

33RD ANNUAL

VIRTUAL CONFERENCE

Volume 36

Issue 1

May 2021

COVA

COLORADO ORGANIZATION *for* VICTIM ASSISTANCE



*“For All
Comfort
Creatures,
Great and
Small!”*

VIRTUAL SKILL BUILDING WEEK: SEPT. 13–16, 2021

MEMBERS: \$150/SESSION; NON-MEMBERS: \$200/SESSION

PLATFORM: CROWDCAST

REGISTER & PAY TO ATTEND UP TO 3 POST-REVIEWED SKILL BUILDING SESSIONS!

VIRTUAL CONFERENCE: SEPT. 20–22, 2021

MEMBERS: \$400; NON-MEMBERS: \$450

PLATFORM: CROWDCAST

ENJOY 3 KEYNOTES AND CHOOSE FROM 4 SIMULTANEOUS
WORKSHOPS OFFERED 3 TIMES A DAY FOR A TOTAL OF
36 WORKSHOPS IN 13 TRACK TOPICS!!

REGISTER NOW!

www.eventsquid.com/event/12313

*POST Grant Scholarships
Are Available (p. 4)*

INSIDE THIS ISSUE

Conference Overview.....	2-3
POST Grant Scholarships	4
Conference Schedule	5
Skill Building Sessions	6-8
Registration Rates & Form	9
POST Scholarship Application	10

P.O.S.T. (PEACE OFFICER STANDARDS & TRAINING) CREDITS

POST-reviewed Skill Building Sessions are offered during the Virtual Skill Building Week. At the Virtual COVA Conference, there is also a POST track with workshops selected by law enforcement officers. To claim credits, officers need to provide their PID# on the conference registration form.

VIRTUAL SKILL BUILDING WEEK

SEPTEMBER 13–16, 2021

3 POST-REVIEWED ALL-DAY SESSIONS

Register to attend *more than one* all-day pre-conference virtual session for a unique in-depth learning opportunity (p. 6-8):

MONDAY, SEPT. 13

The Anatomy of a Trauma Informed Approach to Sexual Assault; Setting the Stage for Success (*POST-Reviewed Training!*)

TUESDAY, SEPT. 14

Manipulation & Murder: The Hows and Whys of the Kelsey Berreth case (*POST-Reviewed Training!*)

THURSDAY, SEPT. 16

Holistic Professional Wellness: Beyond Vicarious Trauma (*POST-Reviewed Training!*)

VIRTUAL COVA CONFERENCE

SEPTEMBER 20–22, 2021

3

DYNAMIC
KEYNOTES
TO INSPIRE
&
MOTIVATE



MONDAY, SEPT. 20

Dr. Gail Stern

Ph.D., Co-Founder, Catharsis Productions, Chicago, IL

“The Canary In The Coal Mine: What Rape Jokes Signal About Our Culture”



TUESDAY, SEPT. 21

Donna Mejia

Director, Graduate Studies in Dance, CU Boulder, Boulder, CO

“Have I Thanked You Lately? A Survivor’s Tribute to Advocates and Caretakers Planting Seeds of Dignity and Self-Worth”



WEDNESDAY, SEPT. 22

Kari Knutson

Speaker, Storyteller, Denver, CO

“Thriving Through Change”

CHOOSE YOUR OWN
ADVENTURE

36+

CONFERENCE
WORKSHOPS

Choose from 4 simultaneous 60-minute workshops, offered 3 times a day. That’s a total of 36 workshops in 13 track topics!! A preliminary workshop schedule will be available online in early August.

RECORDINGS:

All Skill Building Sessions and Workshops are automatically recorded and available to watch seconds after the live presentation ends. Dr. Gail Stern’s Monday keynote will only be available to view through Sept. 22, 2021. To receive POST credit: POST Grant Scholarship recipients need to fill out their evaluations for proof of attendance no later than Friday, October 15, 2021!

