Enforcement Suicide. May 24, 2023, Triton College.
- Office of the Inspector General, FLECT Campus, The FATAL 10 of Law Enforcement Suicide. April 17, 2023, Charleston, SC.
- Hoffman Estates Police Department, The FATAL 10 of Law Enforcement Suicide. May 9, 2023.
- Cook County Sherriff's Department, The FATAL 10 of Law Enforcement Suicide. May 10, 2023, Triton College.
- Bank the Blue: The FATAL 10 of LE Suicide, Cook County Sheriff's Police FOP Lodge #4, Hillside, IL May 11, 2023.
- Hoffman Estates Police Department, The FATAL 10 of Law Enforcement Suicide. May 16, 2023.
- Cook County Sherriff's Department, The FATAL 10 of Law Enforcement Suicide. May 17, 2023, Triton College.
- National Association of Women in LE (NAWLEE), The Fatal 10 Keynote, April 13, 2023.
- 2023 Women In LE Conference, The Fatal 10, Peoria, IL, April 5, 2023.
- Palm Beach Sheriff's Officer (PBSO), The Fatal 10 of LE Suicide, March 31, 2023.
- 100 Club Conference [Keynote, Training, Panel], The Fatal 10 of LE Suicide, March 27, 2023.
- Illinois State Police, The Fatal 10 of Law Enforcement Suicide, Springfield, IL. March 20, 2023.
- Bank the Blue: The FATAL 10 of LE Suicide, Cook County Sheriff's Police FOP Lodge #4, Hillside, IL January 19, 2023.
- Kansas Bureau of Investigations: Topeka, KS – The Fatal 10 of LE Suicide - January 12, 2023.
- Bank the Blue: The FATAL 10 of LE Suicide, Cook County Sheriff's Police FOP Lodge #4, Hillside, IL January 19, 2023
- Kansas Bureau of Investigations, Topeka, KS: The Fatal 10 of Law Enforcement Suicide, January 12, 2023
- Illinois State Police, The Fatal 10 of Law Enforcement Suicide, Recruit Class, Springfield, IL. December 12, 2022.
- Getting Off the Emotional X®, November 30, 2022, MPTC, Randolph, MA. Community Strategies Unlimited.
- U.S. Consulate General, Women's Leadership in the Armed Forces and Law Enforcement, November 21, 2022.
- Getting Off the Emotional X®, November 16, 18, 2022, Municipal Police Training Committee, Randolph, MA
- Bank the Blue: The FATAL 10 of LE Suicide, Cook County Sheriff's Police FOP Lodge #4, Hillside, IL, November 10, 2022.
- Getting off the Emotional X®, Fairview Heights Police Department, November 7, 2022, SILEC.
- Community Strategies Unlimited, LLC. Getting Off the Emotional X®, Lynnfield, MA, October 26 and 28, 2022.
- The Fatal 10: A Deeper Dive Into Relationship Issues. Armor Up University, October 21, 2022.
- Pace University, The Fatal 10 of Law Enforcement Suicide, October 17, 2022.
- Illinois State Police, The Fatal 10 of Law Enforcement Suicide. ISP Effingham, IL, October 6, 2022.
- Illinois State Police, The Fatal 10 of Law Enforcement Suicide. ISP Headquarters Downers Grove, IL, September 29.
- Public Safety and Criminal Justice Department Calumet College of St. Joseph, The Fatal 10 of Law Enforcement Suicide, September 27, 2022.
- Illinois State Police, The Fatal 10 of Law Enforcement Suicide. ISP Headquarters Downers Grove, IL, September 22.
- Southern Illinois Law Enforcement Commission (SILEC), Vicarious Trauma: Out of Sight and Out of Mind, September 20, 2022, Swansea Police Department, Swansea, IL.

PROFESSIONAL TRAINING (CONTINUED)

- Southern Illinois Law Enforcement Commission (SILEC), Surviving & Thriving Behind the Badge, September 19, 2022, O'Fallon Department of Public Safety, O'Fallon, IL.
- Police Stress: The Good, the Bad, and the Ugly. Armor Up University, September 15, 2022.
- FBINAA – The Fatal 10 of Law Enforcement Suicide, Manchester, MO, September 14, 2022.
