

# COURSE AGENDA

*NDAAs Wellbeing Task Force Presents:*

## **2023 Wellbeing Resiliency Retreat and Conference**

May 17–19, 2023  
Missoula, Montana

**Conference Location:**  
Holiday Inn Missoula Downtown

*Attendees must wear their name tags to all events.  
Please turn off cell phones during all sessions.*

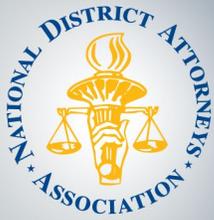
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### **AGENDA**

#### **DAY 1: Wednesday, May 17, 2023 – General Sessions**

*Coffee and tea available from 7:00 AM until consumed.  
Registration, Welcome, and General Sessions in Garden City Parlor.*

7:00–8:00 AM	<b>Morning Stretch, Meditation, Walk or Yoga</b>
9:00–9:45 AM	<b>Welcome</b> <i>Nelson Bunn, Executive Director (NDAAs)</i> <i>Kirsten Pabst, County Attorney (Missoula County, MT)</i>  <b>Why Wellbeing?</b> <i>Kirsten Pabst, County Attorney (Missoula County, MT)</i> <i>Kimberly Overton Spahos, Executive Director, (NC Conference of District Attorneys)</i>
9:45–11:15 AM	<b>Management Skills for Retention in the Face of Trauma</b> <i>John Hollway, Senior Fellow</i> <i>(Positive Psychology Center, University of Pennsylvania)</i>
11:15–11:30 AM	<b>Break</b>
11:30 AM–12:45 PM	<b>Survival Gear for Criminal Justice Professionals</b> <b>Part 1: Building the Framework</b> <i>Kirsten Pabst, County Attorney (Missoula County, MT)</i>
12:45–2:00 PM	<b>Lunch (Provided)</b>
2:00–3:30 PM	<b>How to Process What You Wish You Hadn't Seen: Traumatic Exposure and Prosecutor Wellness</b> <i>Wendy Patrick, Deputy District Attorney (San Diego County, CA)</i>



# COURSE AGENDA

Afternoon Options

**Hike on Own**

*Adjourn for the Day*

## **DAY 2: Thursday, May 18, 2023 – General Sessions**

*Coffee and tea available from 7:00 AM until consumed.  
Registration, Welcome, and General Sessions in Garden City Parlor.*

7:00–8:00 AM

**Morning Stretch, Meditation, Walk or Yoga**

9:00–10:15 AM

**The Ethics of Wellness** (1 Hour Ethics Credit)  
*Wendy Patrick, Deputy District Attorney (San Diego County, CA)*

10:15–10:30 AM

**Break**

10:30–11:30 AM

**The Bright Side of Trauma-Informed Care: Vicarious Resilience**  
*Mary Ashley, Deputy District Attorney (San Bernardino County, CA)*

11:30 AM–12:30 PM

**Responding to the Wildfire of Secondary Trauma, Practical Skills for Reducing Toxicity and Building Strength in The Workforce**  
*Andrew R. Laue, LCSW*  
This session will focus on the nervous system and the bodies of prosecutors and teach practical skills that create immediate relief and build strength. STAR-T Secondary Trauma Activates Resilience Training.

12:30–1:15 PM

**Lunch (Provided)**

1:15-2:15 PM

**Acting with Purpose (Power and Purpose)**  
*Bill Ring, County Attorney (Coconino County, AZ)*

2:15–2:30 PM

**Break**

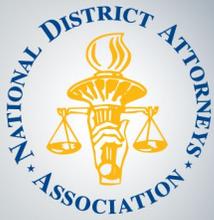
2:30–3:30 PM

**Self-Care Basics and Coping Skills Assessment (Substance Use Disorders and Wellbeing)**  
*Jess Hulsey, CEO (Addiction Policy Forum)*

Afternoon Options

**Hike on Own**

*Adjourn for the Day*



# COURSE AGENDA

## DAY 3: Friday, May 19, 2023 – General Sessions

*Coffee and tea available from 7:00 AM until consumed.  
Registration, Welcome, and General Sessions in Garden City Parlor.*

7:00–8:00 AM	<b>Morning Stretch, Meditation, Walk or Yoga</b>
9:00–10:00 AM	<b>Peer Support</b> <i>Mary Ashley, Deputy District Attorney (San Bernardino County, CA)</i>
10:00–11:00 AM	<b>Managing a Trauma Engaged Work Force: Effective Responses to Engage Workers Suffering Distress</b> <i>Anna Conley, UM Law School and Andrew R. Laue, LCSW</i> <i>This session will provide practical guidance from attachment theory about the most effective ways to support supervisors and colleagues when they are experiencing distress. STAR-T Secondary Trauma Activates Resilience Training.</i>
11:00–11:15 AM	<b>Break</b>
11:15 AM–12:30 PM	<b>Survival Gear for Criminal Justice Professionals Part 2: Solutions</b> <i>Kirsten Pabst, County Attorney (Missoula County, MT)</i>
Afternoon Options	<b>Hike, Fly Fishing on Own</b>  <i>Adjourn for the Day</i>

***\*Please note that this is a tentative schedule. Course titles and content may be subject to change.***

*No part of this schedule may be duplicated by any means. No audio or videotaping of any presentation is allowed during this course. Statements, points of view or opinions stated during this course or in publications distributed during the course are those of the speakers or authors and do not represent the official position of the National District Attorneys Association. Information dealing with a specific legal matter should be researched in original and current sources of authority.*