



**Panhandle**  
Public Health District

# NEWS RELEASE

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For Immediate Release

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## **Panhandle Prevention Coalition Presents: Building Resilience: Tackling Mental Health and Emerging Behavioral Trends**

The Panhandle Prevention Coalition is excited to announce an upcoming symposium, **Building Resilience: Tackling Mental Health and Emerging Behavioral Trends**. This comprehensive full-day event focuses on prevention and addresses critical topics including Post-Traumatic Stress Disorder (PTSD), suicide prevention, the impact of pornography, emerging drug use trends, and strategies for enhancing behavioral health and resilience.

### **Event Details:**

- **Date:** Saturday, March 22, 2025
- **Time:** 8:00 AM to 4:00 PM
- **Location:** Gering Civic Center, Gering, Nebraska

This transformative event is tailored for **law enforcement, first responders, behavioral health professionals, educators, and community leaders**.

### **Agenda:**

#### **Morning Session (Free):**

- **8:00 AM – 12:00 PM:** Post-Traumatic Stress Disorder & Suicide Prevention  
Presented by Sheriff Timothy Whitcomb

#### **Afternoon Session (\$30, includes lunch):**

- **12:00 PM – 4:00 PM:**
  - Pornography & Drug Trends—Trooper Tim Flick
  - Behavioral Health Resilience—Jim Cowser, MSSW, LCSW, MCAP

Participants will also receive a **certificate for CEU eligibility**.

### **Session Highlights:**

#### **Post-Traumatic Stress Disorder & Suicide Prevention**

Sheriff Timothy Whitcomb, a 33-year law enforcement veteran, will deliver a dynamic and emotional

presentation on PTSD within the law enforcement community. Sheriff Whitcomb's session will emphasize the history of PTSD, police suicide, and administrative training strategies to prepare, insulate, and protect professionals from trauma exposure. Sheriff Whitcomb holds a master's degree in counseling education from St. Bonaventure University and has been recognized as a leader in his field.

### **Pornography and Drug Use Trends**

Trooper Timothy Flick, a Nebraska State Patrol veteran with 28 years of service, will discuss the societal impact of pornography and the latest trends in drug use. Trooper Flick has extensive experience conducting training programs for schools, hospitals, and community organizations.

### **Behavioral Health Resilience**

Jim Cowser, MSSW, LCSW, MCAP, CEO of Central Wyoming Counseling Center, will share practical strategies for promoting resilience and behavioral health. With a wealth of experience in integrated services and co-response systems, Cowser's session will provide actionable insights for building healthier futures.

### **Registration:**

**Space is limited.** Register today at <https://tinyurl.com/3x66kzzu>.

### **Special Thanks to Our Partners:**

Region 22, Region 1 Behavioral Health Services, Panhandle Regional Medical Response System, and the Banner County Sheriff's Office.

For additional information, visit <https://pphd.ne.gov/Pages/PPC.html> or contact Suzanne Crane at 308-672-9800.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, work, learn, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.

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