- Getting Off the Emotional X®, Armor Up University, September 12, 2022.
- Psychological Autopsy for Police Suicides, St. Leo University, August 11-12, 2022, Sponsored by FIRST. August 11-12, 2022, Psychological Autopsy for Police Suicides. St. Leo University, Sponsored by FIRST Florida.
- Illinois Law Enforcement Alarm System (ILEAS), Law Enforcement Wellness Support Event, The Fatal 10, June 21, 2022, Champaign, IL.
- Mentorship: Putting the Pieces Together, Olathe Kansas Police Department, June 14, 2022.
- Webinar - Behind the Blue Curtain, America Is Sick: Is There a Doctor in the House? June 4, 2022.
- First Responder Mental Health Resource Symposium: Panel, May 26, 2022, Hebron, KY.
- Getting Off the Emotional X®, Southern New Hampshire University, academic Center, Hooksett, NH.
- FirstNet: The Fatal 10: McCormick Place West Building, Chicago, IL: May 17, 2022.
- Armor Up America: Responder Health - Officer Wellness - March 14-15, 2022. Scottsdale, AZ (Online).
- Armor Up America: Responder Health - Officer Wellness - February 24, 2022. Las Vegas, NV (Online).
- Armor Up America: Responder Health - Officer Wellness - January 20-21, 2022.
- Fort Worth, TX. Alcohol, Tobacco, Firearms and Explosive(ATF) Refresher Training. The Ups & Downs of Remaining Resilient in Turbulent Times. December 9, 2021. Washington D.C.
- Case Studies in Law Enforcement Suicide: Post-Mortem Psychological Investigation Online Course, November 29-30, 2021.
- St. Louis County Police Department, Peer Support: From Inception to Implementation. November 11-12, 2021.
- Mentorship: Putting the Pieces Together, Olathe Kansas Police Department, November 1, 2021.
- Mid-States Organized Crime Information Center (MOCIC) Deadwood, South Dakota September 1-2, 2021, Coping with the Aftermath: Stress, Vicarious Trauma, and Trauma-Related Experiences.
- When Mental Health Hits Home Conference. Suicide: Why Are the Middle-Aged At-Risk and What Can Be Done? August 27, 2021, Our Lady of the Snows.
- Southern Illinois Law Enforcement Commission (SILEC): Tele-communicator Academy, Telecommunications and Vicarious Trauma: Out of Sight Out of Mind™ - Wood River, IL – August 26, 2021.
- St. Clair County Sheriff's Department – Suicide Prevention Training: May 18, 2021. Cahokia Heights, PD IL.
- St. Clair County Sheriff's Department – Suicide Prevention Training: May 13, 2021. Cahokia Heights, PD IL.
- Iowa Sheriffs' and Deputies' Association "Winter School" – "Building a Better Cop" - Des Moines, IA. March 3, 2021.
- The Balanced Warrior: Proactive Officer Wellness – January 26, 2021, Hamilton Township Police Department, Maineville, OH.
- Louisiana Probation & Parole Conference. VALOR: Enhancing Officer Resilience Supplemental Lake Charles, LA. March 11-12, 2020.
- Bureau of Justice Assistance - VALOR: Enhancing Officer Resilience Supplemental - Albany, NY: March 5-6, 2020. Grant Number: BJA-2019-1511.
- Southern Illinois Law Enforcement Commission (SILEC): Tele-communicator Academy, Telecommunications and Vicarious Trauma: Out of Sight Out of Mind™ - Wood River, IL – February 6, 2020.
- Wisconsin Sheriff's and Deputy Sheriff's Association Conference. VALOR Officer Wellness: Enhancing your Health, Wellness, and Resilience. Green Bay, WI: February 3, 2020.
- United States Attorney's Office, Eastern District of Arkansas. National Suicide Awareness for Law Enforcement Officers Program "SAFLEO" Executive Pilot - Little Rock, AR, December 16-17, 2019.
- Southern Illinois Law Enforcement Commission (SILEC): The Balanced Warrior: Proactive Officer Wellness™. Belleville, IL: December 9, 2019.
- United States Attorney's Office, Eastern District of Arkansas. VALOR: Enhancing Officer Resilience Supplemental - Memphis, TN. October 1-2, 2019.
