

SHIFT: MENTAL WELLNESS FOR FIRST RESPONDERS

April 7-8, 2026

Speaker Profiles



Kathryn Dunklow is an EMS professional and educator with expertise in prehospital care, quality improvement, and first responder wellness. She has extensive experience in EMS education, delivering training, and fostering provider engagement, as well as peer support programs for first responders. Kathryn is a founding member of the Northwest Michigan Peer Network and is passionate about promoting mental health, resilience, and operational excellence within EMS and public safety communities.



Larry Gambotto is Captain of Training & Safety for the Rochester Hills Fire Department in Oakland County, Michigan. He holds a bachelor's degree from Michigan State University and is pursuing a Master of Public Administration. He is a State of Michigan Certified Fire Instructor III, licensed Paramedic Instructor/Coordinator, and certified peer support specialist. He represents the Firefighter's Cancer Support Network, Michigan Professional Fire Fighter Union Safety & Health Committee, and OAKWAY Mutual Aid Group Peer Support Team, and serves on the CARE CISM team. He also oversees the department's annual physical examinations and serves on the City of Rochester Hills Wellness and Safety committees.



Kelly Guidry, PhD, LPC-S is Director of Operations for the Readiness Group, specializing in child and family therapy with a focus on trauma. She holds a PhD in Counseling and Counselor Education from Texas Christian University and is a published researcher in counseling and counselor education. Dr. Guidry is a PCIT Therapist, Solution-Focused Therapist, EMDR Therapist, LPC Supervisor, and Certified ICISF CISM Mental Peer. She specializes in treating family interaction and dynamics, particularly following traumatic situations.



Michael Ioerger, MD, PhD, MPH, CSCS, ACE-FNS, is a multidisciplinary clinician-researcher integrating medicine, psychology, public health, exercise, and nutrition into holistic care and coaching. He strengthens communities by equipping individuals with practical skills to take charge of their health and well-being. Through public events, he empowers participants to build confidence, improve performance, and become active partners in their care. With over 10 years of experience coaching high-performance professionals, he helps physicians and community leaders stay healthy, improve performance, and rapidly address health issues. His education work has been featured in the New England Journal of Medicine, and he serves as a reviewer for journals in medical education, public health, medicine, and social sciences. He is Executive Director of the Institute for Healthier Communities, dedicated to developing and empowering the next generation of community-engaged health care leaders.



Alexandra Jabr, Ph.D., EMT-P, has served in EMS since 2003 and has been influencing the field through education since 2008. With a master's in mental health specializing in death, grief, and bereavement, and a Ph.D. in depth psychology focusing on psychedelic therapy for first responders with PTSD, Dr. Jabr brings a unique perspective, bridging psychological expertise with lived experience. She is the founder of Emergency Resilience, a thoughtfully curated continuing education platform that integrates often-overlooked topics into first responder training, including grief, generational trauma, ketamine therapy, and her renowned CE course, Death Communication for First Responders: How to Deliver Unfortunate News.



Scott Lail has worked in Fire, EMS, and Flight services for 30 years, rising through the ranks to EMS Chief of the Cleburne Fire Department. He is a certified Master Firefighter, and a seasoned educator who currently serves as an EMS Instructor with the department. After 19 years of service, Scott retired as Flight Paramedic with CareFlite, though he still holds his Certified Flight Paramedic (FP-C) certification and maintains his flight status, just in case! In early 2022, Texas Governor Greg Abbott appointed Scott to the Governor's EMS and Trauma Advisory Council (GETAC). Scott is a dynamic speaker who has lectured at state, national, and international conferences. He has also appeared in an episode of Miracle Detectives on the Oprah Winfrey Network.

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Kolby Miller is the Chief Executive Officer of Medstar, Michigan's largest EMS agency. A paramedic since 1987, he began his career in Flint and has led Medstar since 2005. Under his leadership, the organization has grown from 74 to more than 520 daily responses, with 950 team members serving 11 counties. Kolby serves on the Michigan EMS Steering Committee, chairing its Safety Subcommittee, and led the creation of the annual EMS System Design and Safety Summit. He has been active with the Michigan Association of Ambulance Services since 2002, including terms as president and Legislative Committee chair. He is also a Survey Team Leader for the Commission on Accreditation of Ambulance Services and serves on the Traffic Improvement Association of Michigan board.



Dr. Erika Sallee, PT, DPT and owner of The Readiness Group, specializes in organizational resiliency and wellbeing. She is a USAF Veteran with 6 years of experience as an Aircraft Maintenance Officer on A-10s, F-16s, and B-52s. Dr. Sallee graduated top in her class from TWU School of Physical Therapy and is a Heartmath Trauma Specialist, FBINAA Master Resiliency Instructor, Wellbeing Lab Resiliency Specialist, and Certified ICISF CISM Physical Peer. She has 11 years of experience as a traditional neurological physical therapist in acute, outpatient, home health, and educational settings.



Leslie Schutte has dedicated over 20 years to the healthcare field and brings a wealth of experience and expertise to her current role as Manager of Clinical Flight Operations for Corewell Health Aero Med (Grand Rapids) and North Flight Aero Med (Traverse City). Her career journey includes roles as a Paramedic for a progressive 911 ambulance service, an ICU RN, a Flight Nurse / Paramedic, and Chief Flight Nurse. Leslie has worked in both Idaho and Michigan and is passionate about the mental health and wellbeing of providers that give so much of themselves to the people that they care for and protect.



Susan Styf is President & CEO of CARE of Southeastern Michigan, a leading nonprofit in behavioral health services. She holds a Master of Social Work from the University of Michigan and a Bachelor of Arts in Psychology from Miami University. With a deep commitment to supporting first responders, she has made it a core priority to expand trauma-informed services specifically tailored to their unique needs. Under her leadership, CARE has significantly enhanced its CISM program and developed specialized behavioral health programs for first responders, focusing on stigma reduction, resilience building, and long-term well-being.



Daniel Sundahl (DanSun) is a published artist and writer with four (4) art books produced of his works. Articles of his work are featured in several international publications, and his art is recognized and exhibited worldwide. He travels internationally speaking about his art and personal experiences with occupational stress injuries and post-traumatic growth. Daniel is a registered counselling therapist, a certified clinical trauma specialist, an advanced care paramedic and retired career firefighter. He is the host of the DanSun Health Podcast and president and founder of The Recovery and Resiliency Foundation, a group that supports emergency workers from around the world and aids in their post traumatic growth. Daniel is retired from a career as an advanced care paramedic, firefighter, and pre-hospital educator.



Justin Templeton is a career shift Lieutenant/ Paramedic at Oxford Fire Department. With 21 years of service he is a Paramedic IC, certified Fire Instructor 1, certified Fire Officer III, Fire Officer instructor, and the Course Manager for the North East Oakland Fire Academy. He has received the Achievement in Excellence award from Oakland County MCA for life saving measures in exigent circumstances seven times. He volunteers with DoCare International and MiCaring Hands where he has taken part in 12 medical missions in Central and South America.

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Dr. Brenda Tillman, LPC-S, PhD, and owner of The Readiness Group, specializes in trauma therapy and the effectiveness of EMDR in treating trauma. She has over 30 years of experience working with military, medical, educational, and first responder communities and organizations. Dr. Tillman holds a PhD in Counseling from Texas Christian University and an MSM in Business Management. She is an EMDR Therapist, Solution-Focused Therapist, LPC Supervisor, and Certified ICISF Instructor who specializes in treating complex trauma, especially in individuals working in high-stress professions. Her critical incident response experience includes 9-11, Oklahoma City, West Chemical Plant Explosion, Khobar Towers, and many others.



Anna Wierenga is the wife of Mike Wierenga, co-founder of Two The Rescue. Speaking from her experience as a first responder spouse, Anna shares intimate knowledge of the challenges shift work brings to families—late night shifts, missed events and special occasions, and her partner's hypervigilance. Through her unique perspective, she offers insights on improving communication, fostering understanding, and creating a solid foundation for a more fulfilling and balanced family life.



Mike Wierenga, co-founder of Two The Rescue L.L.C., has over 30 years of law enforcement experience combined with 18 years as a firefighter and over 6,500 hours of classroom and practical skill instruction in police, fire and EMS departments as well as colleges, universities, hospitals and security agencies. Mike's training and experience includes 550 hours of critical-incident stress management programs combined with an immeasurable number of front-line applications in line-of-duty deaths, officer-involved shootings, suicides, violent tragedies and deaths. Mike is an active team leader with his departments peer support Cop to Cop Critical Incident Stress Management team and was instrumental in the creation and implementation of a pre-incident wellness educational program for new recruits and their families. Mike's passion for the emotional wellness and the safety of emergency responders is readily apparent in his professional presentation skills. Mike is assigned to the Training Bureau at the Grand Rapids Police Department.