



Q3 WI PRIMA Meeting

September 12, 2024

Meeting Location

Cities and Villages Mutual Insurance Company (CVMIC)
9898 W Bluemound Rd, Wauwatosa, Wisconsin

Meeting Time

9:30am – 2:00pm

AGENDA

9:30am – 9:45am Introductions

9:45am – 10:45am **Enhancing Officer Wellness through the TFT Mobility & Fitness Program,**
Katie Michel and Scott Michel, Tactical Functional Training

10:45am – 11:00am Break

11:00am – 11:45am **Mental Health Assistance for Protective Services,** Dr. Craig Childs, Thin
Line Psychological Services

11:45am – 12:30pm Lunch – sponsored by CVMIC

12:30pm – 1:30pm **The Seven Rules of Admiral Rickover,** Gordon Graham, J.D., Co-Founder
of Lexipol (virtual presentation)

1:30 – 2:00pm **Roundtable Discussion**

More Information:

Enhancing Officer Wellness through the TFT Mobility & Fitness Program

Presentation Description: Join us for an engaging session where we will showcase the TFT Mobility & Fitness LE Wellness and Injury Reduction Program. Discover how this comprehensive curriculum helps law enforcement officers and academy instructors improve their health, reduce injury risks, and foster overall wellness. Our bottom-line up-front approach will highlight the tangible benefits of participating in this program, including injury reduction, enhanced mobility, and improved mental health.

Three Learning Objectives:

1. Learn to assess vulnerable joints and muscles prone to injury, identifying key areas for mobility improvement.
2. Understand the value of nutrition, mental wellness, and resilience training in promoting overall officer health.
3. Explore the methodology behind the TFT Mobility & Fitness program, combining innovative training techniques and evidence-based practices.

Mental Health Assistance for Protective Services

As first responders and representatives of their respective agencies in times of crisis, public safety employees can represent a high level of risk. Recently, much attention has been given to first responder mental health because of the risks that these individuals often face in the course of their employment. This presentation will seek to address some of the resources available for public safety employees, pitfalls to avoid with these services, and how high quality mental health services can help reduce liability for this high risk group.