- Bureau of Justice Assistance - VALOR: Enhancing Officer Resilience Supplemental - Yuma, AZ. September 12-14, 2019. Grant Number: BJA-2019-15113
- Bureau of Justice Assistance - VALOR: Enhancing Officer Resilience Supplemental - Cincinnati, OH. August 18-19, 2019. Grant Number: BJA-2019-15113
- Southern Illinois Law Enforcement Commission (SILEC): Tele-communicator Academy Telecommunications and Vicarious Trauma: Out of Sight Out of Mind™ - Wood River, IL – August 15, 2019.
- Bureau of Justice Assistance VALOR: Enhancing Officer Resilience Supplemental - Miami, FL. August 9-10, 2019. Grant Number: BJA-2019-15113
- Bureau of Justice Assistance VALOR: Enhancing Officer Resilience - Casper, WY. August 6-7, 2019. Grant Number: BJA-2019-15113
- Bureau of Justice Assistance VALOR: Enhancing Officer Resilience Supplemental – Jacksonville, FL. April 30-May 1, 2019. Grant Number: BJA-2019-15113
- Bureau of Justice Assistance VALOR: Enhancing Officer Resilience Supplemental - Wilmington, DE. April 15-16, 2019. Grant Number: BJA-2019-15113
- Bureau of Justice Assistance VALOR: Enhancing Officer Resilience - Bel Air, MD April 2-3, 2019.
- ILEAS Conference. Police Stress: The Good, the Bad, and the Ugly®. Springfield, IL: March 25, 2019.
- ILEETA: Dealing with an Officer in Crisis. St. Louis, MO: March 22, 2019. Union Station.
- ILEETA: Dealing with an Officer in Crisis. St. Louis, MO: March 23, 2019. Union Station.
- Bureau of Justice Assistance - VALOR: Enhancing Officer Resilience Supplemental – Wilmington, DE. March 11-12, 2019. Grant Number: BJA-2019-15113
- Bureau of Justice Assistance - VALOR: Enhancing Officer Resilience Supplemental – Wilmington, DE. March 4-5, 2019. Grant Number: BJA-2019-15113
- Resilient-4-Life - St. Clair County Sheriff's Department, Belleville, IL: Feb. 28, 2019 [Police and Corrections personnel].
- Resilient-4-Life - St. Clair County Sheriff's Department, Belleville, IL: Feb. 21, 2019 [Police and Corrections personnel].
- Southern Illinois Law Enforcement Commission. Vicarious Trauma in Tele-Communicators - Out of Sight Out of Mind: Wood River, Illinois, February 7, 2019.
- United States Attorney's Office, Eastern District of Arkansas. VALOR: Enhancing Officer Resilience - Little Rock, Arkansas, February 4-5, 2019.
- Enhancing Officer Resilience - Memphis, Tennessee - Postal Police, January 17, 2019. Enhancing Officer Resilience - Kansas City, Missouri, December 5, 2018, National Public Safety Partnerships Conference.

PROFESSIONAL TRAINING (CONTINUED)

- Enhancing Officer Resilience - Annual LECC/SCLEOA Executive Level Training and SC Police Chiefs Association Columbia, SC, November 28, 2018.
- The Balanced Warrior: Proactive Officer Wellness - November 9, 2018, Central Virginia Criminal Justice Center, Lynchburg, VA.
- Surviving & Thriving: Behind the Badge - November 8, 2018, Central Virginia Criminal Justice Center, Lynchburg, VA.
- Bureau of Justice Assistance (BJA) Institute for Intergovernmental Research (IIR) Health, Wellness, & Resiliency - October 15-17, 2018, VALOR Supplemental - Bensalem, PA. Grant Number: BJA-2019-15113.
- International Association of Chiefs of Police - Creating a Culture to Address Police Suicide, IIR, Orlando, FL. October 6-9, 2018.
- Forty-fourth Annual Conference of the Society for Police and Criminal Psychology. Suicide in St. Clair County, Illinois: Recommendations and Strategies towards Improved Awareness, Prevention, and Intervention Measures. Sarasota, FL: September 30 - Oct 2, 2018.