P.O.S.T. GRANT SCHOLARSHIPS

(APPLICATION DEADLINE: AUGUST 6, 2021)

Peace Officer Standards & Training (P.O.S.T.) grants are available for Colorado sworn officers to attend the COVA Conference. These scholarships will cover the conference registration fee, more than one Skill Building Session approved by POST, or both. To request a POST grant scholarship:

1. First apply through your regional training representative below. *Note: This list is subject to change, refer to the POST website at www.coloradopost.gov/grants/training-regions-and-grant-contacts.*
2. If there are no funds available in your region, apply for a POST Scholarship through COVA (see p. 10 or apply online at www.eventsquid.com/event/12313).

REGION	GRANTEE	GRANT CONTACT(S)	E-MAIL
CMTR	Central Mountain Training Region	Ofc. Dustin Robinson	drobinson@pueblo.us
		Sgt. Zach Ballas (Alt. Contact)	zballas@pueblo.us
CSOC	County Sheriffs of Colorado	Karen Pendergraft	kpendergraft@csoc.org
GMR	Greater Metro Training Region	Jeff Sanchez	coordinator@greatermetroregion.com
I70W	I-70 West Training Region	Rob Glassmire	training@i70westtraining.org
		Sgt. Todd Haller (Alt. Contact)	thaller@tosv.com
NC	Boulder County Sheriff's Office	Cmdr. Brian Jones	bjones@bouldercounty.org
		Addie Davenport (Alt. Contact)	adavenport@bouldercounty.org
NE	Morgan County Sheriff's Office	Diana Evans	devans@co.morgan.co.us
		Lt. Jon Horton (Alt. Contact)	jhorton@co.morgan.co.us
NW	City of Steamboat Springs	Ginger Scott	gscott@steamboatsprings.net
SLVTF	San Luis Valley Training Foundation	Wendy Sewell	slv.le.training@gmail.com
SE	City of La Junta	Chief Todd Quick	southeastregion@lajuntacolorado.org
SW	City of Durango/Southwest Colorado Law Enforcement Training Alliance	Mike Mulligan	staff@swcleta.com
WC	Mesa County Sheriff's Office	Staci Writer	staci.writer@mesacounty.us



POST REGION ABBREVIATIONS:

CMTR = Central Mountain
CSOC = County Sheriffs of CO
GMR = Greater Metro
I70W = I-70 West
NC = North Central
NE = Northeast
NW = Northwest
SLVTF = San Luis Valley
SE = Southeast
SW = Southwest
WC = West Central

33RD ANNUAL

VIRTUAL CONFERENCE SCHEDULE

VIRTUAL SKILL BUILDING WEEK

Virtual Pre-Conference. Separate fees apply:

Members: \$150 per Session; Non-Members: \$200 per Session

SEPTEMBER 13–16, 2021 (MDT)

Monday, September 13

- The Anatomy of a Trauma Informed Approach to Sexual Assault; Setting the Stage for Success (*POST-Reviewed Training!*)

Tuesday, September 14

- Manipulation & Murder: The Hows and Whys of the Kelsey Berreth Case (*POST-Reviewed Training!*)

Wednesday, September 15

- Self-Care Beyond the Bubble Bath

Thursday, September 16

- Holistic Professional Wellness: Beyond Vicarious Trauma (*POST-Reviewed Training!*)

All Courses 9:00 a.m. – 4:30 p.m.

Optional Yoga Class 4:45 – 5:30 p.m.

NOTE: The Virtual Skill Building Week daily schedules are subject to changes!

VIRTUAL COVA CONFERENCE

Members: \$400; Non-Members: \$450

MONDAY, SEPTEMBER 20, 2021 (MDT)

Welcome	8:30 – 9:00 a.m.
Opening Keynote	9:00 – 10:00 a.m.
Keynote Address - Gail Stern	
Concurrent Workshops #1–4	10:30 – 11:30 a.m.
Lunch Break	11:30 a.m. – 1:00 p.m.
Yoga & Self Care	11:45 a.m. – 12:30 p.m.
Concurrent Workshops #5–8	1:00 – 2:00 p.m.
Concurrent Workshops #9–12	2:30 – 3:30 p.m.
Optional Yoga Class	3:45 – 4:45 p.m.

