

# FIRST RESPONDERS

EMERGENCY RESPONDERS • 9-1-1 DISPATCHERS • LAW ENFORCEMENT • FIRE AND EMS • RESCUE • CHAPLAINS

## YOU ARE WORTH IT

### The St. Louis County Chaplains and the NE Emergency Communications Board are sponsoring seminars for all 9-1-1 Dispatchers & First Responders.

Sessions will feature Dr. Michael Langston, PhD, DMin and will focus on stress prevention and action plan for a successful and healthy career and retirement of Emergency Responders, 9-1-1 Dispatchers, Law Enforcement, Fire and EMS, Rescue, and Chaplains.

#### TUE., MARCH 28TH, 2023

##### [2] 2-HR REPEATING SESSIONS:

###### SESSION 1:

12:00 PM—2:00 PM

###### SESSION 2:

7:00 PM—9:00 PM

*Snacks & beverages provided.*

**ST. LOUIS COUNTY PUBLIC SAFETY BUILDING, 2030 N. ARLINGTON AVE., DULUTH**

#### WED., MARCH 29TH, 2023

##### [1] 7-HR WORKSHOP:

###### SESSION 3:

9:00 AM—4:00 PM

*Working lunch provided.*

**AAD SHRINE MEETING & EVENT CENTER, 5152 MILLER TRUNK HWY, HERMANTOWN**

#### THU., MARCH 30TH, 2023

##### [2] 2-HR REPEATING SESSIONS:

###### SESSION 4:

12:00 PM—2:00 PM

###### SESSION 5:

7:00 PM—9:00 PM

*Snacks & beverages provided.*

**ST. LOUIS COUNTY PUBLIC WORKS TRAINING CENTER, 7823 HWY. 135, VIRGINIA**

#### SESSION DESCRIPTIONS:

The 2-hour sessions are designed to be convenient for volunteers and shift workers. Participants will have an awareness of the danger of the effects of critical incident stress, accumulative stress and Post Traumatic Stress that can occur with their volunteer or career first responder position. As well as what to look for in self and others and where to obtain help should symptoms begin to be demonstrated.

The 7-hour workshop is aimed at those who can devote an entire day to attend. Participants will receive a much more comprehensive expanded training with real-life examples of issues people face, potential dangers to well-being and safety for self and others that could occur. Signs and symptoms. Recognize that receiving help is not career ending or a sign of weakness. Understanding that some issues will not end simply because of retirement.

**This FREE training is open to ALL active, retired volunteer, and career first responders.**

**Significant others are also welcome!**

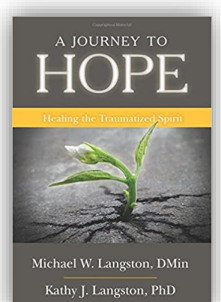


#### Dr. Michael W. Langston, PhD, DMin

CAPT., CHC, USN (Ret.), Professor of Practical Theology, Columbia Biblical Seminary, CIU

**Speaker Bio:** Dr. Michael W. Langston retired after 36 years of service (30 active) in the U.S. Marine Corps (infantry officer) and the U.S. Navy Chaplain Corps, receiving himself a diagnosis of severe PTSD after his tours in Afghanistan and Iraq. Mike is a graduate of the University of Louisiana in Lafayette, Southeastern Baptist Theological Seminary, Bethel Theological Seminary, and the Naval War College. He recently completed a PhD at Kings College, University of Aberdeen in Aberdeen, Scotland. Dr. Langston is currently the Professor of Chaplaincy in the Seminary and School of Ministry at Columbia International University. He and his wife Dr. Kathy J. Langston have authored two books together.

RSVP early and receive a FREE copy of "Journey to Hope-Healing the Traumatized Spirit" by Dr. Michael & Kathy Langston! Supplies are limited.



**RSVP BY Mon., March 13th to Holly Olson  
olsonh@stlouiscountymn.gov 218-726-2921**