

Tactical Mental Health

Nicole Vienna, PsyD

Ryan Vienna, ML

Track: Legal

Room: Big Sur

CE: CPA/BBS/BRN (1.5)

POST TBD

Narrative

First Responders run towards danger when others run away. They work in high-risk occupations that involve a plethora of critical incidents. Being on the front line, working with a high-risk population and in critical incidents can make first responders candidates for cumulative post-traumatic stress, secondary traumatic stress, anxiety, depression, and even burnout. Clinicians working with first responders need to be culturally competent when delivering clinical services. This workshop will combine first responder culture and tactical mental health skills. This presentation was developed by husband and wife couple who have taken their collective experiences with working the front lines on patrol and crisis intervention teams, in the jails, trauma, and combined it with their educational background in psychology and leadership to develop a set of mental health tools specifically for first responders that can be used to build resiliency and facilitate healing.

BIO

Nicole Vienna, PsyD

Forensic Evaluator, Gateways Conditional Release Program

Clinical Director; Clinical & Forensic Psychologist, Vienna Psychological Group, INC

Nicole is a licensed clinical psychologist with specialization in clinical and forensic psychology. She received her PsyD in Clinical Forensic Psychology from Alliant International University, Irvine/San Diego. She also completed a now APA Accredited Pre-Doctoral Internship at the Los Angeles County Department of Mental Health Men's Forensic Outpatient Program at Twin Towers Correctional Facility, where she received specialized training in clinical and forensic psychology. Nicole also completed Postdoctoral Rotations at Los Angeles County Department of Mental Health, Juvenile Justice Camps & Halls, where she received specialized training in adolescent psychological assessment and treatment. She is also a member of The Los Angeles County Juvenile Delinquency Expert Panel. Nicole has trained and worked in a variety of clinical and public safety settings including outpatient community mental health clinics, inpatient psychiatric hospitals, and alongside deputies with the Los Angeles County Sheriff's Department on Mental Evaluation Teams (MET). She has also worked within forensic and correctional settings through the Los Angeles County Department of Mental Health (DMH), California Department of State Hospitals (DSH), and Gateways Conditional Release Program (CONREP) where she provided treatment for severe psychiatric illnesses as well as assess progress in treatment and suitability for community outpatient treatment placement. Nicole specializes in forensic psychology, public safety psychology, trauma, and psychological assessment and evaluation. She conducts psychological evaluations for public safety candidates for appeal purposes. Nicole is Peace Officer Standards and Training (POST) qualified and a

member of the psychological evaluator list through POST. Additionally, she is certified in Critical Incident Stress Management (CISM) and provides preparation, interventions, and post care for major incidents, traumatic events, and crises to public safety agencies, schools, and workplaces. In her group private practice, Nicole provides individual therapy for children (aged 5 and older), adolescents, and first responders with anxiety, mood, trauma, self-esteem issues, relational difficulties, and addictions. She is trained in providing Eye Movement Desensitization Reprocessing (EMDR), treatment for PTSD. In addition, she conducts psychological assessments to evaluate personality and psychological functioning. Nicole is currently involved in research regarding therapeutic interventions for first responders who have encountered an operational stress injury (OSI) with California non-profit organization, Dive Guardians. Nicole currently serves on the International Public Safety Association's Mental Health Committee and Opioid Task Force, which produces deliverables such as PTS, Depression, and Suicide publication posters and recently published Info Brief regarding The Opioid Crisis and Its Impact on First Responders. She is also a volunteer with the Los Angeles County Sheriff's Department Youth Activities League out of Industry Station. She is an active member of the EMDR International Association (EMDRIA), Association of Traumatic Stress Specialists (ATSS), and International Critical Incident Stress Foundation (ICISF).

Ryan Vienna

Chief Executive Officer, Vienna Psychological Group, Inc.

Full-time Law Enforcement Officer

Ryan is a committed leader holding positions in the private and public sectors. Ryan is the Chief Executive Officer (CEO) and President of Vienna Psychological Group, Inc. This endeavor launched in August 2015, in partnership with his wife (a forensic psychologist), aims to promote healthy living and safer communities through outstanding mental health services. Under Ryan's leadership, the corporation began pressing forward serving first responders, veterans, their families, and others in need of services.

Ryan is an active full-time sworn Lieutenant with the Los Angeles County Sheriff's Department and a 14 veteran in law enforcement. In January 2016, Ryan was recognized by the American Jail Association (AJA) as one of 35 people selected nationwide as a young up-and-coming corrections professional who has made significant contributions to the jail industry, a future leader of the industry, and someone who is making a positive impact on the corrections profession early in their career.

In addition to Ryan's career in law enforcement, he has a passion for public service. In March 2017, Mr. Vienna was elected to the San Dimas City Council where he currently serves a term expiring in March 2022. Mr. Vienna represents the City of San Dimas as the delegate to the League of California Cities and the California Contract Cities Association.

Learning Objectives

1. Identify three components of the First Responder Culture.
2. Describe how to achieve a work/life/family balance when working in a public safety position.

3. Differentiate between burnout and secondary traumatic stress and PTSD.
4. Identify the signs and symptoms of PTSD.
5. List 10 survival skills (tools) to build resiliency and combat post-traumatic stress, anxiety, depression, etc.