TUESDAY, SEPTEMBER 21, 2021 (MDT)

Concurrent Workshops #13–16	9:00 – 10:00 a.m.
Plenary Session	10:30 – 11:30 a.m.
Announcements	
Keynote Address - Donna Mejia	
Lunch Break	11:30 a.m. – 1:00 p.m.
Yoga & Self Care	11:45 a.m. – 12:30 p.m.
Concurrent Workshops #17–20	1:00 – 2:00 p.m.
Concurrent Workshops #21–24	2:30 – 3:30 p.m.
Optional Yoga Class	3:45 – 4:45 p.m.

WEDNESDAY, SEPTEMBER 22, 2021 (MDT)

Concurrent Workshops #25–28	9:00 – 10:00 a.m.
Concurrent Workshops #29–32	10:30 – 11:30 a.m.
Lunch Break	11:30 a.m. – 1:00 p.m.
Yoga & Self Care	11:45 a.m. – 12:30 p.m.
Concurrent Workshops #33–36	1:00 – 2:00 p.m.
Closing Keynote	2:30 – 3:40 p.m.
Announcements	
Keynote Address - Kari Knutson	
Adjourn	3:40 p.m.

NOTE: Virtual conference schedule is subject to changes!



Optional yoga classes are available after every Skill Building Session. And are offered during the lunch breaks at the virtual conference.

SKILL BUILDING WEEK SESSION

MONDAY, SEPTEMBER 13, 2021

9:00 a.m. - 4:30 p.m. MDT

Crowdcast Platform

THE ANATOMY OF A TRAUMA INFORMED APPROACH TO SEXUAL ASSAULT; SETTING THE STAGE FOR SUCCESS

Presenters:

Anne Munch, Esq., President, Anne Munch Consulting, Inc., Denver, Colorado

Chief Thomas R. Tremblay (Ret.), Founder, Thomas Tremblay Consulting & Training, Fort Myers, Florida

Supporting survivors through the rigors of a sexual assault criminal investigation and successful prosecution requires each part of a coordinated system to be at the top of their game. In this session, former Chief Deputy D.A. Anne Munch and former Police Chief Tom Tremblay will bring their experience in their fields and from their long-time consulting careers to communities to examine case studies/examples and what best practices look like. Highlights include the importance of the well-trained call taker/dispatcher, first response officer and investigator, the critical role of victim advocacy, trauma informed victim interviews, offender focused investigations and readying the case for trial. Special focus will be placed on effective sexual assault policies that make a difference in police response. *This training is POST reviewed. Law enforcement officers must include their PID number on the scholarship form.*

Anne Munch

Anne Munch is the president of Anne Munch Consulting, Inc., and is a subject matter expert in the fields of sexual assault and domestic violence. Anne's legal career was spent as a prosecutor in Colorado for 13 years specializing in crimes of interpersonal violence and as a professional speaker, trainer, and consultant. In addition, Anne worked in the advocacy field as the director of the San Miguel Resource Center and directed the Colorado Ending Violence Against Women Project. Anne trains in the investigation, prosecution, and response to sexual assault and crimes of interpersonal violence. She has worked extensively with the military SAPR programs and co-developed the U.S. Air Force's first Bystander Intervention program as well as the U.S. Army's Sexual Assault Special Victims Unit Investigations Course. She is a subject matter expert for the U.S. Dept. of Justice and has provided education to the U.S. Senate on issues related to sexual assault. Anne is on the teaching faculty for the International Assoc. of Chiefs of Police, is on the advisory board for DU's Graduate School of Professional Psychology's Military Psychology program, and is a part-time municipal court judge in Lakewood, CO.

Thomas R. Tremblay

Throughout his 30-year career as an officer, detective, special investigation unit director, supervisor, police chief, and state public safety commissioner, Tom Tremblay has been a passionate leader for the prevention of domestic and sexual violence. A retired Chief of Police from Burlington, VT, and a former Commissioner of the Vermont Dept. of Public Safety, Tom is now a highly regarded national and international trainer for police, prosecutors, the military, and the private sector. Tom is a subject matter expert on domestic violence and sexual assault for organizations including the International Assoc. of Chiefs of Police, Nat'l Center for Campus Public Safety, Police Executive Research Forum, Rape Abuse Incest Nat'l Network, RTI Sexual Assault Kit Initiative, Battered Women's Justice Proj., U.S. Dept. of Justice Civil Rights Division, and the U.S. Dept. of Justice Office on Violence Against Women. Tom is a graduate of the 183rd Session of the FBI Nat'l Academy, the FBI Law Enforcement Executive Development Seminar, the Police Executive Research Forum—Senior Management Institute for Police, and the IACP Nat'l Law Enforcement Leadership Institute on Violence Against Women.

