

Saving Lives, Saving Careers, and Saving Families



Presenters

Doug White
Executive Director

MSgt. Adam Rosko
21 years with OCPD
OCPD Wellness Team Member
OK ERAP Peer Coordinator



Emergency Responder Critical Incident Seminar ERCIS

- ▶ 3.5 days
- ▶ Begins Sunday evening and ends Wednesday afternoon
- ▶ Typically, we will have up to 26 participants in attendance
- ▶ We strongly encourage spouses/significant others to attend as well
- ▶ All participants stay at the same hotel as our team in Edmond
- ▶ Seminars are held in Edmond Oklahoma and Payson, Arizona
- ▶ We have 3 to 5 mental health professionals in attendance
- ▶ We will utilize 10 to 15 peer mentors during our seminar



What to expect as a participant

- ▶ *Day one: Sunday evening at 5:00 PM is an opportunity for our team to meet you, complete some paperwork, have dinner, and enjoy the evening*
- ▶ *Day two: A very important day when the journey toward healing begins. You learn about peer support, EMDR, resources like aroma therapy, breathing, hot brain, and the Parade of Faces. Most importantly, our participants begin to tell their stories!*
- ▶ *Day three: Large group, small group, stress, trauma, PTSI, PTSD, betrayal trauma, brain injuries, triggers, and clear your calls! One-on-ones for EMDR with our mental health professionals*
- ▶ *Day four: Large group, small group, brain health training, sleep fitness, addiction, and a discussion in around clearing your call.*
- ▶ *Wrap up!*



**How to
register to
attend an
Emergency
Responder
Critical
Incident
Seminar.**

- ▶ **Go to *Erapna.org***
- ▶ **Click on event dates for either Oklahoma or Arizona to see what is coming up.**
- ▶ **Click on the *ERCIS* registration link for the state which corresponds with the date you would like to attend.**
- ▶ **Complete the registration form and submit the registration.**
- ▶ **We will contact you to confirm your registration!**

2023 ERCIS'

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EMERGENCY RESPONDER ASSISTANCE PROGRAM (ERAP)

Command Emergency Responder Critical Incident Seminar

SPONSORED BY:
ORO VALLEY
POLICE DEPARTMENT

A career of dealing with stress and now caring for your agency can wear you down. This seminar provides emergency responders in the position of Chief, Assistant / Deputy Chief, Sheriff, and others on your command staff the skills, tools, and the opportunity to help themselves, their significant other families, and their agencies.



This three-day intensive mental wellness seminar is led by **Dr. Robbie Adler-Tapia** and an experienced team of peers.

There is no cost to attend the seminar other than your travel and per diem expenses.

For more information and to Register go to: Erapna.org

Please join us:
ERCIS 24
February 27th -
March 1st

Command Seminar in
Oro Valley, Arizona

EMERGENCY RESPONDER ASSISTANCE PROGRAM (ERAP)

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Please join us:
ERCIS 25,
March
19th - 22nd

Participant seminar
in Edmond, Oklahoma

2023 ERCIS'

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EMERGENCY RESPONDER ASSISTANCE PROGRAM (ERAP)



A career in dealing with stress can wear you down. This seminar provides emergency responders the skills, tools, and the opportunity to help themselves, their significant other, families, and their agencies.

Please join us:
**ERCIS 26,
June
11th - 14th**

Participant seminar
in Oklahoma

This three-day intensive mental wellness seminar is led by **Dr. Robbie Adler-Tapia** and an experienced team of peers.

There is no cost to attend the seminar other than your travel and per diem expenses.

For more information and to Register go to: Erapno.org



EMERGENCY RESPONDER ASSISTANCE PROGRAM (ERAP)



A career in dealing with stress can wear you down. This seminar provides emergency responders the skills, tools, and the opportunity to help themselves, their significant other, families, and their agencies.

Please join us:
**ERCIS 27,
October
1st - 4th**

Participant seminar
in Oklahoma

This three-day intensive mental wellness seminar is led by **Dr. Robbie Adler-Tapia** and an experienced team of peers.

There is no cost to attend the seminar other than your travel and per diem expenses.

For more information and to Register go to: Erapno.org



Community Commitment

- ▶ We identified there are only 15 therapists in a 50 mile radius of OKC who may be EMDRIA EMDR certified.
- ▶ To address this, Dr. Robbie Adler-Tapia and ERAP/OKRespond, co-sponsored by the Mustang PD, held two three-day EMDR certification training classes. One in October 2022 and another in January 2023.
- ▶ We have now certified 43 more EMDRIA, EMDR therapists. Our goal is to certify and assist in the development of more EMDR therapists in Oklahoma for our emergency responders and community.
- ▶ Through the EMDR training, we identified therapists who will serve as ERAP seminar MHPs as well as begin working with us to develop their knowledge and skills to work with emergency responders.
- ▶ ERAP/OKRespond will be hosting Advanced EMDR training in May to get more mental health providers trained to work with emergency responders.
- ▶ Our success rate with ERAP and follow-up care is 100% when participants from our ERCIS's seek out follow-up treatment from one of our MHP's.



MSgt. Adam Rosko

- ▶ *Oklahoma City Police Department*
- ▶ *21 years of service*
- ▶ *2 deadly force incidents*
- ▶ *Sudden death of a long-time friend and fellow officer*
- ▶ *Child with chronic health issues*
- ▶ *Accumulative trauma*
- ▶ *Became a wellness officer in 2016*

Why did I attend an ERAP ERCIS?

A career of critical incidents and the death of my close friend!

My spouse and I attended the seminar and it changed our lives!!



Peer Mentor Coordinator

- *After attending the ERAP seminar, my wife and I committed to becoming peer mentors.*
- *Our mission is to continue to help other officers, and their families.*
- *It reinforced my commitment to my own wellness journey by elevating my exercise program, increased my family focus, and I began seeing a mental health professional on a regular basis.*



Steps to becoming a peer and what we do.

- *Attend an ERCIS as a participant*
- *Completed the CISM training*
- *Be a good listener and show empathy*
- *Be committed to establishing trust and organic relationships with those that experience trauma*
- *Create an environment for participants to become vulnerable, so they can unpack both the fresh, and accumulated trauma*
- *Maintain confidentiality as well as the ability to focus on the participants rather than yourself*
- *Be passionate*



Questions

