

FEATURED WORK

Cynthia Gomez

Editorial, Layout & Graphic Design Services

PSYCHOLOGY NONFICTION

"If you're going to be crazy, you have to get paid for it or else you're going to be locked up."
—Hunter S. Thompson

Set on the north shore of Boston in the late 1990s, the collection of nonfiction stories found in *Peter's Sword* chronicles the author's experiences assessing and committing those lost in the dark crack between sanity and insanity. *Peter's Sword* is a unique, reflective, and often humorous exploration of the power, authority, and suffering encountered when experts and the system attempt to control the chaos that occurs when mental illness and ordered society collide.

Written from the perspective of a newly hired expert charged with policing the line between commitment and freedom, Van Brunt invites readers to follow him as he wrestles with the ambiguity of mental illness. Exploring questions of morality and what is involved when helping a human being who is lost, each story takes readers deeper down the rabbit hole of what is considered normal and what is considered mentally ill.

From suicide to schizophrenia, the author guides readers through the often disturbing and complex challenges encountered when assessing risk and determining whether patients need to be involuntarily committed. *Peter's Sword* is a rare glimpse into the emotionally complicated and challenging world of emergency psychiatric assessment.



BRIAN VAN BRUNT, Ed.D., LPC
Mad scientist. *Adventure Time* junkie. Writer.
Prone to wandering.
भीतरदिउन् सुकाउ



Cover design and photograph by Tiffany Laine De Mott



Peter's Sword

Brian Van Brunt

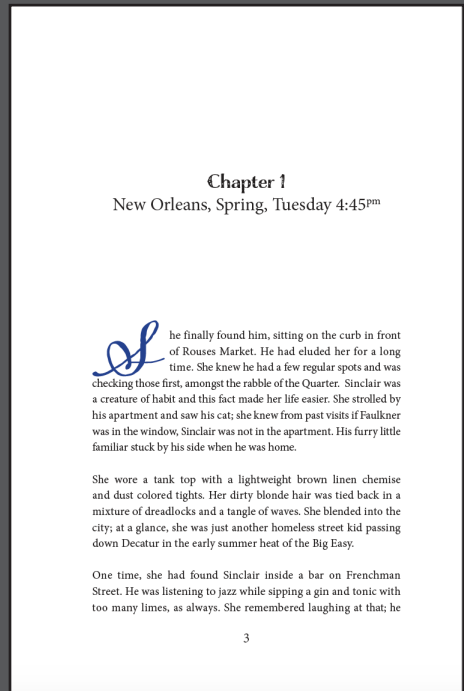
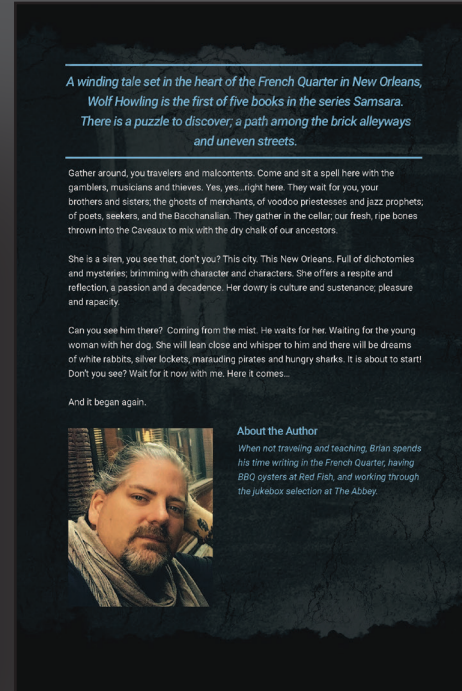
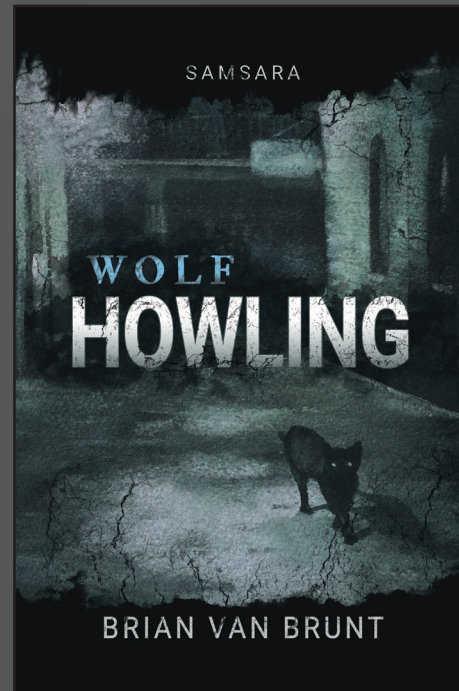
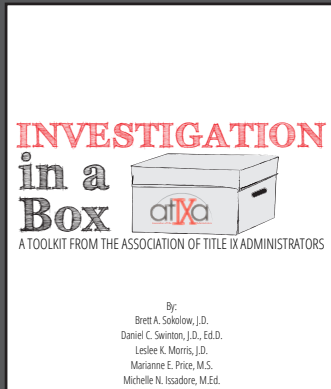
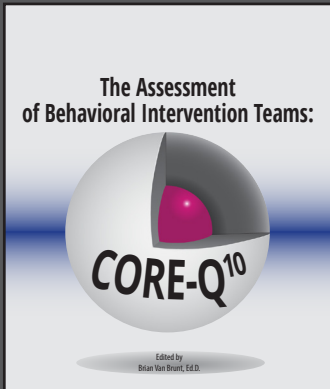
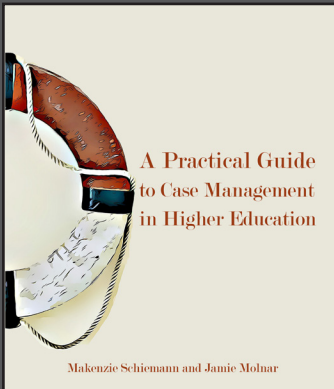
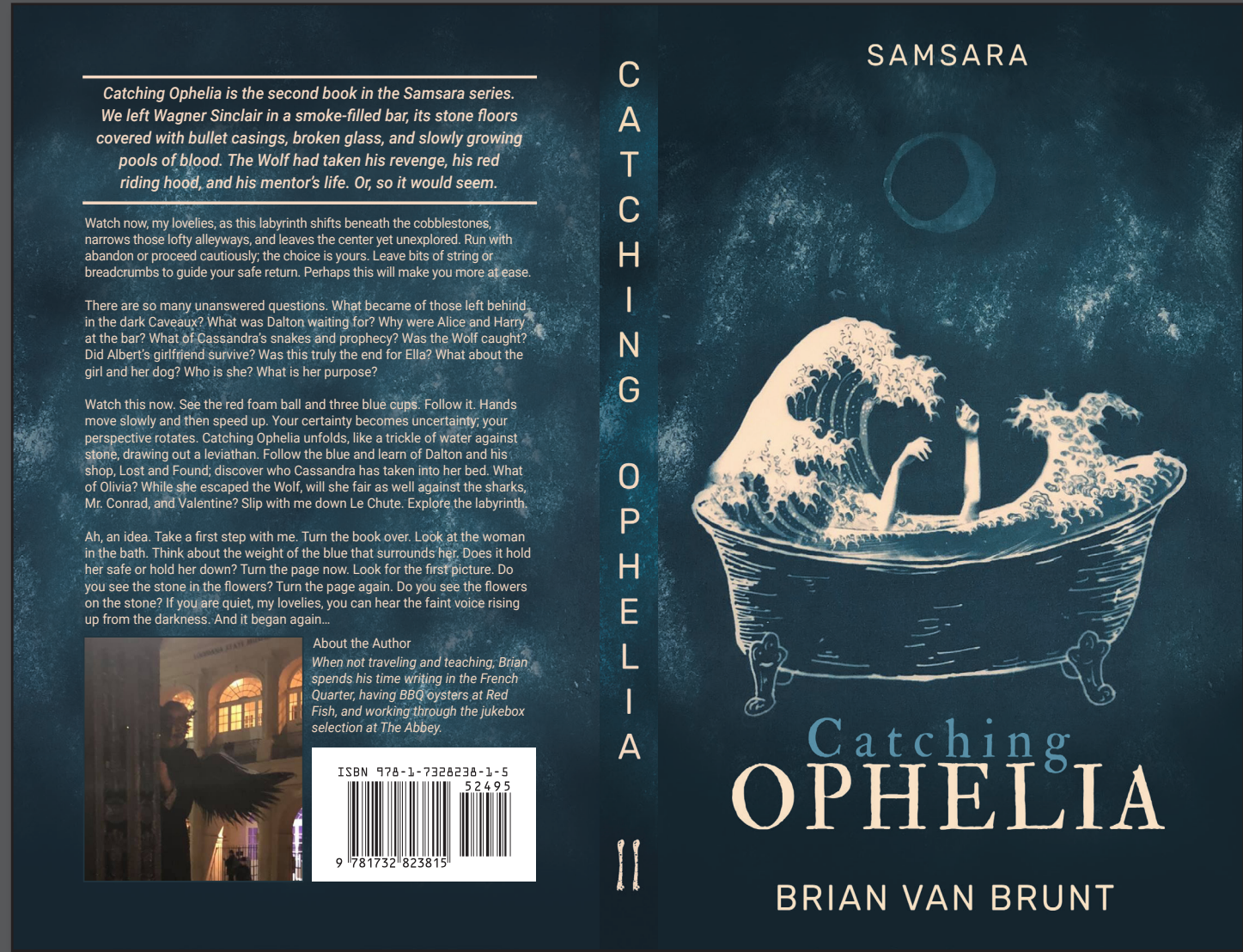
NaBITA