SKILL BUILDING WEEK SESSION

TUESDAY, SEPTEMBER 14, 2021

9:00 a.m. - 4:30 p.m. MDT

Crowdcast Platform

MANIPULATION & MURDER: THE HOWS AND WHYS OF THE KELSEY BERRETH CASE

Presenters:

Chris Adams, Investigator, Colorado Bureau of Investigation, Lakewood, Colorado

Gregg Slater, Investigator, Colorado Bureau of Investigation, Lakewood, Colorado

Beth Reed, Attorney, private family law practice, Colorado Springs, Colorado

Jennifer Viehman, Senior Deputy District Attorney, 4th Judicial D.A.'s Office, Colorado Springs, Colorado

Kelsey Berreth, a 29-year-old mother, disappeared on November 22, 2018, in Woodland Park, and was reported missing on December 2, 2018, by her mother, Cheryl Berreth. The fiancé Patrick Frazee was arrested on December 22, 2018, one month after Kelsey was last seen on surveillance footage at a Safeway. Join us for a deep dive study of a case that involved the collaboration of the Woodland Park Police Department, Teller County Sheriff's Office, 4th Judicial District Attorney's Office, Colorado Bureau of Investigations (CBI), and Federal Bureau of Investigations (FBI). This presentation is on the investigation of the case, relationship dynamics, media management and influences, and more. *This training is POST reviewed. Law enforcement officers must include their PID number on the scholarship form.*

Chris Adams

Agent Chris Adams started his career with the Woodland Park Police Department and worked assignments in patrol, narcotics, and investigations. Chris was also assigned to the Colorado Springs Police Department's Metro Vice, Narcotics and Intelligence Division. Since July 2019, he has worked as a major crimes investigator for the Colorado Bureau of Investigation.

Gregg Slater

Agent Gregg Slater has spent the majority of his 38-year career investigating violent crime, SWAT, and has been assigned to several Federal Task Forces. He spent a little over 10 years with the Arlington County Virginia Sheriff's Office, 20 years with Lakewood Police Department, 3 years with the Jefferson County D.A.'s Office, and the remainder with the CBI.

Beth Reed

Beth Reed was the District Attorney for the 4th Judicial District Attorney's Office for 17 years before venturing into a private family law practice in 2020. Beth is a seasoned trial attorney, having tried a wide range of criminal cases, including homicide, traffic, white-collar, and sexual assault cases. She now focuses on serving the needs of families during difficult transitions.

Jennifer Viehman

Jennifer Viehman is a career prosecutor and is the Senior Deputy District Attorney at the 4th Judicial District Attorney's Office. Prior to that, she worked for the Colorado Springs City Attorney's Office.

SKILL BUILDING WEEK SESSION

THURSDAY, SEPTEMBER 16, 2021

9:00 a.m. - 4:30 p.m. MDT

Crowdcast Platform

HOLISTIC PROFESSIONAL WELLNESS: BEYOND VICARIOUS TRAUMA

Presenter:

Myra Strand, Owner, Strand Squared Solutions, Highland Mills, New York

When discussing the work that we do (working with the pain of others), neuroscientists observed that our brains do not recognize the difference between the pain we feel for others and the pain we experience ourselves. Helping professionals receive vicarious trauma on a regular basis—often without understanding the impact of cumulative vicarious trauma and without institutionalized support. As much as we try, we can't avoid a negative and personal impact from working with those who have experienced trauma and tragedy—we can only mitigate it. The science is crystal clear, our brains and our lives are changed by the work we do. This is problematic because our clients need healthy, experienced, and well-educated staff, without which we risk secondary victimization. Thus, self-care and professional health are ethical obligations.

