

# MENTAL HEALTH AWARENESS TRAINING

## DAY SPEAKER & TOPIC LINE-UP

### AGENDA

- 8:30a.m. to 11:45 a.m.      SPEAKERS
- Jerrid Sebesta ~ Life-Undeferred: Unlock the Dream Life Already Inside
  - People, Inc. ~ Co-Occurring Disorders
- 11:45a.m. to 12:30p.m.      LUNCH (included)/BREAK
- 12:30p.m. to 4:30p.m.      SPEAKERS
- Drew Moldenhauer & Rich Webb ~ Crisis Control: Empowering Mental Health Professionals with De-escalation and Threat Preparedness
  - Mid-Minnesota Legal Aid ~ Evictions and Squatters Rights 101
  - Chris Hawkey ~ Fighting the Darkness by Sharing Your Light



### Jerrid Sebesta

Jerrid Sebesta is the creator of Life-Undeferred, a platform dedicated to helping people unlock their dream life.

He is a transformational speaker, coach, and Amazon best-selling author of "Life-Undeferred: How to Unlock the Dream Life Already Inside."

Before moving back to the Willmar area in 2014, he was a TV meteorologist for 12 years in several top-20 markets including Phoenix and Minnesota's KARE11. Jerrid believes we're called to step into our most authentic selves, shining light on the world around us.

### Life-Undeferred: Unlock the Dream Life Already Inside

In this transformative keynote, Jerrid Sebesta unveils the powerful philosophy behind Life-Undeferred, empowering individuals to break free from mediocrity and embrace their most authentic, exciting lives. Drawing from his experiences as a TV meteorologist, Jerrid delivers a high-energy presentation that challenges attendees to stop deferring their dreams and start living boldly. Through compelling stories, practical strategies, and interactive exercises, Jerrid guides the audience on a journey of self-discovery and personal growth. He reveals how to cultivate the right mindset, develop unwavering discipline, and unlock the potential that lies dormant within each of us.

# People Incorporated

Minnesota's Largest Community Based Non-Profit Mental Health Provider.

For over 50 years, they have been a leading community partner by transforming the health of communities through innovative solutions.

**PEOPLE** MENTAL  
**INCORPORATED** HEALTH  
SERVICES

## Co-Occurring Disorders

Co-occurring psychiatric and substance use disorders can complicate treatment and many issues go unmanaged. Without integrated care people are also likely to develop medical concerns like diabetes or chronic pain. This presents a difficult treatment problem for professionals to solve and family members to navigate, as it can be difficult to know the best place to start. This class presents an integrated care approach using the Stages of Change model.

### Learning Objectives

- Recognize the importance of adopting an integrated approach
- Examine the neurobiology and risk factors of co-occurring substance use and mental health disorders
- Acquire a more complex understanding and application of the Stages of Change
- Explore different models and approaches to treatment of co-occurring disorders through scenario work



## LUNCH



Lunch is included as part of your registration. And back by popular demand, we are having a Fiesta Buffet! Items included in the buffet are:

- Beef Tacos and Chicken Fajitas
- Hard and Soft Shell, Spanish Rice, Refried Bean
- Tortilla Chips with Fresh Pico De Gallo & Guacamole,
- Mexican Street Corn, Fresh Chopped Lettuce,
- Tomatoes, Olives, Jalapenos, Cheese, Sour Cream & Salsa

Attendees are also welcome to do lunch on their own. Registration amount will remain the same whether attendee(s) stay and eat on-site or choose to go off-site on their own.

## Drew Moldenhauer

Drew Moldenhauer is the visionary behind Blue Ethos Specialized Training, where he serves as the Owner and Master Instructor. With a strong focus on empowering individuals and organizations, Drew offers comprehensive training that goes beyond technical skills, highlighting the critical importance of situational awareness and community engagement.

His extensive background in public safety leadership, coupled with years of practical experience, makes him a sought-after expert in the field of active threat preparedness and high-stakes teamwork.

Drew holds a Master's Degree of Science in Public Safety Executive Leadership from St. Cloud State University and is an experienced educator, having served as an Adjunct Professor at multiple respected institutions.



## Rich Webb

Rich is the founder and driving force behind Blue Ethos Specialized Training. His company provides comprehensive training to both public and private entities

With 17 years of dedicated service in law enforcement, Rich has amassed a wealth of experience and expertise that spans leadership, tactical response, and training. His approach to law enforcement is deeply rooted in common sense and research-based knowledge, making him a respected figure in both his department and the broader community.



## Crisis Control: Empowering Mental Health Professionals with De-escalation and Threat Preparedness

- **Active Threat Survival Techniques:** Participants will learn simple, practical methods for surviving an active threat, supported by real-world case studies that highlight both effective and ineffective responses.
- **Understanding Threat Behavior:** Attendees will gain skills in behavioral analysis to interpret an attacker's body language and assess verbal and non-verbal cues to detect potential threats early.
- **De-escalation Mastery:** Participants will be trained in de-escalation strategies, focusing on staying calm, listening actively, and using empathy to defuse tension while recognizing signs of escalating conflict.
- **Identifying Motives and Warning Signs:** Participants will understand the common motives and ideologies behind active threats and learn how to identify warning signs, allowing for early intervention.
- **Conflict Resolution Techniques:** Participants will acquire conflict resolution skills tailored for managing confrontations with irritable or irrational individuals, reducing the likelihood of escalation.
- **Leveraging Intuition and Managing Fear Responses:** Attendees will learn to trust their intuition during an active threat, effectively manage fear responses to enhance survival, and use mental preparedness to control anxiety and worry.
- **Enhancing Environmental Awareness:** Participants will develop situational awareness techniques, enabling them to detect and respond more effectively to potential threats in their surroundings.
- **Reading Body Language and Verbal Cues:** Attendees will refine their ability to read and interpret body language and verbal cues, improving their overall capacity to detect and respond to threats.



## Mid-Minnesota Legal Aid

For more than 100 years, Mid-Minnesota Legal Aid has provided access to the legal system for Minnesota's most vulnerable citizens. With the support of thousands of Minnesotans, they've stood with them to defend their basic rights for safety, shelter, food, health care and education.

### Evictions and Squatter's Rights 101

Attendees will learn about both tenant and landlord rights when it comes to evictions, the eviction process, and squatters in Minnesota.

### Chris Hawkey

Chris Hawkey is a true entertainer with a wide variety of outlets to connect with people across the Midwest. His primary role is co-host and producer of the Power Trip Morning Show – one of the most successful and highly-rated talk radio shows in the United States.

Hawkey is also the producer of the Minnesota Vikings Radio Network for all of the team's road games. When he's not on the radio, Hawkey takes his talents to the stage singing with multiple bands.

Hawkey loves to write and support local charities. He can also frequently be found hosting and lending his support to hundreds of charities around the Twin Cities helping raise millions of dollars for causes – with a focus on kids and mental health.



### Fighting the Darkness by Sharing your light.

So many of us battle depression and anxiety on a regular basis or know someone that does. Making it even more difficult is the fact that most fight their "Darkness" in secret. Chris Hawkey was one of those people until an unlikely scenario led him to bring his battle into the light. Chris will talk about how going public with his depression helped him with his own mental health issues. He'll also reveal how each of us can help ourselves and those we love to bring our own darkness into the light.