



AGENDA

Tentative Schedule

November 13 - 16 // New Orleans Marriott // New Orleans (LA)

Thursday, November 13th

4:00 P.M. - 8:00 P.M. **Conference Check-In**
Preservation Hall
4:00 P.M. - 8:00 P.M. **COPS Shop Opens**
C.O.P.S. Central/ Studios 9-10
4:00 P.M. - 8:00 P.M. **Silent Auction Drop Off/ Raffles**

Friday, November 14th

7:00 A.M. - 8:00 A.M. **Conference Check-In**
Preservation Hall
7:00 A.M. - 5:00 P.M. **Explore Exhibitors/ Raffles/ Silent Auction/ COPS Shop (open until 7:00 P.M.)**
C.O.P.S. Central
8:00 A.M. - 9:30 A.M. **Opening Ceremony General Session**
Ballroom/Gatlin D - *Keynote: Dr. David Black*
9:30 A.M. - 10:00 A.M. **Morning Break & Explore Exhibitors**
C.O.P.S. Central/Gatlin C
10:00 A.M. - 11:30 A.M. **Breakout Sessions**

Darrell Aulston	"Living Through the Lens of Trauma"	Stress and Trauma
Tracy Hejmanowski	"Nobody Trusts Peer Support": Unique Ways to Gain Team Credibility	Peer Support
Amy Morgan	The Proactive Suicide Prevention Sequence	Suicide
Sherri Martin	Hitting Home: The Law Enforcement Relationship	Family
Michael Burts	The Influence of Leadership Styles on Officer Behavior and Organizational Culture	Supervision/ Leadership
Reggie Parker	Composed in the Midst of Chaos	Resilience
Darren Bennett	Falling Forward	Health, Fitness, and Nutrition
David Flory	The Power of Family: The Best Kept Secret in Law Enforcement	Family

11:30 A.M. - 12:45 P.M. **Lunch & Explore Exhibitors**
C.O.P.S. Central
12:45 P.M. - 2:00 P.M. **Breakout Sessions**

David Flory	The Power of Family: The Best Kept Secret in Law Enforcement	Family
Amy Carter	Predicting and Preventing Suicide: A Progressive Approach to Protecting our Officers	Suicide
Ken Tworek	Beyond the Sunset	Family
Jay Callaghan	Compassionate Leadership	Supervision/ Leadership
Matt Bloesch	Surviving? Or Thriving? How a burned out cop went from "just getting by" to living his best life	Resilience
Marci Ware	Yoga for First Responders: Building Resilience and Preventing PTSD	Health, Fitness, and Nutrition
Judy Pollard	Building Financial Resilience in Uncertain Times	Financial Success
Jason Workman	Cops and Chaplains	Chaplaincy

2:00 P.M. - 2:15 P.M. **Afternoon Break & Explore Exhibitors**
C.O.P.S. Central

Friday, November 1st (continued)

2:15 P.M. - 3:30 P.M. Breakout Sessions

Cherylynn Lee	Traumatic Growth: Rising from the Ashes of Stress, Trauma, and Moral Injury"	Stress and Trauma
David Hornsby	Navigating Moral Injury	Peer Support
Steve Sweeting	Overcoming Outside Negativity with Stoic Resiliency	Suicide
Katherine Boyle	Raising Resilient Kids in LE Families	Family
Mike Slocum	Strength in the Storm: Building Mental Toughness and Resilience for Public Safety Leaders	Supervision/ Leadership
Antonio Zarzoza	Mindfully Restless: The Power of Letting Go	Resilience
Benjamin Stone	"Heart Disease: #1 Killer of Active and Retired Cops	Health, Fitness, and Nutrition
Travis George	Pathway to Financial Wellness and Retirement Planning	Financial Success

3:30 P.M. - 3:45 P.M. Afternoon Break & Explore Exhibitors
C.O.P.S. Central

3:45 P.M. - 5:00 P.M. Breakout Sessions

David Berez	Developing HIPP COPS	Stress and Trauma
Scott Roach	Peer Support Playbook - How to Start a Peer Support Team	Peer Support
Denise Coyle	First Responders and Suicide: Chaning how we train	Suicide
Alaina Gay	Enhancing Trauma Informed Care and Policing: Healing Our Wounds First	Family
Chris Workman	Cleaning Out Your Mental Closet	Supervision/ Leadership
Devon Edwards:	Sleepless on Duty: Reclining Rest in a Culture That Doesn't Sleep	Health, Fitness, and Nutrition
Nick Daugherty	Building your Financial Strength: Preparing for Retirement Throughout your Career	Financial Success
David Rutledge:	Spirituality and Law Enforcement	Chaplaincy

5:00 P.M. - 7:00 P.M. Unwind at 5 - Sponsored by NEWCOM
NEWCOM Exhibit Booth

Saturday, November 15th

7:00 A.M. - 7:45 A.M. **Yoga for First Responders**
TBD
7:30 A.M. - 8:30 A.M. **Conference Check-In**
Preservation Hall
7:30 A.M. - 5:00 P.M. **Explore Exhibitors/ Raffles/ Silent Auction/ COPS Shop (open until 7:00 P.M.)**
C.O.P.S. Central
8:30 A.M. - 10:00 A.M. **Breakout Sessions**

Ken Tworek	Where Does it Go?	Stress and Trauma
Micheal Wierenga	Peer Support: Bringing YourTeam to the Next Level	
Amy Morgan	Mental Immunity	Suicide
Sherri Martin	Hitting Home: The Law Enforcement Relationship	Family
Michael Burts	The Influence of Leadership Styles on Officer Behavior and Organizational Culture	Supervision/ Leadership
Reggie Parker	Composed in the Midst of Chaos	Resilience
Darren Bennett	Falling Forward	Health, Fitness, and Nutrition
Jack Harris	Retirement - Transitioning to a New Beginning	Financial Success

10:00 A.M. - 10:15 A.M. Morning Break & Explore Exhibitors
C.O.P.S. Central

Saturday, November 2nd (continued)

10:15 A.M. – 11:30 A.M.

