



Resilience Management Emergency Protocol: The Integration of Mental Health in Trauma and Disaster

Presented by: **Ruth Brown, Northcentral University, PhD Candidate - Psychology in Trauma & Disaster Recovery**

Presentation Abstract: Resilience Management Emergency Protocol: The Integration of Mental Health in Trauma and Disaster”, presented by Ruth Brown, examines burnout and compassion fatigue and the impact on emergency managers and first responders. This presentation expands upon research of the topic specified to COVID-derived trauma. Brown’s area of expertise in counseling proposes implementing a protocol to integrate resilience and protective factors into emergency management and response. This session provides integrative therapeutic modalities to strengthen coping strategies, improve personal resilience, and introduce new trends that are breaking the stigma and turning the tide of mental health in emergency management and response.

Speaker Bio: Ruth Brown, MA Counseling, PhD Candidate - Psychology in Trauma & Disaster Recovery; began her service-related career as an EMT, firefighter, ropes rescue technician, emergency telecommunications specialist, and served as a supervisor for an emergency flight service. Her focus is to bring the experiences, skills, and knowledge from this background and combine that with the concepts and processes found in

psychology to create modalities for healing and recovery for those in the field.