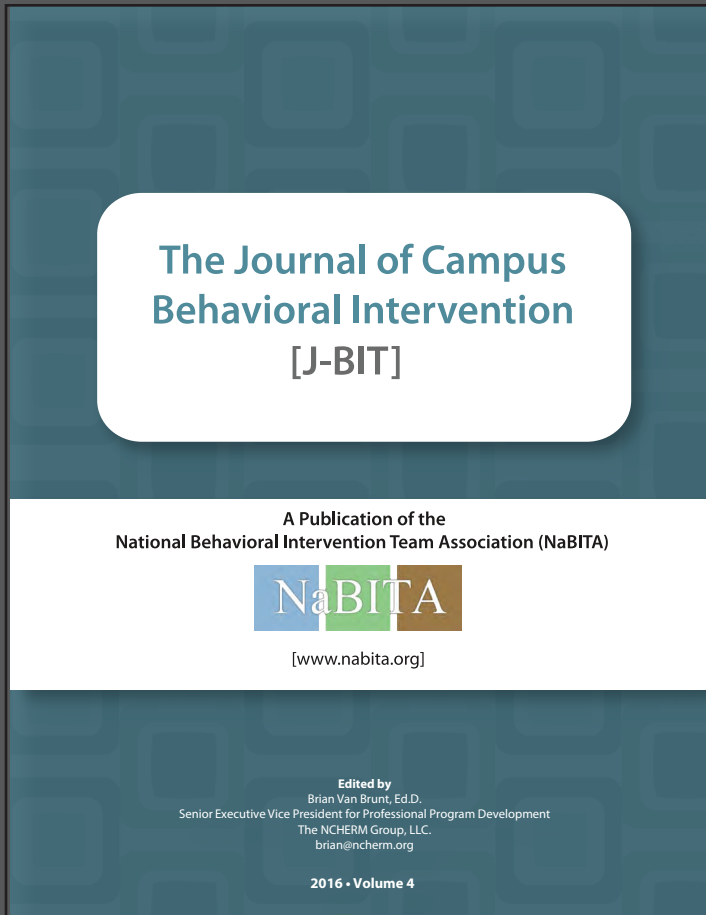


Brian Van Brunt

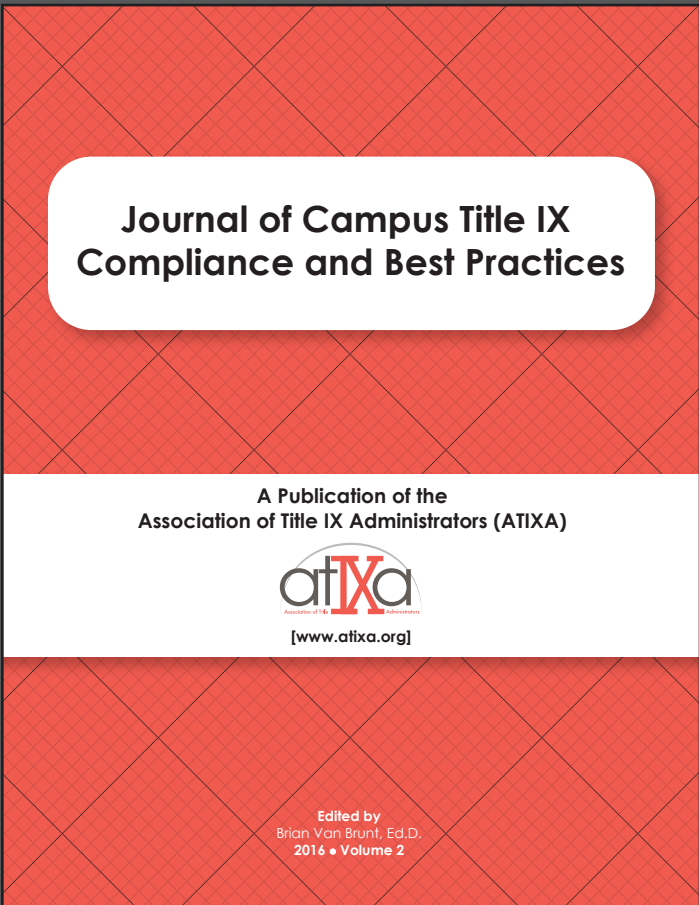
BOOKS

I have brought many books to market, both for publishing houses, businesses, and individuals. Work has included manuscript development, editing, layout and cover design , proofreading, and liaising with the authors/clients, cover artists, and printer. These books were selected for inclusion in this portfolio because I was responsible for every step from editing to printing.





I have served as the layout and production editor for peer-reviewed, academic journals, and continue to publish the one to the left through my own firm, CG Communication & Design. Prior to that, I served as managing editor of various national, subscription-based periodicals, delivering legal, compliance, and best-practice news to higher education professionals. Turning dry or complex topics into easily digestible material what I do best.



The journal featured to the right was published once a year (it has since been discontinued). I reviewed all articles, working with authors and peer reviewers to get articles publication-ready. I was also responsible for the interior design and layout, having taken what was previously published as a Word document and modernized it to ensure the look of the publication matched the quality of the content.