- National Public Safety Partnership. Bureau of Justice Assistance (BJA) Institute for Intergovernmental Research (IIR) Health, Wellness, & Resiliency - Birmingham, AL: September 23-24, 2018. Grant Number: BJA-2019-15113.
- Stalking: When Obsession goes too far. Quincy, IL: Family Violence Coordinating Council - September 21, 2018.
- Twenty-sixth Annual Four Corners Indian Country Conference. Bureau of Justice Assistance (BJA) Institute for Intergovernmental Research Health, Wellness, & Resiliency – September 18-20, 2018.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - Waterford, CT: September 12-13, 2018. National Black State Troopers Coalition, Charleston, SC. Grant Number: BJA-2019-15113.
- Office of the Inspector General - Social Security Administration. The Balanced Warrior: Proactive Officer wellness. Drury Inn, St. Louis, MO: September 11, 2018.
- National Native American Law Enforcement Association 26th Annual Conference. Bureau of Justice Assistance (BJA) Institute for Intergovernmental Research - Health, Wellness, & Resiliency - Las Vegas, NV: August 28-30, 2018. National Black State Troopers Coalition, Charleston, SC.
- FBI Law Enforcement Executive Development Seminar. Bureau of Justice Assistance - Institute for Intergovernmental Research Health, Wellness, & Resiliency - Atlanta, GA: August 15- 16, 2018. National Black State Troopers Coalition, Charleston, SC.
- Bureau of Justice Assistance (BJA) Institute for Intergovernmental Research - Health, Wellness, & Resiliency - August 8, 2018, National Black State Troopers Coalition, Charleston, SC. Grant Number: BJA-2019-15113.
- Destination Zero Conference, Wellness Panel Member, August 1-2, 2018, Phoenix, AR. Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - July 25-26, 2018, VALOR Supplemental, Jacksonville, AR.
- Peer Support Training, July 17-18, 2018, Omaha, NE: Police & Fire Departments.
- Bureau of Justice Assistance (BJA) Institute for Intergovernmental Research (IIR) Health, Wellness, & Resiliency - July 12-13, 2018, VALOR Vernal, UT. Grant Number: BJA-2019 - 15113.
- Police Officer Panel on Stress in Law Enforcement - Charlotte, NC, July 9-12, 2018.
- Town Hall "Suicide in St. Clair County Illinois 2006-16. St. Clair County Sheriff's Department, Belleville, IL. June 28, 2018.
- Law Enforcement Training and Certification Seminar. Mental Health and Awareness for Law Enforcement, June 25-26, 2018, Tulsa, OK. Hard Rock Hotel and Casino.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - June 21-22, 2018, VALOR Kalamazoo, MI. Grant Number: BJA-2019-15113.
- National Sheriff's Association Conference, New Orleans LA. Panel - Creating a Culture to Combat Officer Suicide. June 15-20, 2018.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - June 12-14, 2018, VALOR Honolulu, HI. Grant Number: BJA-2019- 15113.
- 2018 Prairie States Animal Welfare Conference, Bloomington, IL June 4, 2018 - Coping with Stress: Responders to Victims of Violence & Trauma Related Experiences.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - May 16-17, 2018, VALOR Las Vegas, NV. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - May 8-9, 2018, VALOR Glendora, CA. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - April 25-26, 2018, VALOR Washington, D.C. Grant Number: BJA-2019- 15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency – April 17-18, 2018, VALOR Birmingham AL. Grant Number BJA- 2019-15113.
- International Law Enforcement Educators and Trainers Association (ILEETA) - Enhancing Officer Resilience [VALOR] March 21, 2018, St. Louis, Missouri, Union Station.
- Coping with Stress as a Responder to Victims of Violence and Trauma Related Experiences. March 7, 2018, the 4th Judicial Circuit Family Violence Coordinating Council -Knights of Columbus Effingham, IL.
- Survive & Thrive: Protecting You and Your Fellow Officer - Blackwood, NJ; Camden County College Emergency Training Center, March 8, 2018: Safety through Mental Health & Resilience.
- In-service training Alton District #11 Vicarious Trauma, Burnout, Stress, and Suicide Risks. February 16, 2018, Alton, IL.
