

Nurstead Mental Health & Consulting Services

First Responder Crisis and Wellness Conference

September 28-30, 2026
Las Cruces Convention Center, Las Cruces, NM

This conference will focus on two key areas that all first responders face: mental health, crisis intervention, and suicide prevention in professional work, and first responder stress reduction and wellness. We see some of the worst moments of individuals' lives in our professional work, and without a way to release that, we drag ourselves down with that weight. Up to 30 First Responder CEUs are available from sessions addressing the topics and concerns that are ever present for First Responders: crisis, trauma, and wellness. These sessions are paired with events designed to connect first responders from across the country and beyond.

Looking for world class training at a price that is realistic for your department? Nurstead has a core cadre of trainers who are experts in their fields, and a focus on making sure that First Responders are able to attend and receive the training they need to do their job and address the trauma they are exposed to in that work.

Topics Covered

- Mental health and substance use as it relates to suicide and crisis interactions.
- Crisis communication, de-escalation and crisis negotiation tactics.
- First responders' resiliency in natural disaster response.
- Suicide warning signs and ways to talk with the general public and first responders about suicide.
- Suicide intervention and prevention skills, related to both the general public and first responders.
- First responder stress reduction and wellness programs, how to connect with other first responders, and how to create inner and inter-departmental wellness programs.
- Addressing organizational stress and shifting department culture to increase employee wellness and retention.



Sessions led by: Vinnie Montez, Chief Jeremy Story, Mike Hollow, Robert Horstman, Steven Click, and many others.

We also believe a conference is a time to learn and also a time to put in to practice what is being taught. Rather than just teaching and talking about wellness, part of the training and conference experience must include peer connection and networking events, chances to talk about what other agencies are doing, make supportive connections, and embrace wellness habits in practice. Networking and peer connection events to include a cigar night, live music, winery, a fun run, and much more.

Up to 30 CEUs for \$250.00

Scholarships and package deals for departments sending multiple attendees are available

Register today at

www.nurstead.com/2026-las-cruces-nm-first-responder-crisis-and-wellness-conference/