

**SHIFT:
MENTAL WELLNESS FOR FIRST
RESPONDERS CONFERENCE**

**Wednesday & Thursday, April 23-24, 2025
Delamar Hotel, Traverse City, MI
Two days - just \$150**



Artwork by Dan Sundahl, internationally renowned artist, speaker, advanced care paramedic, prehospital educator, and retired firefighter.
www.dansunphotos.com (used with permission)

This conference is brought to you by:



**Michigan Rural
EMS Network**

***Join Us For Our Conference, April 23-24, 2025
and Enjoy a Spring Getaway to Beautiful
Traverse City, Michigan***



What you'll experience:

MEET THE EXPERTS. Join us as we bring together local, state, national, and international industry experts with real-world experience to address the impact of job-related stress and trauma. Gain insights on recognizing when you or a colleague may need support and develop effective strategies to manage stress and enhance your quality of life both on and off the job. Discover valuable resources and practical tools to prioritize your well-being and better serve those who rely on you for help.

TWO DAYS FOR JUST \$150. This education is so critical for you, for your colleagues, and for your family. So we've kept the price as low as possible to reduce financial barriers to attendance.

NETWORK WITH YOUR COLLEAGUES FROM EMS, FIRE, LAW ENFORCEMENT, DISPATCH, AND CORRECTIONS. Seize this valuable opportunity to connect and collaborate with public safety professionals across all disciplines. Exchange best practices and spark meaningful conversations that pave the way for lasting change, fostering psychologically healthy agencies.

GET CREDITS. The *SHIFT* conference has been approved for credits for MCOLES and Dispatch. EMS credits are pending approval. Fire training attendance certificates will be emailed after the conference.

SIGNIFICANT SAVINGS ON LODGING. Experience a stay at the incredible Delamar Hotel, perfectly situated within walking distance of downtown's Front Street and offering breathtaking views of Grand Traverse Bay. Enjoy year-round amenities, including indoor and outdoor heated pools, a whirlpool hot tub, a sauna, and a yoga studio. Take advantage of complimentary shuttle service, free Wi-Fi, and more—all for \$100 off the regular room rate (see details below).

ENJOY ALL THAT SPRINGTIME IN TRAVERSE CITY HAS TO OFFER. Beautiful Traverse City, Michigan offers captivating freshwater, award winning farm-to-table eateries, wineries, boutique downtown shops, and home-grown microbreweries.

Two full days for just \$150

(includes continental breakfast, lunch, and snacks each day)

14 Preparatory EMS CEs (pending)
14 LE MCOLES Training Hours
Dispatch SNC Approval # MREN2024-5179
Fire Training Certificates will be provided

Wednesday & Thursday, April 23-24, 2025
Delamar Hotel, Traverse City, MI

[View Full Agenda](#)

REGISTER EARLY - SPACE IS LIMITED

OUR NATIONAL PRESENTERS

Daniel Sundahl (DanSun) *Daniel is joining us again this year with two new sessions!*

Daniel is a published artist and writer with four art books produced of his works. Articles of his work are featured in several international publications, and his art is recognized worldwide. Daniel travels internationally, speaking about his art and personal experiences with occupational stress injuries and post-traumatic growth. He is an advanced care paramedic, pre-hospital educator, retired firefighter, photographer and photo editor. He is the president and founder of The Recovery and Resiliency Foundation, a charitable organization that helps support people living with symptoms of trauma. He recently graduated as a registered counseling therapist in 2024 with accreditation from the Canadian Professional Counseling Association. The majority of Daniel's work involves emergency services photography, and comprises an emotional connection to the artist as most of his pieces are based on actual emergency calls he has attended. He is passionate about reducing the stigma of PTSD for first responders and uses his art to raise awareness of occupational stress injuries worldwide. Learn more by visiting www.dansunphotos.com.

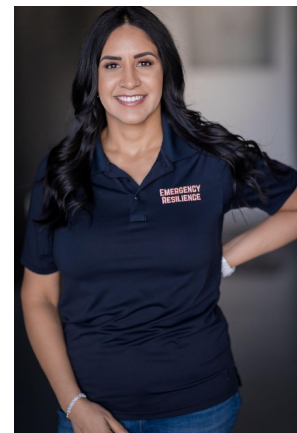


Dr. Olivia Johnson *Olivia is joining us again this year with a new dynamic session!*

Olivia is the founder of the **Blue Wall Institute**, an Air Force veteran, and former police officer. Olivia is a subject expert in law enforcement suicide and holds the Law Enforcement Psychological Autopsy Certification from the American Association of Suicidology. She holds the only database in the world that looks at over 100 data points regarding suicide deaths of law enforcement officers. From her data collection, she developed the Fatal 10, which is currently used as a risk assessment tool by health insurance companies.

She holds a master's in Criminology and Criminal Justice from the University of Missouri, St. Louis, and a doctorate in Organizational Leadership Management from the University of Phoenix.

Alexandra Jabr, Ph.D., EMT-P, began her career in EMS in 2003 and has been an educator since 2008. Alexandra holds a master's degree in mental health with an emphasis in death, grief, and bereavement and earned a Ph.D. in depth psychology, researching psychedelic therapy for firefighters with PTSD. Alexandra is the creator of **Emergency Resilience**, a continuing education platform dedicated to helping first responders build resilience by integrating marginal topics into routine training, and the CE course "Death Communication for First Responders: How to Deliver Unfortunate News."



Scott Lail is a highly acclaimed mental health



speaker/trainer, and has given more than 500 keynote talks, workshops and presentations worldwide to corporations, government agencies, community organizations, faith communities, first responders, and school students. He is a subject matter expert in mental health and suicide, a published writer, the 2021 Steinberg Institute Mental Health Champion, and two-time TEDx speaker.

2 DAYS, ONE LOW PRICE

Take advantage of two days filled with captivating content from both nationally acclaimed and local presenters—all at an affordable price!

Continental breakfast, snacks, and lunch provided each day.

only **\$150**

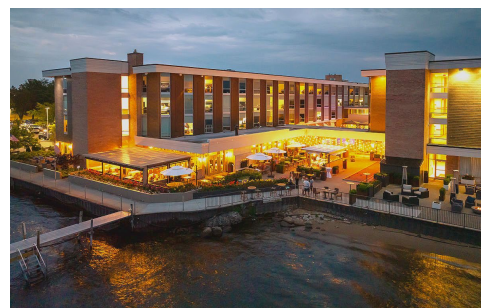
[Register Now](#)

REGISTER EARLY - SPACE IS LIMITED!

Please secure your lodging early

Hotel reservations can be made at the Delamar using this link below or by calling 231-947-3700 and using the code MIRU0425.

Delamar Hotel
615 E. Front St.
Traverse City, MI
(231) 947-3700



[Hotel Reservations](#)

Special Thanks to Our Sponsors



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Michigan Rural EMS Network (MiREMS) provides programs and resources to strengthen rural EMS Systems in Michigan, resulting in improved practices and outcomes.

Visit www.mirems.org for more information.

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