



## New York State Professional Fire Fighters Association, Inc.

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REV. JOHN TALLMAN  
40 Collins Place  
Albany, NY 12208

## 5<sup>th</sup> District Regional Health and Safety Seminar 2023

February 8<sup>th</sup> @ 8:30am

Westchester County Fire Training Center, 4 Dana Road  
Valhalla, New York, 10595

### SPEAKERS/AGENDA

**8:00am – 8:30pm** – Light breakfast/coffee/juices

**8:30am -10:30am** - Jill Kristal, PHD. Jill is a Psychotherapist and founding member of the Westchester Trauma Response Network.

**Topic:** "Traumatic Stress Injuries and Eye Movement Desensitization and Reprocessing (EMDR)."

**11:00am – 1:00pm** – Captain Doug Mitchell, FDNY. Doug is a Captain in the New York City Fire Department with 26 years of fire experience, the last 19 with the FDNY. He is currently assigned to the Bronx's 7th Division.

**Topic:** "First Due: Residential Concepts for the Truck Company" This program discusses the mission-critical incident actions at fires in private dwellings as it relates to Truck Companies. Highlighting the 'must have' roles and responsibilities and honing the elements imperative to employ an efficient and effective fire attack.

A working lunch will be provided at around noon time at the direction/convenience of the presenter

**1:30pm – 3:30pm** – Alex Othmer. Alex holds a Bachelor's degree in Nautical Science, served as a Navy SEAL Operator, holds a master's degree in Psychology with a concentration in Leadership from Penn State University, and is the Co-founder and Executive Director of Guardian Revival, a 501(c)(3) Not-for-profit Organization chartered to support first responders and veterans.

**Topic:** "Health & Wellness" Breaking stigmas and overcoming barriers to mental health and building a culture of accountability and effective leadership.

There is no cost to attend the seminar. Breakfast & lunch will be provided by the 5th District.

**\*\*\*\*This seminar is open to all members of the NYSPPFA. Please share this invitation with all members of your department. Members can attend all or any part of the seminar.\*\*\*\***

**PLEASE NOTIFY YOUR DISTRICT HEALTH AND SAFETY REPRESENTATIVE CHIP NANKO (914-774-5193) ([cnanko@greenburghfirefighters.org](mailto:cnanko@greenburghfirefighters.org)), IF YOU ARE PLANNING ON ATTENDING, WE NEED A HEAD COUNT.**

Fraternally,

Dave Holleran  
Executive VP/ Health & Safety Chairman  
NYSPPFA

Chip Nanko  
5th District Health and Safety Rep.  
Greenburgh Local 1586