



Wellness Comes Alive, 2016! Hosted by ATF Wellness Program

1. Welcome, Lisa Boykin, Chief, Human Resources Operations Division (HROD)

- Division Chief Lisa Boykin welcomed the Forum members thanking them for joining in this important conversation about wellness and for continuing to work together to make wellness come alive within each and everyone's respective organization.
- Chief Boykin introduced Deputy Director Thomas Brandon who's currently leading ATF and whose vision and leadership is making ATF's Wellness Program a robust, impactful one.

2. ATF Leadership Remarks

- Deputy Director (DD) Thomas Brandon warmly welcomed the audience members. He recollected how the program came together because of the need to end suicide. DD Brandon also recalled compelling personal experiences, which have made him an advocate for suicide awareness and wellness prevention programs.
- DD Brandon shared ATF's philosophy: One Suicide is One Too Many! He thanked the leadership of the Office of Human Resources and Professional Development (HRPD) and the ATF Wellness Program Staff for their collective vision and support, and for inviting other DOJ agencies into this conversation.
- DD Brandon also acknowledged Former AD Theresa Stoop, whose initial vision is today's legacy. He closed by emphasizing the potential for wellness programs to save lives and urged continued support for their implementation.
- Deputy Assistant Director (DAD), HRPD, Stuart Lowrey expressed his support and gratitude for ATF's leadership, including AD David McCain, who could not be with us. DAD Lowrey shared the motivation for his wellness passion having led the New Orleans Field Division as the Assistant Special Agent in Charge during the Hurricane Katrina response efforts. He talked about the far-reaching effects of the trauma on the community and the ATF workforce.
- DAD Lowrey also shared his appreciation for now being a part of ATF's Wellness Program leadership and he thanked Chief Boykin, Deputy Assistant Chief Ralph Bittelari, and the Wellness Program Staff, Katrina Masterson and Peter Killeen.

3. The Impact of Violence and Trauma Across the Lifespan, Helga Luest

- Katrina Masterson, ATF Wellness Coordinator, introduced Ms. Helga Luest, Director, Marketing Communications and Publications in the Behavioral Health Practice at Abt Associates, where she produces federal publications and provides strategic health communications. With more than 25 years of award-winning experience with government agencies, nonprofit organizations, PR agencies, and television production, she provides senior counsel to clients in the areas of Communications, Public Relations, Advocacy, Web Promotion, Technical Assistance, Grant and Contract Development, and Marketing and Branding.
- Helga is also a tireless citizen advocate and professional consultant. She is one of the founding pioneers of trauma-informed approaches and practices, which today are gaining traction and beginning to reform the way we prevent trauma, and support law enforcement responders, as well as all crime and trauma victims from all walks of life. Ms. Luest she speaks from experience having survived a terrible, horrific homicide attempt, which also became a landmark case for forensic science.
- Ms. Luest presented her training, "The Impact of Violence and Trauma Across the Lifespan." She defined trauma as well as the far-reaching effects across the lifespan by sharing the results of the "Adverse Childhood Experiences (ACE)" Study and the trajectory of early death because of trauma's neurological, biological, psychological, economic, and social effects. She covered the various ways to implement trauma-informed policies, training, and healing programs like peer support and wellness.

**MEETING SUMMARY, DOJ INTERAGENCY WELLNESS FORUM
JANUARY 20, 2016, 10:00 AM – 12:00 PM**

- Ms. Luest closed with a dynamic, engaged question and answer session making sure she was thorough and responsive to the individual and collective needs of the audience members who wanted to understand how to implement trauma informed policies and actions, training, and healing support programs like peer support and wellness.

4. Operation Longevity, Peter Killeen

- Ms. Masterson introduced Peter Killeen, ATF Wellness Counselor, a law enforcement, counseling professional with over 24 years of experience serving ATF as an expert consultant guiding law enforcement officer support services such as Peer Support, Chaplain, EEO, Ombudsman, and mediation programs.
- Mr. Killeen introduced Operation Longevity, an initiative that sprang from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Eight Dimensions of Wellness. Mr. Killeen described his idea for translating this framework into a real, fun, daily strategy for extending the quality and longevity of one's life.
- For each area, Mr. Killeen shared his inspirational quotes and suggestions for each area of wellness depicted below.
 - ✓ Emotional—Coping effectively with life and creating satisfying relationships
 - ✓ Environmental—Good health by occupying pleasant, stimulating environments that support well-being
 - ✓ Financial—Satisfaction with current and future financial situations
 - ✓ Intellectual—Recognizing creative abilities and finding ways to expand knowledge and skills
 - ✓ Occupational—Personal satisfaction and enrichment from one's work
 - ✓ Physical—Recognizing the need for physical activity, healthy foods, and sleep
 - ✓ Social—Developing a sense of connection, belonging, and a well-developed support system
 - ✓ Spiritual—Expanding a sense of purpose and meaning in life
- Mr. Killeen acknowledged Katrina Masterson and Dejah Greene, Student Intern, for their help and substantive contributions.
- To find out more about SAMHSA's initiative, <http://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>. Mr. Killen finished his presentation by leading a breathing meditation exercise, which all can practice and share with family members and colleagues.

5. Closing Leadership Remarks

- DAD Lowrey closed the meeting by sharing deep gratitude and appreciation with the audience members for their participation; with Ms. Luest for her trauma informed innovation; with Mr. Killeen for many years of wellness contributions; and with Ms. Masterson and all those who helped coordinate a successful meeting.

For questions, concerns, comments, and interest, please contact Katrina Masterson, 202-648-8788! You can make wellness come alive—thank you!!