Further, because of vicarious trauma, our work environments often become toxic. If trauma is not discharged in a “healthy way,” it will discharge sideways. Gossip, rumors, mobbing, victim blaming, or slut shaming. We also suffer from burn-out. We are overwhelmed, underfunded, and short-staffed while working with an incredible amount of violence on a daily basis. We know how important our work is, so we spread ourselves thin. We try to find justice and seek offender accountability, but our systems are not functioning well. It is easy to become demoralized. Professional wellness on the individual-level is limited in its affect if the organization is suffering from trauma or is toxic. Many organizations do not have safety nets in place to identify a toxic culture or recognize when the group is traumatized, and the agency's culture is often driven by unwritten rules and norms that don't work to maintain healthy environments.

This session will explore the ways in which vicarious trauma is received and processed, and how trauma impacts all of us and the ones we care about. Attendees will be given guidance on how to recognize cumulative trauma and avoid the devastating effects on personal health and happiness. We will also look at how agencies can institutionalize health as an ethical way to prevent secondary victimization. *This training is POST reviewed. Law enforcement officers must include their PID number on the scholarship form.*

Myra Strand

Myra Strand, MA, CA, is the owner of Strand Squared Solutions where she provides training and consultation on case reviews, agency assessment and management, trauma-responsive and healing-inspired services, technology and its relationship to victimization, implicit bias and applied intersectionality, and professional wellness/organizational trauma. The Strand School House provides on-demand training opportunities including a crime victim advocate certification course. Myra is recognized for her contribution to field of the complicated, and often, traumatic human services. Since 1995, Myra has worked with victims of all crime types, including youth with complex trauma and serious mental illness, people with developmental disabilities, youth in competing war zones, offenders, victims fleeing domestic violence, family court, as well as death notifications. In her 8 years as a lead team member in the local CCRT, fatality review board, and SART, Myra successfully improved the systems' response to victims of high stress and trauma. For 10 years, Myra was a faculty member at NAU and Coconino College where she taught issues of violence, gender studies, sex and applied intersectionality. Her goal is to deliver holistic, compassionate, multi-faceted, human-centric, trauma-informed, and healing-inspired response and care to victims/survivors, witnesses, crisis and other traumatizing experiences through education, systems change, and reform.

REGISTRATION RATES & FORM

33rd Annual VIRTUAL COVA Conference • Sept. 13-16 & Sept. 20-22, 2021

ATTENDEE INFORMATION (Type or print clearly. Photocopy a separate form for *each* attendee):

Name: _____ Title: _____

Organization: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____

I am a: ☐ Paid Employee ☐ Volunteer ☐ Sworn Officer, PID# (req. for POST credit): _____

REGISTRATION FEES

VIRTUAL SKILL BUILDING WEEK SESSIONS (SEPT. 13-16, 2021)

Complete this section if you are registering for a Skill Building Session(s) ONLY **OR** if you are registering for a Skill Building Session(s) AND the Virtual COVA Conference. You may register to attend more than one Session. **Check the Skill Building Session(s) you wish to attend below:**

Monday, Sept. 13:

☐ The Anatomy of a Trauma Informed Approach to Sexual Assault; Setting the Stage for Success (*POST-Reviewed Training*)

Tuesday, Sept. 14:

☐ Manipulation & Murder: The Hows and Whys of the Kelsey Berreth Case (*POST-Reviewed Training*)

Wednesday, Sept. 15:

☐ Self-Care Beyond the Bubble Bath

Thursday, Sept. 16:

☐ Holistic Professional Wellness: Beyond Vicarious Trauma (*POST-Reviewed Training*)

<u>COVA MEMBER</u>	<u>1 Session</u>	<u>2 Sessions</u>	<u>3 Sessions</u>	<u>All 4 Sessions</u>
Skill Building Session ONLY	<input type="checkbox"/> \$150	<input type="checkbox"/> \$300	<input type="checkbox"/> \$450	<input type="checkbox"/> \$600
WITH COVA Conference Registration	<input type="checkbox"/> \$550	<input type="checkbox"/> \$700	<input type="checkbox"/> \$850	<input type="checkbox"/> \$1,000
<u>NON-MEMBER</u>	<u>1 Session</u>	<u>2 Sessions</u>	<u>3 Sessions</u>	<u>All 4 Sessions</u>
Skill Building Session ONLY	<input type="checkbox"/> \$200	<input type="checkbox"/> \$400	<input type="checkbox"/> \$600	<input type="checkbox"/> \$800
WITH COVA Conference Registration	<input type="checkbox"/> \$650	<input type="checkbox"/> \$850	<input type="checkbox"/> \$1,050	<input type="checkbox"/> \$1,250

