



# CNT Quarterly Meeting

Wednesday, March 28<sup>th</sup>, 2018

0800-1700

Location: Calvary Church (Fellowship Hall) – 1010 N. Tustin, Santa Ana, CA 92705

Parking: Parking lot off of E. Wellington Street (see map below)

## Agenda

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0800 – 0900

**Welcome and Introduction**

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0900 – 1000

**Nick Wilson (Retired La Habra P.D.)**

*Topic: "Green Light", Substance Abuse, PTSD*

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1000 – 1130

**Heather Williams (OCSD Peer Support)**

*Topic: Building resilience in law enforcement personnel, PTSD*

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1300 – 1600

**Sgt. J Rudnick Montgomery County Police Maryland**

*Topic: Suicide by cop, PTSD*

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1600 – 1630

**Recent Call out Briefs**

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1630 – 1700

**Closing Remarks**

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## **Presenters:**

### **Nick Wilson: Retired LE**

*Nick worked in law enforcement for 13 years. During his 13 year career he worked patrol, gangs, narcotics, vice, intelligence, SWAT, field training officer and the Orange County Intelligence Assessment Center (OCIAC). During his time working on a regional task force he was targeted by a white supremacy organization who put a “green light” out on his life.*

*During Nick’s career he was injured on duty and responded to a number of critical incidents. His experiences ultimately led to self-medicating, a DUI, substance abuse and a diagnosis of PTSD. Nick’s journey to recovery started with an intervention, a trip to detox and a 30 day inpatient rehabilitation program. Nick’s story in fighting for his life and building resiliency is both heartbreaking and inspirational. Nick has dedicated this next chapter of his life to breaking the stigma of seeking help so that others won’t suffer in silence.*

### **Heather Williams, PsyD: Orange County Sheriff’s Department**

*Bio: Heather Williams was a Program Director with CSP Victim Assistance Programs for 14 years and oversaw all special victim programs which include: Homicide, Sexual Assault, Gangs, and Domestic Violence. In 2003, after responding to an active shooter event in Irvine, CA she created the CSP Crisis Response Team.*

*As the coordinator of the Crisis Response Team, Heather spent 10 years responding to a number of critical incidents including homicide, murder-suicide, and workplace violence incidents to mitigate the trauma experienced by victims, witnesses and the community. Additionally, Heather has responded to a number of active shooter incidents including the samurai sword killings at the Albertson’s in Irvine, the Salon Meritage shooting in Seal Beach, CA and most recently, the Route 91 Las Vegas shooting.*

*In 2014, Heather was hired by the Orange County Sheriff’s Department as the Regional Peer Support Coordinator. She is the Co-founder of the Orange County Association of Peer Supporters (OCAPS) and works in partnership with a number of police departments statewide to help develop and sustain peer support programs.*

*Heather is a Peace Officer Standards & Training (POST) certified instructor, has her BA Degree in Psychology, MA Degree in Criminal Justice, and has a doctorate in Psychology.*

### **Sergeant J. Rudnick: Montgomery County Police**

*Bio: Sgt. Rudnick is a 22-year veteran of the Montgomery County Police in Maryland. He spent most of his career in patrol, however, he now runs a specialized unit that addresses quality of life issues. Sgt. Rudnick joined the departments Conflict Negotiation Team in 2006 and is now one of the team’s Squad Leaders. He holds a bachelor’s and master’s degree from Johns Hopkins University in Management.*

*Summary: Sgt. Rudnick will be discussing his personal involvement in two suicide by cop scenarios, one which occurred at the Discovery Channel Headquarters in Silver Spring, Maryland and the other at Urban Barbeque restaurant in Sandy Spring, Maryland. He will cover tactical considerations during both events and will talk about PTSD, depression and the aftermath of dealing with traumatic and critical incidents.*

# Location Map