- Southern Illinois Law Enforcement Commission (SILEC): Tele-communicator Academy Telecommunications and Vicarious Trauma: Out of Sight Out of Mind™ - Madison County ETSB Office, Wood River, IL - February 8, 2018.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - November 2-3, 2017– VALOR Arlington, TX. Grant Number: BJA-2019-15113.
- IRMA Police Forum. The Good, the Bad, and the Ugly: Managing Police Stress. Westchester, IL. October 26, 2017.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - June 6-8, 2017– VALOR Alexandria, VA. Grant Number: BJA-2019-15113.

PROFESSIONAL TRAINING (CONTINUED)

- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - June 6-8, 2017– VALOR Arlington, TX. Grant Number: BJA-2019-15113.
- 2017 FVCC Summit, Quincy IL Senior Center, The Good, the Bad, and the Ugly: Coping with Stress as a Responder to Victims of Violence and Trauma-Related Experiences - September 22, 2017.
- Southwestern Border Sheriff's Coalition Enhancing your Resilience. Hilton San Diego Resort & Spa, San Diego, CA. September 10-12, 2017.
- Southern Illinois Law Enforcement Commission (SILEC): Tele-communicator Academy Telecommunications and Vicarious Trauma: Out of Sight Out of Mind™ - Wood River, IL, February 8, 2017.
- National Association of Women in Law Enforcement Executives [NAWLEE] - Enhancing Officer Resilience, August 4-5, 2017, Kansas City, MO.
- Destination Zero Conference, Wellness Panel Member, August 3-4, 2017, Orlando, FL. The National Organization of Black Law Enforcement Executives [NOBLE] Enhancing
- Officer Resilience Conference, August 1-2, 2017, Atlanta, GA.
- Destination Zero Conference, Officer Safety and Wellness Panel, August 3-4, 2017, Orlando, FL.
- National Association of Women in Law Enforcement, Enhancing Officer Resilience, August 4, 2017, Kansas City, MO.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - June 27-29, 2017– VALOR Harrisburg, PA. Grant Number: BJA-2019-15113.
- Southern Illinois Law Enforcement Commission (SILEC) Police Stress: The Good, the Bad, and the Ugly - June 16, 2017, Lindenwood University Collinsville, Illinois.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - June 6-8, 2017– VALOR Newberry, SC. Grant Number: BJA-2019-15113.
- Police Officer Wellness & Resilience, Mobile Training Unit [MTU] #9 Quincy, IL. May 11, 2017. Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - April 20, 2017– VALOR Supplemental Greencastle, IN. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness,
- & Resiliency - April 20, 2017– VALOR Supplemental Noblesville, IN. Grant Number: BJA- 2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - April 12-13, 2017– VALOR Essentials - Havana, FL. Grant Number: BJA-2019-15113.
- Women in Criminal Justice Conference - Bloomington-Normal, Illinois - Final Keynote Speaker April 5-6, 2017.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - March 28-30, 2017– VALOR Essentials, Little Rock, Arkansas. Grant Number: BJA-2019-15113.
- Missouri State Park Rangers Conference, Eminence, Missouri (VALOR Supplemental). Officer Wellness: Enhancing your Health, Wellness, and Resiliency. March 21, 2017.
- International Law Enforcement Educators and Trainers Association (ILEETA) - Dealing with an Officer in Crisis March 23, 2017, St. Louis, Missouri, Union Station.
- International Law Enforcement Educators and Trainers Association (ILEETA) - Dealing with an Officer in Crisis March 24, 2017, St. Louis, Missouri, Union Station.
- Health Summit (St. Clair County (IL) - Suicide Statistics 2006-16 - Four Points Sheraton, Fairview Heights, IL March 3, 2017.
- Southern Illinois Law Enforcement Commission (SILEC): The Balanced Warrior: Proactive Officer Wellness - February 24, 2017 - Lindenwood University, Collinsville, IL.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - Health, Wellness, & Resiliency - February 21, 2017– VALOR Supplemental Jonesboro, GA. Grant Number: BJA-2019-15113.
- The Other Side of the Badge (Spouses Class), Bend, OR February 18, 2017.
- The Balanced Warrior: Proactive Officer Wellness, Bend, OR [Bend Police Department] February 17, 2017.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program)Enhancing your Resiliency – February 14-16, 201 – Georgetown, TX Resilience through Preparation - VALOR Officer. Grant Number: BJA-2019-15113.