VIRTUAL COVA CONFERENCE REGISTRATION ONLY (SEPT. 20-22, 2021)

Complete this section if you are registering for the COVA Conference ONLY (no Skill Building Sessions).

	<u>COVA MEMBER</u>	<u>NON-MEMBER</u>
Virtual Conference Registration	<input type="checkbox"/> \$400	<input type="checkbox"/> \$450

PAYMENT ☐ Check (Payable to COVA) ☐ Credit Card ☐ Request Invoice

- Make checks payable to COVA and mail to the address below.
- To pay with a card over the phone or request an invoice: Leah Parker at 303-996-8083 or leah@coloradocrimevictims.org.

Return this form to Leah Parker via E-mail or Mail:

COVA • 1325 S. Colorado Blvd., Suite 508 B • Denver, CO 80222

E-mail: Leah@coloradocrimevictims.org • Phone: 303-861-1160 or 800-261-2682

POST GRANT SCHOLARSHIP APPLICATION FORM

2021 Virtual COVA Conference (Sept. 13-16 & 20-22, 2021, via Crowdcast Platform)

APPLICATIONS **MUST** BE RECEIVED BY **FRIDAY, AUGUST 6, 2021**

This paper form serves as your conference registration. *Do not fill out an online registration!*

NOTE: POST Scholarships are available for Colorado sworn officers only! If you've already paid for your registration, or have received a local POST grant scholarship, you are not eligible for a scholarship through COVA.

ATTENDEE INFORMATION: *(Type or print clearly. Use or copy a separate form for each applicant)*

Name: _____ E-mail: _____

Organization: _____ Title: _____

Address: _____ City: _____ State: _____ Zip: _____

Primary Phone: _____ Supervisor Name: _____

Supervisor E-mail: _____ Supervisor Phone: _____

I'm a: ☐ Sworn Officer PID# (**Required** for POST credit): _____

SCHOLARSHIP DETAILS:

1) Briefly explain why you are requesting a scholarship and how the COVA Conference will benefit you and your agency (attach additional pages, if necessary): _____

2) Have you applied to funds from your local POST regional representative? ☐ Yes ☐ No

If yes: ☐ Request Denied ☐ No Funds Available

☐ Awards to be decided on (date): _____ ☐ Received Award for: \$ _____

3) I am applying for (*check all that apply*):

☐ Conference Registration Fee Waiver (Sept. 20-22, 2021) **and/or**

☐ Skill Building Session Registration Waiver: (*You are welcome to check more than one session below*)

☐ **Mon., Sept. 13, 2021:** The Anatomy of a Trauma Informed Approach to Sexual Assault; Setting the Stage for Success (*POST-Reviewed Training!*)

☐ **Tues., Sept. 14, 2021:** Manipulation & Murder: The Hows and Whys of the Kelsey Berreth Case (*POST-Reviewed Training!*)

☐ **Wed., Sept. 15, 2021:** Self-Care Beyond the Bubble Bath

☐ **Thurs., Sept. 16, 2021:** Holistic Professional Wellness: Beyond Vicarious Trauma (*POST-Reviewed Training!*)

4) I am eligible for: ☐ POST Scholarship for POST Certified Sworn Officers

I agree that if awarded a scholarship, I am committed to attend at least 85% of the virtual workshops and will complete the online evaluation forms. I also agree to volunteer at the virtual COVA Conference, if applicable.

Signature: _____ Date: _____

Return this form by August 6, 2021, to COVA via e-mail or mail:

COVA ♦ 1325 S. Colorado Blvd., Suite 508 B ♦ Denver, CO 80222

E: leah@coloradocrimevictims.org ♦ P: 303-861-1160