



# NAPO's 2024 Fall Seminar

Omni Hotel ~ Corpus Christi, Texas

October 20 – October 22, 2024

## Sunday, October 20

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|-----------------------|------------------------------|
| 3:30 p.m. – 4:00 p.m. | Registration                 |
| 4:00 p.m. – 5:30 p.m. | NAPO Executive Board Meeting |
| 5:30 p.m. - 7:00 p.m. | Welcome Reception            |

## Monday, October 21

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| 8:15 a.m. – 9:00 a.m.   | Continental Breakfast & Registration   |
| 9:00 a.m. - 9:20 a.m.   | Welcome Remarks<br>Michael McHale, <i>President</i><br>NAPO  |
| 9:20 a.m. - 10:20 a.m.  | Getting the Word Out - Effectively Disseminating<br>Your Case Through the Media<br>Tom Saggau, <i>Co-Founder</i><br>Saggau & DeRollo, LLC<br>Jamie McBride, <i>Director</i><br>Los Angeles Police Protective League  |
| 10:20 a.m. – 10:35 a.m. | Coffee Break   |
| 10:35 a.m. – 11:15 a.m. | Amplifying your Message in a 24/7 News Cycle<br>Michael T. Skelly, <i>President</i><br>Skelly Strategic Solutions<br><br>Effective media relations tactics to build and execute your public relations narrative.   |
| 11:15 a.m. – 12:00 p.m. | Communicating Via Podcast<br>Panel:<br>Beth Karas, <i>Reporter &amp; TV Legal Analyst</i><br>Steve Grammas, <i>President</i><br>Las Vegas Police Protective Association<br>Adella Solano, <i>Events Coordinator</i><br>Las Vegas Police Protective Association |

**12:00 p.m. – 1:00 p.m.**

**Hosted Lunch**

**1:15 p.m. – 1:45 p.m.**

**Press Conference 101**

Tom Saggau, *Co-Founder*

*Saggau & DeRollo, LLC*

Jamie McBride, *Director*

*Los Angeles Police Protective League*

Learn what makes a press conference truly productive: preparing the speaker – it's not just what you say but how you say it, the physical set up for a news conference, and how to orchestrate an effective news conference.

**1:45 p.m. – 5:00 p.m.**

**Mock Press Conference**

**Panel:**

Beth Karas, *Reporter & TV Legal Analyst*

*Tom Saggau, Co-Founder*

*Saggau & DeRollo, LLC*

Participate in mock press conferences. Using case studies provided practice the techniques learned at the seminar. The press conferences will be filmed and immediately critiqued by the experts!

**6:30 p.m. – 10:00 p.m.**

**Monday Night Football ~ Dinner & Open Bar**

Brewster Street Icehouse

**Hosted by Corpus Christi POA**

## **Tuesday, October 22**

**8:15 a.m. – 9:00 a.m.**

**Continental Breakfast**

**9:00 a.m. – 9:15 a.m.**

**Opening Remarks**

Michael McHale, *President*

*NAPO*

**9:15 a.m. – 11:15 a.m.**

**NARCOS**

Steve Murphy, *Special Agent in Charge – Retired*

Javier Peña, *Special Agent in Charge – Retired*

*U.S. Drug Enforcement Agency*

Hear the real story of what happened in the investigation of Pablo Escobar and the Medellin Cartel from the DEA's lead investigators.

**11:15 a.m. – 11:30 a.m.**

**Coffee Break**

**11:30 a.m. – 12:15 p.m.**

**FirstNet Gold Standard for Health & Wellness**

Ryan Fields-Spack

*Associate Director ~ Responder Wellness*

*FirstNet Built with AT&T*

The FirstNet Health and Wellness Coalition championed the creation of this resource to support all First Responder Agencies by outlining the foundations for health and wellness programs in one place.

**12:15 p.m. – 1:15 p.m.**

**Hosted Lunch**

**1:15 p.m. – 2:30 p.m.**

**Bulletproofing Your Heart**

Dr. Benjamin Stone, *Founder & CEO*

*Sigma Tactical Wellness*

Dr. Stone will outline the scope of heart disease within law enforcement officers and discuss why it appears to be so prevalent within high-stress occupations. He will outline new and emerging trends in cardiac disease detection and explain why traditional diagnostic methods don't apply to Officers. Dr. Stone will also explain "inflammation" specific to the coronary vasculature and how this process can be moderated with diet, lifestyle changes and medications.

**2:30 p.m. – 2:45 p.m.**

**Coffee Break**

**2:45 p.m. – 3:45 p.m.**

**Learning to Struggle Well**

Joe Wood, *Vice President of Strategy & Operations*

*Boulder Crest Foundation*

Boulder Crest Foundation is the home of Post-Traumatic Growth (PTG). Offering life-changing programs free of charge to first responders, military, veterans and families to train our Nation's Heros to thrive in the aftermath of trauma.

**3:45 p.m. – 4:15 p.m.**

**Confidentiality and Peer Counseling**

John Nelson, *Vice President*

Tim King Esq., *General Counsel*

*Massachusetts Coalition of Police*

The Massachusetts Coalition of Police has been one of the leading law enforcement labor groups in the nation when it comes to the mental health of their officers. This session will focus on the challenges of instituting and running a successful peer-support program, as well as the vital legal protections of confidentiality that make it all work.

**4:15 p.m. – 4:45 p.m.**

**"The Washington Report"**

Bill Johnson, *Executive Director & General Counsel*

*NAPO*

Update on NAPO's advocacy work in Washington, D.C. and analysis of what the outcome of the upcoming Presidential & national elections means for control of the Congress and NAPO's legislative priorities.