



# Thursday, November 2<sup>nd</sup>, 2023

|               |   |                 |
|---------------|---|-----------------|
| 11:00         | Registration Opens  |                 |
| 13:00 – 13:10 | Welcome<br>Pipes & Drums<br>Barrett Baker, Emcee                          | Copper Ballroom |
| 13:10 – 13:30 | Tucson Fire Department Welcome<br>Chief Ryan                              |                 |
| 13:30 – 14:15 | A Trail Mix Approach to Cancer Prevention<br>Deputy Chief Frank Leeb      |                 |
| 14:15 – 14:25 | CORE Construction Welcome   |                 |
| 14:25 – 14:35 | The National Firefighter Registry   |                 |
| 14:35 – 15:00 | Break   |                 |
| 15:00 – 15:45 | How Practice Informs Science<br>Dr. Jeff Burgess and Captain John Gulotta |                 |
| 15:45 – 17:00 | Developing the Optimal Fire Department<br>Aaron Zamzow, Facilitator       |                 |
| 17:00 – 18:30 | Happy Hour  |                 |



# Friday, November 3rd, 2023

|               |                   |                              |
|---------------|-------------------|------------------------------|
| 7:30 – 8:15   | Breakfast         | Crystal / Turquoise Ballroom |
| 8:15 – 8:30   | Welcome           | Copper Ballroom              |
| 8:30 – 12:00  | Breakout Sessions | See Class Schedule           |
| 12:00 – 13:00 | Lunch             |                              |
| 13:00 – 15:00 | Breakout Sessions | See Class Schedule           |

*Each Session will include a FRED (Firefighter Research, Education & Design) Talk from a representative from Fire & Science followed by a facilitated conversation.*

# Friday, November 3rd, 2023

|               | 201              | 202   | 203   | 204  | 205  | Copper  |
|---------------|------------------|---|---|--|--|---|
| 8:30 - 10:00  | Cancer Screening | Sperm, Babies and Other Awkward Conversations: Reproductive health in the fire service<br><br><i>Dr. Brittany Hollerbach</i><br>Commissioner Melissa Lawlor | The Exhaustion Never Ends: Sleep in the Fire Service<br><br><i>Dr. Patricia Haynes</i><br>Chief Wells | Healthy, Well and Ready to Respond: Departments Doing it Right<br><br><i>Dr. Tiffany Lipsey</i><br>South Metro Fire Department Health & Wellness Team      | If you build it: Exploring ways buildings influence health<br><br>Paul Moore<br>Deputy Chief Jonathan Lund | Thinking it Through: Sharing Experiences of Developing Regional Behavioral Health Resources |
| 10:30 - Noon  |                  | Sperm, Babies and Other Awkward Conversations: Reproductive health in the fire service<br><br><i>Dr. Brittany Hollerbach</i><br>Commissioner Melissa Lawlor | The Exhaustion Never Ends: Sleep in the Fire Service<br><br><i>Dr. Patricia Haynes</i><br>Chief Wells | Healthy, Well and Ready to Respond: Departments Doing it Right<br><br><i>Dr. Tiffany Lipsey</i><br>South Metro Fire Department Health & Wellness Team      | If you build it: Exploring ways buildings influence health<br><br>Paul Moore<br>Deputy Chief Jonathan Lund |   |
| 13:00 - 14:30 |                  | Being healthy when you're never off duty: Health and Wellness for Volunteer Firefighters<br><br><i>Dr. Candice McDonald</i>                                 | It's Getting Wild: Wildfire and its impact on Health and Wellness<br><br><i>Dr. Matt Rahn</i>         | It's all in your head: Managing the impact of behavioral health challenges and their biopsychosocial impact<br><br><i>Dr. Derrick Edwards</i><br>Chief Coe | The Foundation: Health & Performance<br><br>Aaron Zamzow<br>Vanessa Frost<br>Blake Skola                   | Occupational health providers mind meld<br><br>Kepra Jack<br>Dr. Alisa Koval                |
| 15:00 - 16:30 |                  | Researching America's Bravest, the volunteer variety<br><br><i>Dr. Judith Graber</i>  | It's Getting Wild: Wildfire and its impact on Health and Wellness<br><br><i>Dr. Matt Rahn</i>         | It's all in your head: Managing the impact of behavioral health challenges and their biopsychosocial impact<br><br><i>Dr. Derrick Edwards</i><br>Chief Coe | The Foundation: Health & Performance<br><br>Aaron Zamzow<br>Vanessa Frost<br>Blake Skola                   | More occ health mind melding  |



# Saturday, November 3<sup>rd</sup>, 2023

|               |  |                        |
|---------------|--|------------------------|
| 8:00 – 8:15   | Welcome  |                        |
| 8:15 – 8:30   | What does it take to do the job?                             | DJ                     |
| 8:30 – 8:45   | How will PFAS Free Gear change things?                       | Dr. Bryan Ormand       |
| 8:45 – 9:00   | Cancer screenings from the perspectives of a cancer screener | Dr. Shukkla            |
| 9:00 – 9:15   | It's a family matter   | Dr. Rachel Zemlock     |
| 9:15 – 9:30   | Scholarly scholars in the Science Alliance                   | Dr. Kane Nixon         |
| 9:30 – 9:45   | DEI is a HEALTH issue  | Chief Nate Trauernicht |
| 9:45 – 10:00  | Frontline Support for Frontline Providers                    | Laurin Kosc            |
| 10:00 – 10:30 | Break  |                        |
| 10:30 – 10:45 | It's not their imagination: COVID Long                       | Dr. Denise Smith       |
| 10:45 – 11:00 | Fireground Nutrition   | Kim                    |
| 11:00 – 11:15 | Cancer screenings from the perspectives of a occ doc         | Dr. Alisa Koval        |
| 11:15 – 11:30 | Science to the Station on the topic of PFAS                  | Farzenah               |
| 11:30 – 11:45 |  |                        |
| 11:45 – 12:00 | Can't Stop Believing – where we go from here                 | Rev. Bryan Freiders    |