THE LEAD | SEXUAL MISCONDUCT

Ease into Title IX work: advice for new professionals

By Cynthia Gomez, Editor

While it's no secret that Title IX work is often difficult in many ways, being newly thrust into a Title IX position — whether it's as Investigator, Deputy Coordinator, or Coordinator — can be downright terrifying. Individuals who are new to this work may feel unprepared, confused as to what is required of them, or fearful that an honest misstep may get them sued or investigated by the Office for Civil Rights. Plus, new professionals may feel unsupported in their Title IX role, and may not have others at their institutions who understand what they are experiencing.

Jyl Shaffer, the Director of Institutional Equity and Title IX Coordinator at Montana State University, knows those feelings well. She spoke at the recent ATIXA/SCOPE Joint National Conference in Philadelphia about the experience of landing in a new Title IX role, and shared strategies for both new Title IX professionals and those who mentor them. Following are some of her key recommendations:

1. Know that OCR complaints and lawsuits come with the territory, and seem scarier than they truly are. It's a matter of when, not if, they will occur, because there is usually one party in any given situation that is unsatisfied with the outcome, Shaffer noted. She's learned to view OCR

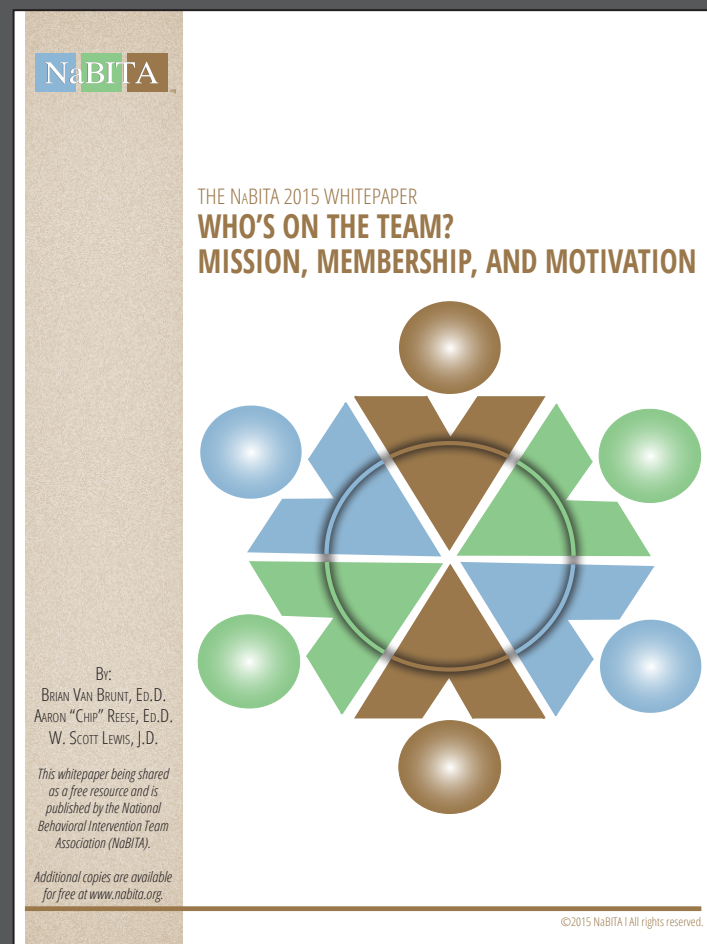
inquiries like tax audits — something that's bound to happen at some point that, no matter how meticulous she is, will always uncover issues of concern. "It just becomes part of the job," she said of dealing with lawsuits and OCR investigations.

2. Know your learning style so you can quickly get up to speed. There are many free online tests that help determine how you learn best if you don't already know this, Shaffer noted. For some individuals, going through old case files can be very helpful, particularly in terms of getting accustomed to the kinds of stories and language you'll be hearing. Meanwhile, others — herself included — may prefer to learn by jumping right in and doing the work, even if it takes a bit to get things right. Shadowing a Title IX professional from a nearby institution may be a great solution as well. Shaffer also always recommends ATIXA trainings.

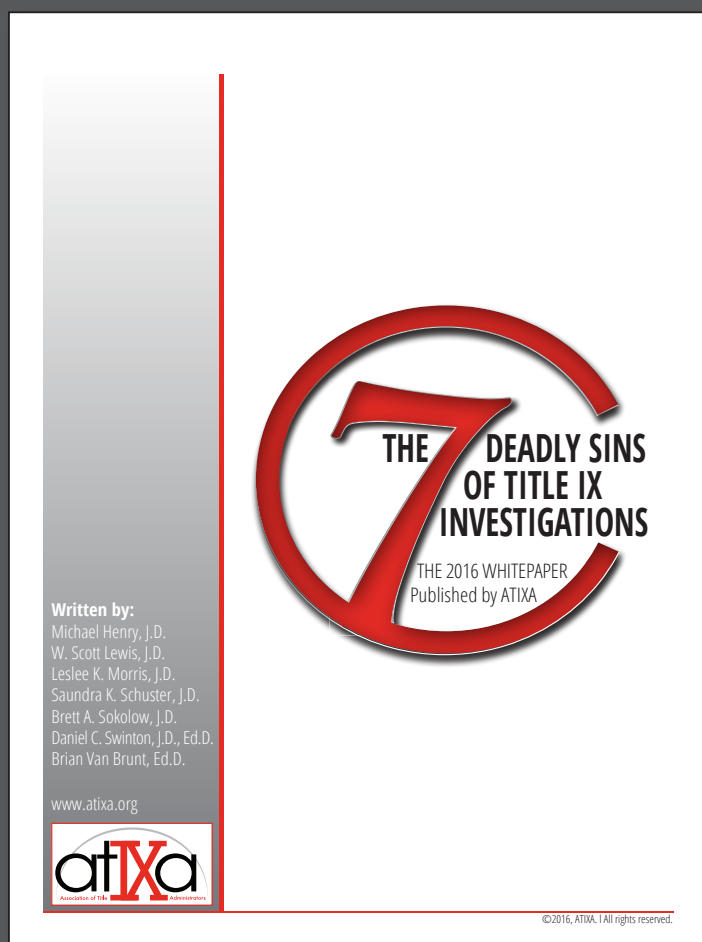
3. Practice the tasks involved in performing your job. To reduce the likelihood of both OCR complaints and legal actions, she recommends practicing your job, with student-advocates playing the role of reporting parties. "We rarely get feedback from people involved in our process, and that's reasonable, so we have to find other ways of learning how we're doing." Plus, those new to Title IX work may be initially

Continued on p. 3.

A publication of The NCHERM Group, LLC.



An undergrad degree in print journalism, a master's degree in digital journalism and design, and roughly 20 years of experience performing layout and graphic design work means that whitepapers like those pictured here, as well as reports, resource booklets, and other publications, are in good hands from start to finish.





Fall Edition
2016 NaBITA CATALOG

engaging online trainings • complete table-top exercises • research-based assessment instruments • topical audio episodes • scholarly periodicals • books from top experts • whitepapers • on-site training & consulting services • and much more, plus ways to bundle and save




Fall Edition
2016 ATIXA CATALOG






engaging, standalone & stackable online trainings • model policies & procedures • detailed campus training checklist • case documentation & tracking tool • customizable templates • topical audio episodes for on-the-go learning • scholarly & practice-based periodicals • complete investigations toolkit • innovative mobile app • and much more, plus ways to bundle and save.

Who Belongs to NaBITA?

NaBITA welcomes anyone with behavioral assessment and/or intervention responsibilities at the school, college, university, or workplace level, including:

- Student Affairs Staff
- Campus Safety Leaders
- Academic Administrators
- Human Resources Officers
- Legal Counsel
- Counseling and Health Center Directors
- Case Managers
- Disability Services Staff

How We Support Our Members

Nationwide Support Network

Our annual conference, annual Campus Threat Management Institute, regional certification trainings, and listserv offer members with access to fellow practitioners, as well as some of the nation's foremost behavioral intervention experts and resources.

News, Resources, and Legal Updates

The latest BIT-related news from across the country, relevant legal developments and case law, useful resources, and expert-authored tips are delivered straight to your inbox each week via a members-only e-newsletter to help you stay ahead of the curve.

Best Practices Guidance

NaBITA serves as a clearinghouse for hundreds of BIT-related model policies, training tools, templates, whitepapers, position statements, and other useful materials, all designed to help your BIT comport with best practices and operate optimally.

Professional Development Opportunities

In addition to providing our members with discounted access to conferences and certification events, members have access to affordably priced online trainings on a wide variety of topics of interest to campus BITs to support ongoing professional development.

We Invite You to Join NaBITA!

Connect with other practitioners to learn from, network with, and support each other. Access a myriad of valuable resources to avoid reinventing the wheel and ensure best practices for your team. Participate in professional development opportunities to further your career and improve your team's operations. Stay up-to-date on the latest news, research, case law, and other developments impacting BITs and similar teams.



the National Behavioral Intervention Team Association



the National Behavioral Intervention Team Association

To learn more about NaBITA and the benefits of membership, please visit: www.nabita.org/membership/
Call Us: (484) 321-3651
Email: nabita@nabita.org

NaBITA

the National Behavioral Intervention Team Association

Providing education, resources, and support to professionals who endeavor every day to make their campuses and workplaces safer through caring prevention and intervention.

Message from Executive Director Brian Van Brunt, Ed.D.



At NaBITA, we bring together the fields of criminology, law enforcement, psychology, law, student affairs, student conduct, and disability services, working collaboratively with experts across these disciplines to develop Behavioral Intervention Team (BIT) policies, procedures, and practices that will best serve our members and their institutions. Members gather at our annual conference in November each year to learn from each other, and attend the Campus Threat Management Institute directly following the conference. Our home office staff, scholars, and practitioners at NaBITA have developed a series of certification courses to offer guidance on best practices and to help BITs develop the skills to conduct sound violence risk and threat assessments and implement caring interventions.

We are committed to remaining on the cutting edge of research and to providing insightful and helpful commentary and guidance on new developments and challenges affecting campus BITs, with a focus on solutions. As the fields of behavioral intervention and violence risk and threat assessment continue to evolve, we hold steadfast to our promise of offering the information our members need to perform their daily work in an effective and efficient manner. To this end, NaBITA offers guidance to members through its weekly e-newsletter, which provides the latest news, research, and original tips written by experts in the field. We also foster scholarship through our peer-reviewed periodical, *The Journal of Campus Behavioral Intervention (J-CBI)*.

NaBITA's leadership, along with its experienced and talented advisory board, is devoted to growing the organization's membership, expanding our resources, developing new innovations, and remaining ever responsive to the needs of our membership. Every two years, NaBITA conducts a national survey to assess the current climate for BITs and similar teams dedicated to identifying and responding to individuals in crisis, to keep their campus communities safe. We use this data to inform our work, develop new projects and initiatives, and improve on our offerings.

If you aren't a member of NaBITA yet, consider giving us a chance to impress you.



Brian Van Brunt

About NaBITA

NaBITA is an independent, not-for-profit association with more than 2,800 active members from colleges, universities, schools, and workplaces. An active and engaging association headquartered in Berwyn, Penn., NaBITA has an advisory board and executive team dedicated to promoting best practices and professional development across the field.

Our Vision

The vision of the National Behavioral Intervention Team Association (NaBITA) is to make our campuses and workplaces safer environments where development, education, and caring intervention are fostered and encouraged.

NaBITA brings together professionals from multiple disciplines who are engaged in the essential function of behavioral intervention in schools, on college campuses, and in corporations and other organizations for mutual support and shared learning.

Whether it is to prevent violence, assess and reduce campus threats, support individuals with disabilities, empower the success of those suffering from mental health challenges, combat bullying, or assist those who are in crisis, our members are joined in common purpose and exploration of best practices.

Our Mission

The National Behavioral Intervention Team Association is committed to providing education, development, and support to school and workplace professionals who endeavor every day to make their campuses and workplaces safer through caring prevention and intervention.

**Collaboration • Diversity • Education • Empowerment • Inclusion
Integrity • Leadership • Respect**

Value at Every Level

NaBITA offers three membership levels: Individual or Case Manager, Campus Standard, and Campus Enhanced. The benefits of each are detailed below.

Individual and Case Manager Level Members receive:

- A 10 percent discount for NaBITA Regional Events and Online Trainings
- Access to the NaBITA Listserv
- Weekly NaBITA Newsletter
- Access to the NaBITA Membership List
- Access to the Member Resource Library

Standard Level Members receive:

- A 50 percent discount on registration for one person for the NaBITA Annual Conference and 10 percent discount for all your other BIT members
- A 10 percent discount for NaBITA Regional Events and Online Trainings
- Access to the NaBITA Listserv
- Weekly NaBITA Newsletter
- Access to the NaBITA Membership List
- Access to a comprehensive Member Resource Library

Enhanced Members receive:

- One free registration to the NaBITA Annual Conference, and 20 percent discounts for all other BIT members
- A 10 percent discount for NaBITA Regional Events and Online Trainings
- Two free NaBITA Online Training registrations per year
- Access to the NaBITA Listserv
- Weekly NaBITA Newsletter
- Access to the NaBITA Membership List
- Access to the NaBITA Ask the Experts Consultation
- Access to the complete Member Resource Library collection



the National Behavioral Intervention Team Association



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Visit www.ncherm.org/services/investigation-services or contact Kate Halligan, Executive Vice President for Client Relations, at (610) 579-3725 or at Kate@ncherm.org for more information.



Colleges and universities are more frequently recognizing the need for external investigations. They understand the advantages of using independent Investigators to achieve unbiased results that are free from conflicts of interest. The NCHERM Group's 16 Investigators have been carefully selected as the top Investigators in the field, and have been trained by the foremost leaders of the field. Our firm has performed more than 1,000 campus sexual misconduct investigations, and averages six investigations a week, giving our Investigators deep and broad experience in all forms of discrimination allegations.

By design, all of our Investigators are former campus-based Title IX Coordinators and Investigators who are also Attorneys. Many Attorneys in private practice don't have our Investigators' knowledge of campus culture, on-the-ground logistics, student interaction know-how, sensitivity to campus politics, and understanding of the current legal climate. These qualities position our Investigators to deliver the best investigation possible to our clients. Our interviews are thorough, our reports are comprehensive, our analysis is finely honed, and our work product is delivered promptly. We manage high-profile, scandalous, and complex allegations professionally and expertly. Your toughest case is something we take on every day.

CIVIL RIGHTS AND EXTERNAL INVESTIGATIONS

Are you too close to the situation? Might there be a conflict of interest at hand? Are you short-handed internally, or do you need us to pair up with your internal Investigators? Facing a political hot potato, or do you just feel better using external, fully objective, and highly-skilled Investigators? Suspect wrongdoing by your own people or a cover-up? These are our specialties. Our skilled Investigators will visit your campus or school to perform the investigation and write a final report. We can deploy up to 16 trained civil rights Investigators, as needed, and generally work in teams of two. We can also pair up one of our Investigators with one of your internal Investigators, or create several sets of such teams.

