



Course Description:

The “Not On My Watch” training is an up close and personal Conference Breakout session for Fire, Police, Dispatchers, Telecommunicators, Probation, Corrections and Military. This training showcases how First Responders Suffer in Silence and are afraid to ask for help from their employers. This training session will guide and direct the first responder on how to ask for help as well as the employees’ rights to the Federal Medical Leave Act and how it pertains to public service. This will be an in depth look at what First Responder therapy looks like and how to acquire it to lead a successful life. All over the country First Responders are suffering and committing suicide. This training module will not only show the first responder who may be struggling how to ask for help, but also for their partners and supervisors who recognize there may be an issue with PTSS, Mental Health, Gambling, Alcoholism or Drug Abuse

Instructor BIO:

Detective Richard Wistocki (Ret.) had been a law enforcement officer for 30 years and 28 years with the Naperville Police Department. In his last 22 years as an Internet Crimes Investigator with the Naperville Police Department, he has forged numerous partnerships with the community and other Law Enforcement Agencies. He has been a SWAT operator / Sniper for the past 22 years. He is one of the founding members and an affiliate member of the Illinois Attorney Generals High Tech Crimes Bureau (ICAC). Rich’s passion is concentrated in teaching parents how to parent their children while online. Detective Rich Wistocki is a National trainer for Transformations First Responder Treatment Center in Delray, Beach Florida. This program is for first responders on how to ask for help when they are suffering in silence with PTSS, Mental Health, Gambling, Alcohol or Drugs. He has developed a 15 minute roll call training on how to ask for help, who to ask for help and how FMLA works.

Instructor Picture:





CO-Presenter Bio:

Carlos Farina:

Help For Our Heroes First Responder Treatment Program Director

No one is better suited to help lead our First Responder community through their journey to recovery than Carlos Farina. Carlos is a war veteran and has spent 30 years as a police officer in Broward County Florida. During his career, his assignments included road patrol, staff clinician for the psychological Services Division, School Resource Officer, Hostage Negotiator and Psychological profiler. His dedication to helping these men and women first responders stems from years of providing recovery and mental health services in private practice as well as community mental health and recovery centers. Carlos delivers the message to our first responders that there is no need to suffer in silence when there is confidential help when suffering from PTS, Mental Health issues, Gambling, Suicide, Alcohol and Drugs. This program will show the First Responder that if they are struggling or know someone they work with is struggling, how to get them the help they need confidentially so they can lead a productive life.

Instructor Photo:

