



Recommended attire throughout: Business casual (khakis, polo/oxford shirts)

Thursday, May 31

5:30–7:00pm

Event Check-In

Pick up your name badge and welcome packet! Light refreshments provided.

TBD

Friday, June 1

7:00–8:00am

Event Check-In

Pick up your name badge and welcome packet!

**Note: the Embassy Suites provides a complimentary made-to-order breakfast and buffet from 6:00-9:00am*

TBD

8:00–8:30am

OPENING SESSION

Chief Jeff Cash, NVFC Executive Committee, Cherryville (NC) Fire Department; with special welcome from NVFC Chairman Kevin D. Quinn and Chief Ray Allen, Concord (NC) Fire Department, and Presentation of Colors by the Concord FD Color Guard

TBD

Find out more about the NVFC and get important information for your attendance at the Summit.

8:30–8:35am

Break

8:35–10:35am

BREAKOUT SESSIONS I

Pave Your Own Way

Ali Warren Rothrock, Firefighter/EMT, King of Prussia (PA) Volunteer Fire Company; Author, Where Hope Lives

Ali is a thought leader and inspirational speaker specializing in resiliency and post traumatic growth. She will share her story of being a young firefighter dealing with sexual harassment and assault. She will talk about how she overcame the untenable environment in her first fire house to be someone who thrives in the fire service.

TBD

O2X Human Performance: Comprehensive, Science-backed Training for the Tactical Athlete

TBD

Brice Long, O2X

There is an imperative need to extend the operational life, health, and effectiveness of firefighters. This presentation will focus on how volunteer firefighters can make small, incremental changes that lead to sustainable lifestyle improvements. The O2X Human Performance program offers a comprehensive EAT SWEAT THRIVE approach designed to maximize an individual's performance by combining physical conditioning, injury prevention, nutrition, sleep, stress management, and resilience. Volunteer firefighters will learn the tools and techniques they need to lead long, healthy careers and mitigate the job-related mental and physical stressors prevalent in the fire service.

10:35–10:45am

Break

Coffee and light refreshments provided.

10:45am–12:45pm

BREAKOUT SESSIONS II

Leadership Challenges in Today's Volunteer Emergency Services Organizations

TBD

David Lewis, Emergency Services Educator and Consultant; NVFC Health, Safety, and Training Committee

Today's volunteer emergency services leaders are challenged with a variety of very complex issues, including funding, recruitment, community/political support, and strategic planning. Come interact with other leaders from around the nation for an open discussion of the challenges affecting the future of your organization. Leave with new ideas and best practice solutions on how to resolve your challenges and move your organization forward towards a better tomorrow.

Saving Those Who Save Others

TBD

Jeff Dill, Founder, Firefighter Behavioral Health Alliance

Jared Meeker, Chief, Lake Shore Fire District, Rochester, NY

Firefighter/EMS behavioral health continues to be a key focus area for fire service organizations. This class will provide a brief overview of behavior health problems firefighters deal with, including PTSD and suicide. Attendees will also learn the skills to recognize not only others who are struggling with behavioral health issues - but within themselves as well. Chief Jared Meeker will share his story from one tragic event to now, when he helps inspire others to seek help and manage PTSD within their own lives. In addition, attendees will hear the latest stats on suicides in the fire service, signs and symptoms, and what the fire service can do to make changes for their own organization from founder of FBHA, retired Captain Jeff Dill.

12:45–1:45pm

Lunch

TBD

Network over a lunch hosted by the NVFC.

1:45-2:00pm

Transition back to classrooms

2:00–4:00pm

BREAKOUT SESSIONS III

Recruiter Boot Camp: Creating the Call to Duty

TBD

Tiger Schmittendorf, Chief Recruiter/VP of Strategic Services for FirstArriving.com; Deputy Fire Coordinator, Erie County Emergency Services (Ret.)

Do your recruitment and retention efforts leave you feeling like you've lost the battle and the war? Do you feel outgunned in managing the friendly fire of interpersonal dynamics shelling your organization? Are you ready to call in reinforcements? It's time to lead the charge and create the Call to Duty for your current and prospective volunteers. Utilizing fun, facilitated conversation and supporting media, this course will address the moving-target challenges of today's public safety leaders and offer the participants real-world solutions in attracting and retaining the appropriate quantity and quality of volunteers they need to support the delivery of emergency services in their communities.

Best Practices for Preventing Firefighter Cancer

TBD

Chief Brian F. McQueen, NVFC Cancer Subcommittee Co-Chair; Whitesboro (NY) Volunteer Fire Department

With more than 60 percent of firefighters dying from cancer, all those in the fire service must be continuously conscious of the danger of firefighter cancer. The NVFC Cancer Subcommittee recently designed the 10 Best Practices to Preventing Firefighter Cancer. It is the responsibility of our fire service leadership as well as boots-on-the-ground firefighters to embed these practices into our daily lives. This presentation will bring to the forefront the steps we need to take to meet this epidemic.