OCR COMPLAINT CLOSURE

Has OCR notified your campus or school that it is opening a complaint for a Title IX or 504 violation? Do you know that you can petition OCR to close its investigation if you can demonstrate that your campus has already resolved the complaint internally? The NCHERM-i Investigators will come in to do a thorough investigation of the allegations, and help to process the complaint through your own internal due process or other resolution proceedings. Once resolved, we document that the process was fully compliant with OCR's Case Resolution requirements, and ask the agency to close the case. OCR is swimming in a sea of complaints these days. Perhaps it would be willing to clear yours off its desks if the matter has already been addressed in compliance with the law.

TITLE IX AND CIVIL RIGHTS MENTORSHIP SERVICE

The NCHERM Group has developed a professional mentoring service to help take your Investigators to the next level. It is a practical, hands-on collaboration through which an expert TNG Investigator works side-by-side with your campus Investigator(s) to conduct an investigation on your campus. Rather than doing the investigation for you, the TNG Investigator's role is to model techniques, shadow your Investigators, provide feedback, and offer coaching to bring their skills to the next level. A written report of strengths/weaknesses and future training priorities can be provided after the on-site investigation/mentorship. Often, seeing how our expert Investigators perform their function in the field can help to cement key skills that campus Investigators need to acquire, whether it be in questioning, analysis, report writing, or other areas of professional competence. Let us coach your Investigators to success on your next tough case!

FORENSIC INVESTIGATION REVIEW

Want to be preventative and make sure mistakes aren't made in your next investigation? Bring NCHERM-i to campus to perform a forensic assessment of the investigation to better inform your team next time. Was your investigation botched internally, and now you need to know what went wrong and what was missed? You need a forensic external investigation. Are your Chancellor, Trustees, the media, or litigants attacking your internal finding? We can subject your initial investigation to the deep, road forensic re-examination you'll need to come clean and move forward.



D·PREP

TRAINING & CONSULTING SERVICES
DISASTER PREPARATION AND CRITICAL INCIDENT RESPONSE

ACTIVE SHOOTER RESPONSE TRAININGS

Improve Employee Safety • Diminish Liability • Reduce Fear

THE COURSE

This training will focus on the importance of establishing "prevention-based" active shooter programs, focusing on preventing violence before it occurs. Past acts of violence in K-12 environments and current strategies and policies will be reviewed to build a comprehensive active shooter program—providing techniques that will aid in reducing the risk and the anxiety/fear of students and staff.

Participants will learn about the importance of integrating behavioral intervention teams and about the risk and threat assessment processes, plus best practices to consider during an active shooter incident. Participants will also be provided with common emergency terminology used to ensure that "we are all on the same page" during a critical incident—both internally with staff/students and externally with first responders; approaches for student management during an event; and how to communicate during a critical incident such as an active shooter event.

We will also discuss common legal "roadblocks" to reporting students of concern and sharing information, such as the Family Educational Rights and Privacy Act (FERPA).

IDEAL FOR:

- K-12 School Employees
- School Administrators
- Resource Officers
- School Board Members
- College/University Employees
- Private Businesses
- Government Employees

ACTIVE SHOOTER RESPONSE TRAININGS

Improve Employee Safety • Diminish Liability • Reduce Fear



This course, which can be customized to meet your needs (four- and eight-hour formats are available), is specifically designed to train civilians how to prevent and respond to active shooters situation by raising awareness of pre-incident indicators and characteristics of active shooters through the use of case studies, training videos, presentations, and a training drills. In addition to leaving with knowledge and practical skills to better prepare for and respond to active shooter scenarios, attendees will be certified in "Stop the Bleed," immediate bystander care for the injured.

THE MERIT APPROACH

- Move away from the violence
- Evacuate from the area and take others with you
- Respond to the intruder-lockdown and prepare to defend yourself
- Inform - call 911, tell others of the threat
- Treat the injured "STOP THE BLEED"

CURRENT & PAST CLIENTS
(Partial list)

- Sacramento City Unified School District
- Los Angeles Unified School District
- Birmingham City Schools, AL
- St. James R-1 School District, MO
- Los Angeles City Police Department
- Wisconsin State School Resource Officers Annual Conference
- Oakland Unified School District
- San Francisco Unified School District
- Two Rivers School District, AR
- Vallejo Unified School District
- Pleasanton Unified School District
- Placer County Office of Education
- CSU Humboldt
- Lake Wales High School, FL
- Anaheim Unified School District
- California State Teacher Retirement System
- Sacramento County Sheriff's Dept.

D·PREP

CONTACT TO SET UP
A COURSE:

Jeff Solomon
Director, Schools Division
jsolomon@prep.com
(866) 284-4933, ext. 0
www.dprep.com

WHAT OTHERS ARE SAYING

"Thanks to your course, we are moving forward with organizing drills and training with our line staff."

"Good combination of technical instruction and examples of personal experiences to support the instruction."

5:30-7:00 pm

Group Dinner & Chat on Embodying Kindness

Location: Main House

Facilitator: Cynthia Gomez & Ki Rheme

Let's chat about how to embody kindness for others while also exercising guardianship over ourselves.

7:15-8:15 pm

Sunset Yoga with The Body Code Method

Location: Yoga Deck

Facilitator: Ki Rheme

A unique method that combines traditional yoga teachings with information about the body's sacred geometry to unlock and release trauma and pain.

8:30-9:30 pm

Effigy Burn and Release Ceremony

Location: Fireside

Facilitators: Ki Rheme, Cynthia Gomez & Barbara Gail

Write what you'd like to release and positive intentions on our effigy, and watch them go up in smoke during this special burn. We'll burn sage and offer ceremonial cacao to bring you into your heart space.

9:30-10:30 pm

Folk & Fire - Penn Johnson and IGirlFire

Location: Yoga Deck

Returning to the age-old tradition of storytelling, with an accompanying fire dance set to the beat of Penn's mantras, inspiration, and a meditative mindset, this is music for raising vibrations.

MONDAY

7:00-8:00 am

Sunrise Yoga

Location: Yoga Deck

Facilitator: Brandon Hylton

Wake up to the essence of you with gentle yoga.

8:15-10:00 am

Breakfast & Reflection Time

Location: Main House

Fuel up for the day ahead with a healthy and detoxifying breakfast, and take some time to journal.

10:15-11:15 am

Quartz Crystal Singing Bowl Sound Healing

Location: Yoga Deck

Facilitator: Kristin Barber

A soothing sound bath for cellular realignment and mental clarity and tranquility. What a great way to prepare to re-enter regular life for those checking out!

12:30-2:00 pm

Lunch & Check-in

Location: Main House

Regular Weekend Guests Check Out by 12 pm. & Integration Monday Begins

2:15-3:45 pm

Intro-Me-I-See: Soul Gazing

Location: Yoga Deck

Facilitator: Ki Rheme

A soul gazing exercise that brings you quickly into unity consciousness by allowing yourself vulnerability and authenticity.

4:00-5:15 pm

Essential Oils 101

Location: Yoga Deck

Facilitator: Maria R. Malec, Aroma Living by Design

Essential oils can help in healing and improving life through increased calmness and clarity.

5:30-7:00 pm

Group Dinner & Casual Chat on Integration

Location: Main House

Facilitators: Ki Rheme & Cynthia Gomez

How can we make everything we've experienced a part of our daily lives for greater, long-term impact?

7:15-8:15 pm

Sunset Yoga with The Body Code Method

Location: Yoga Deck

Facilitator: Ki Rheme

A unique method that combines traditional yoga teachings with information about the body's sacred geometry to unlock and release trauma and pain.

