





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

Speed Dating

Introduce yourself

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



Listen

Let Go

Lean In

Friday Agenda

- Jo Terry “Trauma and Its Effect on First Responders”
- Lisa Callander (Director, City of Columbus EAP)
- Scott Geiselhart “Seeing in Color Again”
- Ashley Ferris “A Fighting Chance”
- Optional iRest Yoga Nidra Meditation

Saturday Agenda

- Joe Lorenz - Chapel Service
- Self Care & Well Being Discussion Groups
- Tabletalk Discussions
- Chief Neil Gang(Ret) “The Asher Model”
- Time to connect with each other and others
- Preston Moore ”Stigma: The Biggest Mistake We Make as First Responders”
- Nancy Norton - Comedian

Sunday Agenda

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