- Safety Conference First Responder Conferences - Cocoa Beach, FL - February 5, 2017 - First Responder Resilience.
- First Responder Conferences - Charlotte, NC - January 20, 2017, First Responder Resilience. Mid-Atlantic Association of Women in Law Enforcement (VALOR - Supplemental) – Conshohocken, PA. Enhancing your Resiliency. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – Nov. 15-17, 2016 – Kansas City, KS Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – Oct. 4-6, 2016 – Wichita, KS Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Oregon Association of Chiefs of Police/Oregon State Sheriff's Association/Enhancing Resilience through Leadership - September 28-29, 2016, Salem, OR.
- Safe Call Now - Career Protection Resilience Conference "First Responder Resilience" September 28-30, 2016, Seattle, WA.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – Sept. 20-22, 2016 – Dearborn, MI. Grant Number: BJA-2019-15113.
- Resilience through Preparation - VALOR Officer Safety Conference Bureau of Justice Assistance (BJA) Institute for Intergovernmental Research (IIR) (VALOR Program) Enhancing your Resiliency – Sept. 14-16, 2016 – Wilmington, DE. Grant Number: BJA- 2019-15113.
- Resilience through Preparation - VALOR Officer Safety Conference Mid-States Organized Crime Information Center Conference & Training Session, Surviving & Thriving Behind the Badge -August 23-24, 2016 – Wichita, KS. Grant Number: BJA-2019-15113.
- Southern Illinois Law Enforcement Commission (SILEC): Tele-communicator Academy, Telecommunications and Vicarious Trauma: Out of Sight Out of Mind™ - Lindenwood University, Collinsville, IL Aug. 18, 2016.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – August 10-12, 2016 – Camden, NJ Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.

PROFESSIONAL TRAINING(CONTINUED)

- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – July 20-22, 2016 – Harlingen, TX Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – July 16-18, 2016 – Nashville, TN Resilience through Preparation - VALOR Officer Safety Conference, Grant Number: BJA-2019-15113.
- Surviving & Thriving Behind the Badge – Maineville, OH – July 15, 2016.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – July 12-14, 2016 – Belle Chase, LA Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – June 28-30, 2016 – Indianapolis, IN Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – June 21-23, 2016 – St. Louis, MO Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- U.S. Attorney's Office – Kearney, NE, May 20, 2016, Resilience through Preparation Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program)
- Enhancing your Resiliency – May 17-19, 2016 – Pearl, MS Resilience through Preparation – VALOR Officer Safety Conference.
- Parsons, KS Police Department – May 12, 2016, BOLO 4: Stress, Anxiety Disorders & PTSD and BOLO 6: Communication Issues and Domestic Violence.
- Parsons, KS Police Department – May 13, 2016, Surviving & Thriving Behind the Badge. Bureau of Justice Assistance (BJA) Institute for Intergovernmental Research (IIR) (VALOR Program) Enhancing your Resiliency – May 19-21, 2016 – Tulsa, OK Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – March 29-31, 2016 – Atlanta, GA Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- International Law Enforcement Educators & Trainers Association (ILEETA) Rosemont, Illinois – March 13, 2016, Dealing with the At-Risk Employee.
- International Law Enforcement Educators & Trainers Association (ILEETA) Rosemont, Illinois – March 14, 2016, Spouses Program: Relationships and Substance Abuse.
- International Law Enforcement Educators & Trainers Association (ILEETA) Rosemont, Illinois – March 15, 2016, Surviving & Thriving Behind the Badge.
- International Law Enforcement Educators & Trainers Association (ILEETA) Rosemont, Illinois – March 16, 2016, Dealing with the At-Risk Employee.
- International Law Enforcement Educators & Trainers Association (ILEETA) Rosemont, Illinois – March 17, 2016, Surviving & Thriving Behind the Badge.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – January 20-22, 2016 – Layton, UT Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – January 13-15, 2016 – Las Vegas, NV Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – December 15-17, 2015 – San Bruno, CA Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – December 9-11, 2015 – Oregon Resilience
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – November 17-19, 2015 – Richmond, VA Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- National Institute of Public Safety Health (NIPSH) Indianapolis, Indiana - Indiana State Museum - November 6, 2015 - Police Stress: The Good, the Bad, & the Ugly.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – October 13-15, 2015 – Bryant, AR Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency – October 5-7, 2015 – Salem, OR Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- St. Louis County & Municipal Police Academy Surviving & Thriving Behind the Badge October 1, 2015 (8am-5pm) - St. Peters (MO) Police Department.
