



**MAY 11 & 12, 2026**

**KEYNOTE SPEAKER FF/PM BEN VERNON**

**UNEXPECTED NIGHTMARES: RESILIENCY  
IN THE FACE OF TRAUMA**

Post Falls ER & Hospital along with the Red & Blue Foundation have partnered together with Kootenai County Fire & Rescue to bring FF/PM Ben Vernon to speak about being attacked and stabbed multiple times by a bystander while on a "routine medical assistance" call. Ben will share his story and describe the hurdles he encountered recovering from PTSD.



**PARAMEDIC  
ATTACKED AND  
STABBED ON DUTY**

Realize the importance of having a mental health plan for first responders.

Learn a systematic approach to establishing different mental health techniques.

Learn about the treatment of PTSD with EMDR (Eye Movement Desensitization and Reprocessing)

Recognize the importance of having the RIGHT mental health clinicians available.

**KOOTENAI COUNTY  
FIRE & RESCUE**

5271 E. Sellice Way  
Post Falls, ID 83854  
208-777-8500

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(Lunch provided by KCFR)  
0900-1100  
1300-1500