



This program has been submitted to the HR Certification Institute for review.



MPELRA is recognized by SHRM to offer Professional Development Credits (PDCs) for SHRM-CP® or SHRM-SCP® recertification activities.

Program Announcement

8:30 AM Registration and Continental Breakfast

9:00 AM President's Welcome

9:15 AM Critical Incident Stress Management (CISM)/Peer Support

Panelists: Oakland County Sheriff's Office – Captain Todd Hill, Deputy Bryan Pasini, Deputy Casey Crampton, and Deputy Robert Smith; Sterling Heights Police Department – Captain Colleen Hopper

The panel will be discussing what is CISM/Peer Support and the ways that it can be implemented in your organization, tools and resources for successful implementation as well as giving firsthand insight on how it has worked in critical incidents. They will explain what you can do for your first responder employees as well as those who are civilian employees. They will provide work/life solutions as well as support opportunities. There will be time for Q&A with the Panel during this session.

11:00 AM Impact of Stress

Macomb County Community Mental Health: Traci Smith, Chief Executive Officer; Dr. Agnes Ward, Chief Clinical Officer; and Anne Bicego, Clinical Administrator, CCBHC

Stress is something that we all live with not only in our work lives, but it also affects us personally. Our speakers will be discussing the impact of stress and how you can armor yourself with tools and resources to help recognize it in the workplace amongst employees as well as education on outliers that affect stress levels.

12:00 PM Lunch

1:00 PM How to Navigate Employee Mental Health Crisis

Oakland Community Health Network: Trisha Zizumbo, MSA, CHES®, Chief Operating Officer and Dr. Vasilis K. Pozios, M.D., Chief Medical Officer

Ever been involved in navigating a mental health crisis? Not sure where to begin or what steps need to be taken in order to effectively navigate through one? Our speakers will be addressing the topics of mental health crises, trainings to add to your toolkit as well as providing resources and guidance for Self-Care, Fit for Duty and proper planning and preparation.

2:30 PM Relaxation Breathing

Sherrian Greenwood, Wellness Manager, Great Lakes Water Authority

3:00 PM Adjournment

Program Registration Information

The registration fee, which includes continental breakfast and lunch, is \$80.00 for members and \$90.00 for non-members. Please make reservations by **May 30, 2025** online at www.mpelra.org or by sending the attached registration form to Barbara Wise Johnson at MPELRA, P.O. Box 235, Farmington, MI 48332-0235. Please note, notice of cancellation must be received by 4:00 PM May 30, 2025. No refunds or credit will be issued after that date. If you have questions call (313) 460-1613 or send an email to treasurer@mpelra.org.