- Bureau of Justice Assistance - Institute for Intergovernmental Research - (VALOR Program) Enhancing your Resiliency - September 16-19, 2015 – Hurst, TX Resilience through Preparation - VALOR Officer Safety Conference. Grant Number: BJA-2019-15113.
- Bureau of Justice Assistance - Institute for Intergovernmental Research (VALOR Program) Enhancing your Resiliency - September 9-11, 2015 - Freehold, NJ. Grant Number: BJA- 2019-15113
- Midwest Security & Police Conference and Expo Police Stress: The Good, the Bad, & the Ugly August 19, 2015.
- Police Suicide: You don't have the Right to Remain Silent – August 20, 2015, Tinley Park, Illinois.
- Surviving & Thriving Behind the Badge - Southern Illinois Law Enforcement Commission June 30, 2015 – Lindenwood University, Collinsville, Illinois.
- National Alliance on Mental Illness (NAMI) Keynote Speaker: Police Stress June 9, 2015 – Gateway Regional Hospital Granite City, Illinois
- St. Louis County and Municipal Police Academy May 07, 2015, St. Peters Missouri Police Department. The Balanced Warrior: Proactive Officer Wellness.
- Southern Illinois Law Enforcement Commission (SILEC): Tele-communicator Academy, Telecommunications and Vicarious Trauma: Out of Sight Out of Mind™ -, Wood River, IL February 8, 2015.
- Illinois Law Enforcement Alarm System (ILEAS) Conference April 27, 2015 Crowne Plaza Springfield, IL Surviving & Thriving Behind the Badge.
- No Family Left Behind April 24-25, 2015, Faith Family Church, Shiloh, IL Military Suicide Prevention.
- Montana Department of Corrections: Missoula, Montana - Surviving & Thriving Behind the Badge April 10, 2015.
- Montana Department of Corrections: Missoula, Montana - The Balanced Warrior: Proactive Officer Wellness April 13, 2015.
- Southwestern Illinois College - December 2, 2014 (SILEC) Surviving & Thriving Behind the Badge Belleville, IL.

PROFESSIONAL TRAINING (CONTINUED)

- Southwestern Illinois College - December 9, 2014 (SILEC) Surviving & Thriving Behind the Badge - Belleville, IL
- Illinois Baptist State Association - AWSOM Event November 8, 2014, Self-Defense Awareness – Springfield, IL.
- 2014 Oregon Fire Service Conference Keynote: To Strengthen & Serve - November 6, 2014, Sunriver Resort, Bend OR.
- Church of Strength Conference Rosemont, IL October 11, 2014, Church Safety & Security. Church of Strength Conference Marion, IL September 27, 2014, Church Safety & Security. Johnson County Community College Overland Park, Kansas September 10, 2014, The Balanced Warrior: Proactive Officer Wellness.
- United States Attorney's Office Kankakee, Illinois September 9, 2014, Advanced Elderly Service Officer (ESO) Training.
- Heartland Community College Normal, Illinois September 3, 2014, The Balanced Warrior: Proactive Officer Wellness.
- United States Probations & Parole Osage Beach, Missouri, Tan- Tar-A Resort - July 24, 2014, The Balanced Warrior: Proactive Officer Wellness.
- Greene County Public Safety Center Springfield, Missouri - July 14, 2014, The Balanced Warrior: Proactive Officer Wellness.
- Greene Country Public Safety Center Springfield, Missouri - July 15, 2014, Police Stress: The Good, the Bad, & the Ugly.
- O'Fallon Department of Public Safety/Southern Illinois Law Enforcement Commission (SILEC) – O'Fallon, Illinois - June 19, 2014, Surviving & Thriving Behind the Badge.
- Law Enforcement Training Institute Columbia, Missouri - April 24, 2014, The Balanced Warrior: Proactive Officer Wellness.
- Law Enforcement Training Institute Columbia, Missouri - April 25, 2014, Police Stress: The Good, the Bad, and the Ugly.
- ICI Detective Training Symposium Los Angeles Police Department (LAPD) April 7-10, 2014, Police Stress: The Good, the Bad, and the Ugly.
- St. Louis County & Municipal Police Academy St. Peters, MO PD April 4, 2014, Surviving & Thriving Behind the Badge.
- National Interdiction Conference Nashville, Tennessee - March 30 – April 3, 2014 Police Suicide: You don't have the Right to Remain Silent.
- International Law Enforcement Educators & Trainers Association (ILEETA) Lombard, Illinois – March 26, 2014, The Balanced Warrior: Proactive Officer Wellness.
- International Law Enforcement Educators & Trainers Association (ILEETA) Lombard, Illinois – March 28, 2014, The Balanced Warrior: Proactive Officer Wellness.
- Project IL Blue Light - East Peoria, Illinois - February 25, 2014, Police Stress: The Good, the Bad, and the Ugly.
- Crisis Systems Management (CSM) - St. Croix, US VI Police Department - January 19- 24, 2014, Law Enforcement Resiliency – Peer Support (LERPS).
- International Association of Chiefs of Police (IACP) Law Enforcement Education & Technology Exposition Philadelphia, Pennsylvania - October 19- 23, 2013, The Balanced Warrior: Proactive Officer Wellness.
- International Association of Chiefs of Police (IACP) Law Enforcement Education & Technology Exposition Philadelphia, Pennsylvania - October 19- 23, 2013, Poster Session: Police Stress: The Good, the Bad, & the Ugly.
- FBINAA 2013 Annual Training Conference Rosen Shingle Creek Resort - Orlando, Florida July 27-30, 2013, The Balanced Warrior: Proactive Officer Wellness.
- La Salle County Sheriff's Department Ottawa, Illinois - May 6, 2013, The Balanced Warrior: Proactive Officer Wellness.
- Lake Zurich Police Department Lake Zurich, Illinois - April 8, 2013, The Balanced Warrior: Proactive Officer Wellness.
- National Interdiction Conference Tulsa, Oklahoma - March 11, 2013, Police Suicide: You don't have the Right to Remain Silent.
- St. Louis County & Municipal Police Academy St. Louis, Missouri - January 25, 2013, The Balanced Warrior: Proactive Officer Wellness.
- Thomas A. Hontz Training Facility Tempe, Arizona - January 28, 2013, The Balanced Warrior: Proactive Officer Wellness.
- Southern Illinois Law Enforcement Commission (SILEC) - Belleville, Illinois - September 25, 2012, The Balanced Warrior: Proactive Officer Wellness.
- Midwest Security & Police Conference Tinley Park Convention Center Tinley Park, Illinois, August 21-22, 2012, Police Suicide: You don't have the Right to Remain Silent.
- International Law Enforcement Educators & Trainers Association (ILEETA) Wheeling, Illinois, 16- 22 April 2012, Police Suicide: You don't have the right to Remain Silent.
- Crisis Systems Management (CSM), LLC Schofield Barracks, Hawaii- 27 February - March 2, 2012, U.S. Army Military Police School (USAMPS) Critical Incident Peer Support.
- Crisis Systems Management (CSM), LLC Fort Sill, Oklahoma - December 3 – 7, 2012, U.S. Army Military Police School (USAMPS) Critical Incident Peer Support.
- Crisis Systems Management, LLC Fort Leavenworth, Kansas - February 10-16, 2013, U.S. Army Military Police School (USAMPS) Critical Incident Peer Support.
- International Association of Chiefs of Police (IACP) Chicago, Illinois - October 23, 2011, Epidemic in Blue: Police Suicide Awareness & Prevention.
- Mental Health in Law Enforcement: A Proactive Approach National Committee with Attorney General International Association of Chiefs of Police Symposium on Police Officer Suicide - Alexandria Virginia Police Department March – July 2013.
- Beyond Survival Towards Officer Wellness (BeSTOW) (2010) Speaker/Presenter on Police Suicide - Federal Bureau of Investigations (FBI) Behavioral Science Uni