







# We Are In This Together

Dave Gerold

*Peer Coordinator, First Responders Bridge  
Columbus Div. Of Fire, Lieutenant (Ret.)*



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Paramedic/Firefighter 1999

Lieutenant, Promoted 2017

EMS Supervisor

ACLS and PALS instructor

Peer Support Leadership Team

Alumni of The Bridge, Save A Warrior, EMDR  
treatment

Retired CFD 2024 with 25 years

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**1975 Chevy Nova**



# **What to expect & What you will learn**



# Speed Dating

Introduce yourself

- Your name
- Your community
- Your profession and/or agency
- Your FIRST CAR!







# Friday Agenda

- **Friday: Lived Experiences**
- Jo Terry “Trauma and Its Effect on First Responders”
- Lisa Callander (Director, City of Columbus EAP)
- Scott Geiselhart (Asst Fire Chief, Frazee, MN (ret))
- Preston Moore
- Optional iRest Yoga Nidra Meditation



# Saturday Agenda

- Joe Lorenz - Chapel Service
- Self Care & Well Being Discussion Groups
- Adam Davis - “Live Unconquered
- Time to connect with each other and others
- Allison Uribe - Wives on Duty Ministries
- Vinnie Montez - Comedian



# Sunday Agenda

- Panel Discussion: “Ask a Clinician”
- Stan Partlow: Post Retreat Planning - Living Relentlessly”
- Mick Yinger – Closing Remarks