8:30-10:00 pm

Women's Frame Drum Workshop & Moon Temple

Location: Fireside

Facilitator: Barbara Gail, The Rhythm Inlet

Intro to Frame Drum Technique, Rhythmic Meditation, InnerVision Drum Journey, Healing Drum Temple, and InPowering SongChant & Drumming.

TUESDAY

7:00-8:00 am

Sunrise Yoga

Location: Yoga Deck

Facilitator: Brandon Hylton

Wake up to the essence of you with this gentle, breath-based yoga class.

8:15-10:00 am

Breakfast & Reflection Time

Location: Main House

Fuel up for the day ahead with a healthy and detoxifying breakfast, and take some time to journal.

10:15-11:15 am

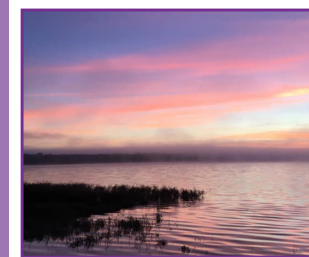
Farewell Breathwork Session

Location: Yoga Deck

Facilitator: Chandra Mcguire, Earth Art from the Heart

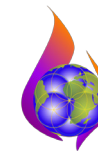
The breath is your greatest integration tool. Join us for one last breathwork session before saying farewell.

CHECK OUT BY 12 pm.

LAKE BRYAN FOREST RETREAT
Sisterhood | Self-Care | Healing in Nature

SCHEDULE

This schedule is designed to provide you a wide range of healing modalities and activities to bring you back to center. But self-care isn't just about engaging in the things that fill us. It's also knowing when to be still. Listen to your inner knowing. Attend the workshops that call to you, yet feel free to skip out for hammock time, nature walks, kayaking, or time overlooking the water on an elevated meditation deck. This is your time. Find your bliss.

THE GAIA REVOLUTION
Consciousness RetreatsMay 5-7, 2020
Early-Bird Registration Open!

2020 PSWRC

NAHRO "U" Kickoff

Annual Conference

Embassy Suites Monterey Bay Seaside

1441 Canyon Del Rey

Seaside, CA 93955

813-393-1115

www.pswrc-nahro.org

CONFERENCE PROGRAM

Conference Schedule • Concurrent & Featured
Sessions • Presenter List & Abstracts2016
ATIXA/SCOPE
Joint National Conference

October 5-8 • Philadelphia



atIXa

SCOPE

FRIDAY

12:00-8:00 pm

Check-in

12:30-2:00 pm

Welcome Lunch Picnic & Introduction Circle

Location: Lakeside

A time for to get to each other, set intent for the weekend, and share important information.

2:00-2:45 pm

Holding Space 101: A Skill for Sisterhood Building

Location: Lakeside

Facilitators: Cynthia Gomez & Ki Rheme

What does it mean to hold space? How do we hold space effectively for both ourselves and others?

3:00-4:00 pm

Conscious Breathing for a Better Life

Location: Yoga Deck

Facilitator: Ki Rheme

Learn conscious breathing techniques for connecting with your mind, body, and spirit on a deeper level.

4:15-5:45 pm

Meditation Made Easy

Location: Yoga Deck

Facilitator: Helen Blaaker, MindfulCITY

The benefits of meditation explained and practical techniques for stilling the mind.

6:00-7:30 pm

Group Dinner & Casual Chat on Food as Medicine

Location: Main House

Facilitators: Ki Rheme & Cynthia Gomez

This casual chat invites sisters to share strategies for approaching food as another tool for healing.

7:15-8:15 pm

Sunset Yoga with The Body Code Method

Location: Yoga Deck

Facilitator: Ki Rheme

A method that combines yoga with information about the body's sacred geometry to release trauma.

8:30-9:30 pm

The Activism of Radical Self-Love

Location: Fireside

Facilitators: Cynthia Gomez & Brandon Hylton

Strategies for facing the shadows, celebrating the light, and reaching new states of wholeness.

9:30 pm -10:30 pm

A World of Rhythm

Location: Main House

Facilitator: Barbara Gail, The Rhythm Inlet

A playful experience, ending with an earth-honoring drumming ritual, "A Circle of Elements."

10:30-12:00 am

S'mores by the Fire

Location: Fireside

Chill out by the fire and make s'mores!

SATURDAY

7:00-8:00 am

Sunrise Yoga

Location: Yoga Deck

Facilitator: Brandon Hylton

Wake up to the essence of you with gentle yoga.

7:00-8:00 am

Stability Ball Workout

Location: Lakeside

Facilitator: Maria R. Malec, Aroma Living by Design

A low-impact and medium- to high-intensity option to improve strength, cardio endurance, and balance.

8:15-10:00 am

Breakfast & Reflection Time

Location: Main House

Fuel up for the day ahead, and take time to journal.

10:15-11:45 am

Conscious Breathing for a Better Life

Location: Yoga Deck

Facilitator: Ki Rheme

Practice conscious breathing techniques for connecting with your mind, body, and spirit on a deeper level.

12:30-2:00 pm

Lunch & Check-in

Location: Main House

Fuel up for the day ahead with a healthy and detoxifying breakfast, and take some time to journal.

2:15-3:45 pm

Healing with Natural Art

Location: Lakeside

Facilitator: Chandra Mcguire, Earth Art from the Heart

Use materials from the natural world to create meditative earth art and make beauty out of chaos.

4:00-5:00 pm

Gratitude Talk & Guided Meditation w/Singing Bowls

Location: Yoga Deck

Facilitators: Jen Monnich, Cyn Gomez & Kristin Barber

Gratitude is a positive way of experiencing the world that brings you more of what you're grateful for.

5:30-7:00 pm

Group Dinner & Casual Chat on Mindful Eating

Location: Main House

Facilitators: Ki Rheme & Cynthia Gomez

Mindful eating is about being present with your food.

7:15-8:15 pm

Sunset Yoga with The Body Code Method

Location: Yoga Deck

Facilitator: Ki Rheme

A method that combines yoga with information about the body's sacred geometry to release trauma.

8:30-9:30 pm

Forgiveness by the Fire: Circle & Guided Meditation

Facilitator: Cynthia Gomez & Jennifer Monnich

A talk on the power of forgiveness and guided meditation for releasing anger and resentment.

9:30-10:30 pm

Music by Este Loves

Location: Yoga Deck

Este Loves spreads love, awareness, and hope through her music.

10:30 pm -12:00 am

Poetry & Song by the Fire

Location: Fireside

Facilitator: Barbara Gail, The Rhythm Inlet

Barbara will perform poetry and song while drumming in a ritual performance that speaks to "When the Drummers Were Women: A Spiritual Herstory of Rhythm."

SUNDAY

7:00-8:00 am

Sunrise Yoga

Location: Yoga Deck

Facilitator: Brandon Hylton

Wake up to the essence of you with gentle yoga.

8:15-10:00 am

Breakfast & Reflection Time

Location: Main House

Fuel up for the day ahead with a healthy and detoxifying breakfast, and take some time to journal.

10:15 am -11:45 pm

Conscious Breathing for a Better Life

Location: Yoga Deck

Facilitator: Ki Rheme

Practice conscious breathing techniques for connecting with your mind, body, and spirit on a deeper level.

12:30-2:00 pm

Lunch & Check-in

Location: Main House

Fuel up for the day ahead with a healthy and detoxifying breakfast, and take some time to journal.