4:30-6:30pm

NETWORKING RECEPTION

TBD

Relax and mingle with your peers at a casual patio social. RSVP required on registration form. *Sponsored by: California Casualty, Columbia Southern University, ESIP/McNeil & Company, Firehouse Magazine, Globe, NFPA, The Pennsylvania Fireman, Provident, Rescue Wipes, Trident University International.*

Saturday, June 2

8:00-10:00am

BREAKOUT SESSIONS V

Generational Differences – Working With, Recruiting, and Retaining in the Ever Changing Volunteer Fire Services

TBD

Wesley Hutchins; CFO, EFO – Chief, Walkertown (NC) Fire Department

Millennials - individuals born between 1982 and 2000 - are now the largest generation making up the fire services population. Successfully recruiting, retaining and managing the millennial is an ever-evolving challenge. Today's fire service can be made up of four generations where each generation has its own values, beliefs and priorities. This workshop will motivate you and help you understand millennial management in your department.

Personal Protective Actions for Opioid Emergencies

TBD

Thomas Miller, MA, LPC, ALPS, ADC; NVFC Director (West Virginia); Firefighter, Sissonville (WV) Fire Department

This program is intended to provide important personal safety information to first responders as it relates to their response to incidents involving potential opioid emergencies. It is not intended to address patient care, medical interventions, or law enforcement tactical considerations as they relate to opioid responses. Agencies should draft and/or implement SOPs/SOGs for handling these types of emergencies. The information in this course may be used as guidance material in that process.

10:00–10:15am

Break

Coffee and light refreshments provided.

10:15am-12:15pm

BREAKOUT SESSIONS V

Preventing Legal Fires

TBD

John Murphy, Attorney At Law; Deputy Fire Chief (Ret)

The threat of a lawsuit places our fire departments, fire officers, firefighters, and EMS personnel in harm's way when something goes wrong in the operations, policies, and practices of the fire department, especially in the areas of personnel management, response, customer service, and interpersonal relationships. This interactive class explores the relationship between the law and the fire service.

Short Handed Firefighting

TBD

Chief Roger Audette, Augusta (ME) Fire-Rescue Department; Lead Instructor, Pine Point Fire Training

There are no timeouts on the fireground! The average fire requires 12-15 firefighters to perform fire attack, search & rescue, backup, ventilation, and operate the trucks, yet time and time again the trend is that fire departments are responding with less. What can you do as a firefighter and as a fire department to maintain firefighter safety and streamline fire attack when responding with three or four firefighters? This program will review rapid scene size-up, line choice and deployment, understanding modern fire behavior and how it impacts firefighter safety, resource management and coordination of crews, and case studies of short handed incidents.

12:15-1:15pm

Lunch

TBD

Network over a lunch hosted by the NVFC.

1:15-3:15pm

BREAKOUT SESSIONS VI

Hell on Wheels

TBD

James Kirsch, Captain, Borough of Bergenfield (NJ) Fire Department

On any given day, a variety of specialized vehicles, utility trucks, and customized contractor's equipment travel through a department's response district. Lunch trucks, tar kettles, aerial bucket trucks, mobile electrical substations, small cranes, road repair and construction equipment, landscaping trailers, exterminator's vans and similar vehicles can present unique challenges to firefighters when incidents occur. Additionally, incidents involving more common vehicles may expose first responders to unforeseen risks. The class will present scenarios and discuss case histories to give information to attendees to assist them in their emergency scene

decision- making when encountering the ordinary and the non run-of –the-mill vehicles and equipment.

Cardiac Rehab and Health in the Fire Service

TBD

Kymberly Pashkowsky, Owner, Lead On Solutions; Firefighter/Medical First Responder, Algoma (MI) Fire Department

The #1 killer of firefighters is heart disease. Intervention strategies within a comprehensive health and wellness program have helped to reduce these numbers over the years, but there is still an alarming rate of firefighters who suffer from heart attacks each year. Cardiac health has several components that we will emphasize, by giving a beat by beat perspective of the physiological effects of firefighting on our hearts. We'll also discuss firefighter rehab and how to make sure your safety officer is a rehab "rockstar." With volunteer fire department budgets being cut, mandated yearly physicals for every firefighter is taxing. And are these simple baseline physicals giving us accurate data to evaluate our hearts properly? This workshop will focus on how you can make several small steps to improve your department with a minimal budget while minimizing cardiac death on the fireground.

3:15pm-4:00pm

CLOSING SESSION

TBD

Chief Jeff Cash, NVFC Executive Committee and Health, Safety, & Training Committee
Join our closing session for a wrap-up of lessons learned, to submit a program evaluation, and to be eligible to win door prizes.