General Session

Grand Ballroom - *Keynote: Allyn Goodrich*

11:30 A.M. - 12:45 P.M.

Lunch & Explore Exhibitors

C.O.P.S. Central

12:45 P.M. - 2:00 P.M.

Breakout Sessions

Chris Workman	Stronger Mind, Safer Streets:	Stress and Trauma
Gary Isbell	Line of Duty Death Response Planning	Peer Support
Steve Sweeting	Overcoming Outside Negativity with Stoic Resiliency	Suicide
Tracy Hejmanoski	"Always Left of Bang:" The Effects of Hypervigilance on Your Family	Family
Mike Slocum	Strength in the Storm: Building Mental Toughness and Resilience for Public Safety Leaders	Supervision/ Leadership
Matt Bloesch	Surviving? Or Thriving? How a burned out cop went from "just getting by" to living his best life	Resilience
Jason Workman	Understanding the Silent Killers	Health, Fitness, and Nutrition
Nick Daugherty	Building your Financial Strength: How to Build, and Implement a Strong Financial Future	Financial Success

2:00 P.M. - 2:15 P.M.

Afternoon Break & Explore Exhibitors

C.O.P.S. Central

2:15 P.M. - 3:30 P.M.

Breakout Sessions

Alaina Gay:	Enhancing Trauma Informed Care and Policing: Healing Our Wounds First	Stress and Trauma
Scott Roach:	Peer Support Playbook - How to Start a Peer Support Team	Peer Support
Amy Carter	The Loneliness of Law Enforcement – the trajectory toward isolation and the path to restoration	Suicide
Ashley and Dustin Wright -	Strong LE Marriage	Family
Darrell Aulston:	"Conflict Management for First Responder Relationships"	Supervision/ Leadership
Bob Stanberry	Leveraging AI to Support Mental Wellness of LE and Those who Stand Beside them	Peer Support
Dianne Bernhard	Responding to an Officer Death in Your Agency	
Travis George	Pathway to Financial Wellness and Retirement Planning	Financial Success

3:30 P.M. - 3:45 P.M.

Afternoon Break & Explore Exhibitors

C.O.P.S. Central

3:45 P.M. - 5:00 P.M.

Breakout Sessions

Cherylynn Lee	Post Traumatic Growth: Rising from the Ashes of Stress, Trauma, and Moral Injury"	Stress and Trauma
David Hornsby	Navigating Moral Injury	Peer Support
Nancy Lombardo	Suicide, the Silent Storm	Suicide
Katherine Boyle	Raising Resilient Kids in LE Families	Family
Antonio Zarzoza	When Wellness Training Fails	Supervision/ Leadership
David Berez	Developing HIPP COPS	Resilience
Benjamin Stone	"Heart Disease: #1 Killer of Active and Retired Cops"	Health, Fitness, and Nutrition
David Rutledge	Spirituality and Law Enforcement	Chaplaincy

5:00 P.M.

Silent Auction Closes

5:30 P.M. - 10:30 P.M.

Law Enforcement Appreciation Night

Grand Ballroom - *Entertainment: Kevin Jordan*

7:00 P.M.

COPS Shop Closes

Sunday, November 16th

7:00 A.M. - 7:45 A.M.

Yoga for First Responders

TBD

7:30 A.M. – 8:15 A.M.

All Faith Fellowship

Riverview (41st Floor)

8:00 A.M. - 10:30 P.M.

Explore Exhibitors/ Raffles

C.O.P.S. Central

(COPS Shop is closed)

8:00 A.M. – 10:30 A.M.

Silent Auction Check-Out

Pre-Function

9:00 A.M. - 10:15 A.M.

Breakout Sessions

Denise Coyle:	BYAC - Crash Course in Suicide Prevention	Stress and Trauma
Gary Isbell	Surviving and Thriving you Career in LE	Peer Support
Ashley and Dustin Wright -	Supporting Your LEO When it Counts	Family
Jay Callaghan:	Compassionate Leadership	Supervision/ Leadership
Jack Harris:	Keeping Good People Good . . . A Perspective on Personal Wellness & Resilience	Resilience
Devon Edwards:	Sleepless on Duty: Reclining Rest in a Culture That Doesn't Sleep	Health, Fitness, and Nutrition
Bob Stanberry	Leveraging AI to Support Mental Wellness of LE and Those who Stand Beside them	Peer Support
Micheal Wierenga	Career Survival - Hypervigilance & Bringing It Home	

10:00 A.M. – 10:15 A.M.

Morning Break & Explore Exhibitors

C.O.P.S. Central

10:30 A.M.

Raffles & Exhibitor Blackout Closes

10:30 A.M. – 12:00 P.M.

Closing Session

Grand Ballroom - *Keynote: Sam Glenn*

Breakout session descriptions can be found on the Conference App. Download the App by scanning your phone's QR code.

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