2:15-4:00 pm

Vision Board Workshop

Location: Main House

Facilitator: Maria R. Malec, Aroma Living by Design

A vision board is a collage of images and affirmations designed to serve as inspiration and motivation for manifesting the life of your dreams

4:15-5:15 pm

Walking Staff Workout

Location: Yoga Deck

Facilitator: Ki Rheme

Learn how to use an ordinary walking staff to stretch and build muscle through effective yet gentle movements.

4:15-5:15 am

Stability Ball Workout

Location: Lakeside

Facilitator: Maria R. Malec, Aroma Living by Design

A low-impact and medium- to high-intensity option to improve strength, cardio endurance, and balance.



WHO LOOKS AFTER THOSE KEEPING STUDENTS SAFE?

DEADLY TIMELINE POINTS OUT NEED TO INVEST IN CAMPUS SAFETY

CAMPUS SHOOTINGS, STABBINGS, & HOMICIDES

CRITICAL INCIDENT TIMELINE

Aug. 16, 1996 – *LA Times*:
3 on San Diego State faculty fatally shot

Dec. 14, 2009 – *The State Hornet*:
Officer involved shooting on campus
(Sacramento State University)

Dec. 9 2012 – *LA Times*:
Cal. State San Bernardino police kill student during struggle

June 26, 2014 – *The Sun*:
Cal. State San Bernardino police officers justified in fatal student shooting

Nov. 4, 2016 – *LA Times*:
Body found in shallow grave at Sonoma State University is missing teen

Sept. 11, 2017 – *The Press Democrat*:
Humboldt State University police officer wounded in deadly shootout

Jan. 11, 2018 – *The Desert Sun*:
Cal. State San Bernardino classes will resume following shooting investigation forced lockdown

May 13, 2018 – *The Press Democrat*:
1 dead, 1 arrested in stabbing at Sonoma State University

June 29, 2018 – *Daily Bulletin*:
Cal. Poly Pomona safety officer stabbed to death suspect killed in officer-involved shooting

Oct. 30, 2018 – *Action News 12*:
Officials Identify Body Found on Chico State's Campus

Oct. 31, 2018 – *LA Times*:
Armed assault at Cal. State Channel Islands sends panic through school, cancels classes

Nov. 2, 2018 – *Chico Enterprise-Record*:
Police investigate beating death on Chico campus
(*Trial Set: www.chicoer.com/2019/01/23/trial-set-for-chico-state-homicide-suspect/amp/*)

Aug. 22, 2019 – *KTLAS*:
Co-Worker Arrested in on Campus Killing of Retired Cal. State Fullerton Administrator

Aug. 23, 2019 – *Orange County Register*:
Cal. State Fullerton man charged with murder in fatal stabbing could face death penalty

WHAT DO ALL OF THESE INCIDENTS SHARE IN COMMON?



Just like your hometown police, sworn University Police Officers were fast on the scene, proudly risking their own safety to protect students and staff.

Yet CSU police make up to 30% LESS than police at similar agencies and do NOT get basic raises. This, despite the fact that line of duty officer deaths across the country jumped sharply in 2018, with California rated one of the four most dangerous states.**

How Does This Affect Your Safety?

- The CSU system is fast losing experienced officers.*
- Recruitment of new campus police officers has become increasingly difficult.

Meaning...

SLOWER emergency response times, officer **FATIGUE** and **FEWER** officers when you need them most.

Keep Our University Police Force Strong So They Can Keep Our Students Safe!



* A recent CSU Board of Trustees budget report confirmed that CSU Police have the highest attrition rate among all categories of university employees.

Regional Simulation Model

Restructured with Multiple Editions



What is it?

The Regional Simulation Model developed by the South Florida Water Management District is a fully coupled, finite-volume surface water/groundwater modeling tool for simulating the extreme hydrologic complexities of South Florida. The RSM is modular and easily modified, making it adaptable and scientifically defensible. With a graphical user interface and a collection of intuitive tools, the RSM has an easy learning curve.

How does it work?

The model implicitly solves for water stages (heads) and flows under natural conditions, as well as conditions managed using structures, canal networks, and levees. Its two principal components are:

- 1) A Hydrologic Simulation Engine, which simulates natural hydrology, water control features, water conveyance systems, and water storage facilities, solving the governing equations of water flow through both natural hydrologic systems and man-made structures; and
- 2) A Management Simulation Engine, which provides operational and management capabilities to the HSE.

How do you choose an edition?

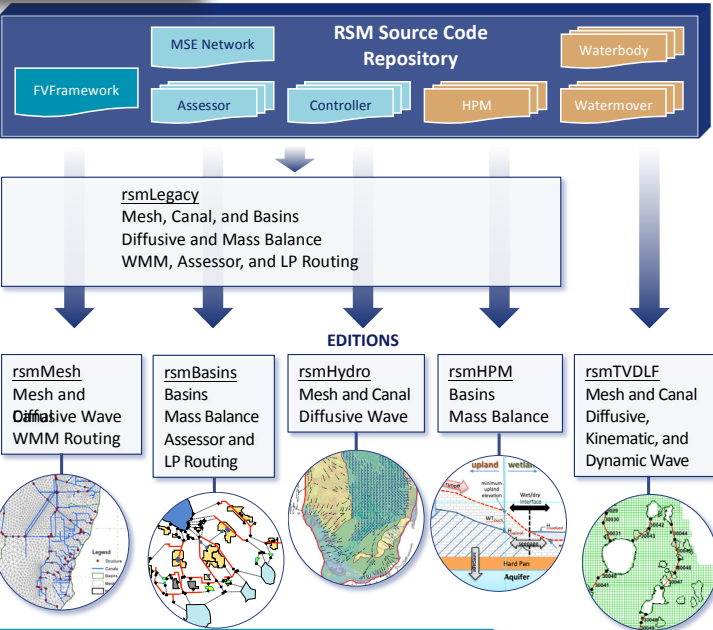
The RSM has moved from lane-line application to multiple editions, so that water managers can easily choose which edition of the RSM best suits their project needs based on the spatial scale, governing equation, the need for management of operational controls, and the need for portability (e.g., solvers).

RSM Editions						
Edition	Purpose	Solver	Spatial Scale	Governing Equations	MSE	Sample Applications
rsmLegacy	Simulate long term, regional scale planning alternatives for South Florida	Petsc	Tessellated Mesh & Canals, Basin	Diffusive Wave	WMM, Assessor LP	RSMGL, RSMBN, NSRSM, DWM, MDRSM
rsmMesh	Simulate spatial distributed hydrology and regional coordination of canal operations	Petsc	Tessellated Mesh & Canals	Diffusive Wave	WMM	RSMGL
rsmBasins	Simulate linked node configuration of lakes and basins with regional coordination of canal operations	Petsc	Basin	Mass Balance	Assessor LP	RSMBN
tvdlf	Simulate spatial distributed hydrology, including all the momentum terms	IML++	Tessellated Mesh & Canals	Diffusive Wave Kinematic Dynamic	None	Kissimmee LOS
rsmHPM	Simulate hydrologic process models (HPMs)	IML++	Basin	Mass Balance	None	DWM, AFSIRS
rsmHydro	Simulate spatial distributed hydrology and local canal operations	Petsc	Tessellated Mesh & Canals	Diffusive Wave	None	NSRSM, MDRSM



South Florida Water Management District
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POSITION STATEMENT

Concealed Carry Legislation Related to Mass Shootings

NaBITA, on behalf of its Advisory Board, states its position in opposition to state legislation forcing colleges and universities to permit the concealed carry of guns on campuses. NaBITA is also opposed to state legislative efforts allowing concealed carry permits to be issued without requiring background checks and training, which make an already bad situation much worse.

