

## **FREE Webinar**

### **Emotional CPR: Saving Lives, Healing Communities**

April 9, 1 – 2:30 pm EST (10 – 11:30 am PST)

#### **Space is limited.**

Reserve your Webinar seat now at:

<https://www3.gotomeeting.com/register/136968686>

Emotional CPR (eCPR) is a public health education program designed to teach people to assist others through an emotional crisis by three simple steps: **C** = Connecting, **P** = emPowering, and **R** = Revitalizing. People who have been through the training consistently report that the skills they learned have helped them communicate better in all their relationships. They tell us that eCPR is a way of life. Presenters will use real life stories to explore how eCPR is healing communities, including:

- How eCPR is being incorporated into diverse cultures and communities across the U.S. and overseas
- How eCPR is being used to heal trauma and intergenerational violence
- How eCPR is an effective suicide prevention approach
- How eCPR is useful for law enforcement/public safety personnel

Note: this is not an introductory webinar, though a brief introduction to eCPR will be provided. For an in-depth introduction to the basic concepts of eCPR, please see <http://www.emotional-cpr.org/videos.htm#Emotional-CPR-Webinar>.

#### **Presenters:**



**Sandra (Sam) Ahrens, BSW, MA, CSP** works for the Grassroots Empowerment Project, a statewide organization of mental health consumers in Wisconsin, where she has provided technical assistance to peer-run recovery centers and developed and conducted peer specialist trainings. Her experience includes teaching, social work and advocacy in mental health, poverty and housing. Her personal journey of emotional distress and healing was shared and shaped through partnerships with people in homeless shelters, prison, community organizations and mental health programs. Sam has a passionate commitment to emotional CPR, and other practices that promote people being, as one eCPR training participant put it, “in full possession of their humanity.”



**Oryx Cohen** is the Technical Assistance Center director at the National Empowerment Center. Prior to NEC, he was co-director of the Western Massachusetts Recovery Learning Community (WM RLC) for the past four years. At the WM RLC he helped develop a system funded peer-run alternative to the mainstream system that has experienced amazing success

([www.westernmassrlc.org](http://www.westernmassrlc.org)). He also co-founded the Freedom Center in 2001, the Pioneer Valley's only independent peer-run support/activist organization. He is currently adjunct faculty in the Westfield State College Psychology Department.



**Daniel Fisher, MD, PhD:** Dan's life purpose comes from his lived experience of recovery from schizophrenia, which inspired him to dedicate himself to helping others find their voice and recover. He earned an MD, and completed his residency in psychiatry at Harvard Medical School and has practiced as a board-certified, community psychiatrist for 30 years. In 1992, he co-founded the federally-funded National Empowerment Center and serves as its executive director. He was a commissioner on the President's New Freedom Commission on Mental Health, 2002-03.



**Tracy Love** is an eCPR Trainer and Wellness Educator who has transformed her lived experience in mental health and the criminal justice systems into advocacy for social justice and systems change nationally and throughout California. Currently Tracy works with Bay Area Leaders in Cultural Attunement for healing of intergenerational trauma within the African American Community.



**Ed Riddell** served as a sworn member of the Portland Oregon Police Bureau from 1992 to 2006. From 2000 to 2002 he worked as the CIT Coordinator and helped to facilitate the training of many public safety responders. Since living in Vermont from 2006, Ed has worked in residential/outpatient substance abuse treatment, facilitating a grant to reduce seclusion and restraint in inpatient mental health programs, and currently serves the State of Vermont as Public Safety Specialist to the Department of Disabilities, Aging and Independent Living. Ed monitors and supports the treatment programs for intellectually disabled offenders served in the community under Vermont's civil commitment statutes.



**Lauren Spiro, MA** - Lauren has devoted her life's work to transforming mental health care and building inclusive, healing communities. Labeled with chronic schizophrenia as a teenager, her journey to liberation informs all her work. She co-founded two non-profit corporations and as the director of the National Coalition for Mental Health Recovery, she advances the values, vision, policies and legislative priorities of mental health consumers/survivors in Washington, D.C. and across the country. She has an M.A. in Clinical/Community Psychology and is an artist who is awakening to the power of creative expression as a tool to transform society.