In an effort to further a political agenda promoting widespread access to firearms, some gun advocates and state legislators have advanced legislation to permit carrying of concealed weapons on college and university campuses to deter mass shootings, rampage violence, and even sexual violence. This position makes several erroneous assumptions, which are addressed in this position statement.

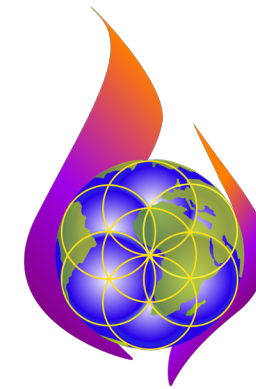
NaBITA does not believe that widespread access to firearms will make college campuses safer, and is in fact concerned that doing so could have dangerous, if not disastrous consequences, not just on mass shootings, but on the incidence of completed campus suicides.

The first erroneous assumption undergirding the advancement of concealed carry legislation is that those who hold concealed carry permits have basic training in the safety and proper use of firearms by the nature of having obtained a permit (United States Government Accountability Office, 2012)¹. However, this is not necessarily the case, as some states require only an application, background check, and fee. Regardless of training, simple statistics tell us that having more guns on campus raises the likelihood of accidental discharges, brandishing of firearms during arguments, and guns being unsafely stored or stolen from social settings such as residence halls².

The second erroneous assumption is that the presence of more firearms on campus would cut short an active shooter's attack or facilitate a faster active-shooter response. While some people might believe that people with concealed carry permits can provide a fast response to an active shooter, the reality is that law enforcement first responders would face increased difficulty distinguishing an attacker from other armed individuals attempting to respond, potentially leading to increased casualties. Likewise, the skill level and maneuvering needed to respond effectively during a mass shooting require advanced training that is well beyond what most concealed carry permit holders possess. That is why the University/College Police Section of the International Association of Chiefs of Police adopted a resolution

¹ United States Government Accountability Office (2012). Gun Control: States' Laws and Requirements for Concealed Carry Permits Vary across the Nation. United States Government Accountability Office. Retrieved from www.gao.gov/assets/600/592552.pdf.

² New Yorkers Against Gun Violence. Fact Sheet: Accidental Shootings. Retrieved from <http://nyagv.org/wp-content/uploads/2013/05/Accidental-Shootings-NYAGV.pdf>.



THE GAIIA REVOLUTION Consciousness Retreats

Heal, learn & play with us!





THE GAIIA REVOLUTION

Consciousness Retreats

Facilitating Self-Mastery through Retreats, Events, and Workshops
Designed to Promote Learning, Healing, and Growth



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ART & MUSIC

Art soothes the soul, and music inspires us. That's why we've woven a thoughtfully curated selection of visual arts and musical experiences into this retreat. We invite you to take a stroll through an art-studded nature path, to allow the musical medicine to absorb into your being, and to deeply feel the rhythm of the drums and the magic of your surroundings. This is bliss.



"PORTALS" ART WALK

Enjoy a meditative stroll in the woods through a winding nature path. Let the art be your guide. This installation includes more than 30 original paintings by Mexican Artist Porfirio Jimenez, from one facilitator's personal art collection. Jimenez paints on plastic sheets using mostly spray paint. His artwork can be found in galleries and private collections across the Yucatan peninsula.

This series is called "Portals," and was appropriately created in 2012. Jimenez paints otherworldly landscapes inspired by the Mayan civilization that invite viewers to find the portals within. The Mayans were master builders, timekeepers, mathematicians, and astronomers. They were also the first people of the pre-Columbian Americas to fully develop a writing system.

While some theorized that the end of the Mayan long-count calendar in 2012 meant doomsday, many in the spiritual community recognized that 2012 simply represented a portal — a time of collective choice-making: continue down a path of apathy, greed, and destruction, or rise to the challenge of creating a more sustainable and compassionate future for all. When we heal ourselves, we heal the planet. The time is NOW. Enter the portal. Welcome to The Gaia Revolution.

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BRIAN VAN BRUNT, ED.D.







EDUCATION CONSULTANT, PRESENTER & TRAINER



YOUR STORY, AS AN ILLUSTRATED CHILDREN'S BOOK



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How Does It Work?

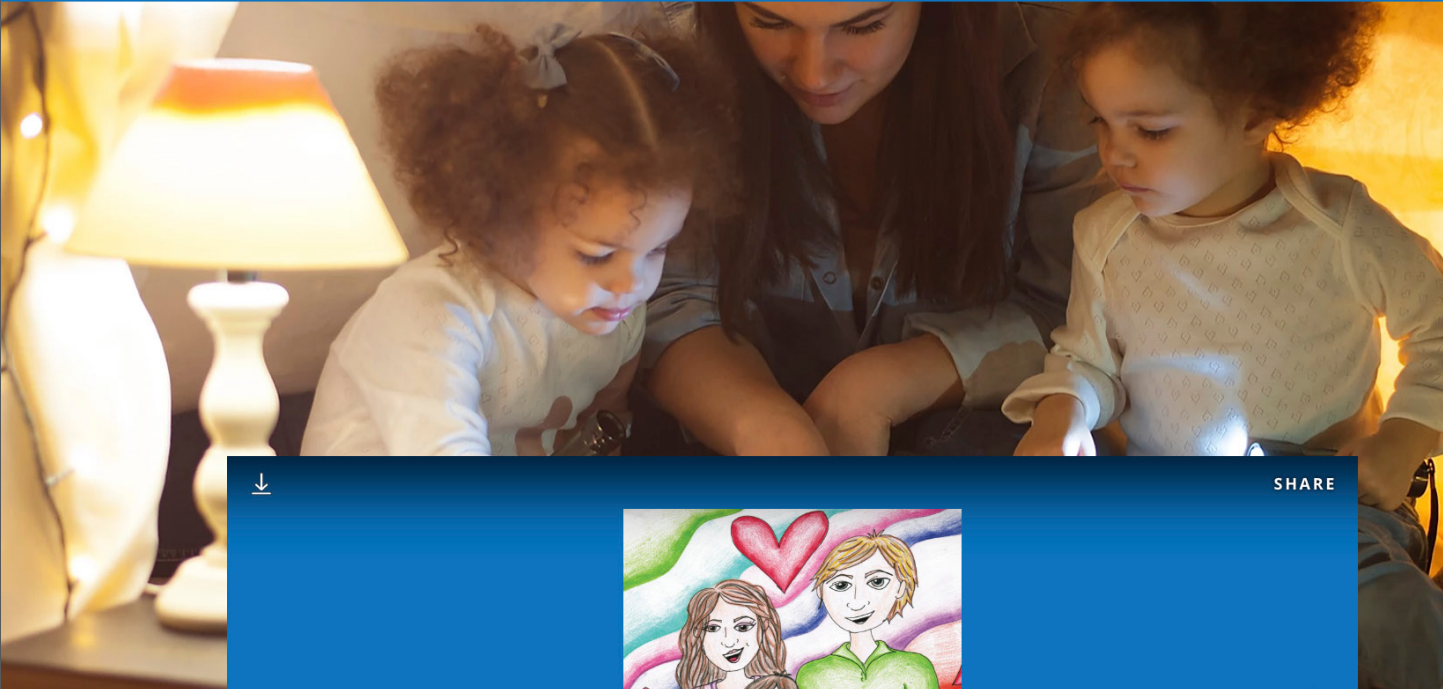
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