

# 2026 National Capital Region Fire Health & Safety

## Symposium

**FRIDAY,  
MARCH 13  
2026**

# Agenda

## TRACK 2: BEHAVIORAL HEALTH/ FIREFIGHTER WELLNESS

6:30 - 7:45 A.M.	Coffee/ Light Breakfast / Vendor Setup
7:45 - 8:00 A.M.	Welcome / Elevator Pitch from LION (Vendor) / Introduction to Morning Keynote Speaker
8:00 - 9:00 A.M.	<b>Opening Keynote: Dena Ali - Prevention by Design: Engineering Better Solutions to Wicked Problems</b> Battalion Chief with the Raleigh (NC) Fire Department
9:15 - 10:00 A.M.	<b>Speaker: (Ret.) Col. Sidney Hinds, MD - Traumatic Brain Injury and Behavioral Health - Informing Firefighter Needs</b>
10:15 - 11:00 A.M.	<b>Speaker: Lt. Kenny Mitchell, Jr. (Ret.) - Dropping the Shield</b> (Ret.) Lieutenant in Fire Department, Founder of Operation Yellow Tape, National First Responder Mental Health & Suicide Prevention Speaker
11:15 - 12:00 P.M.	<b>Speaker: Kylie Courtwright, PsyD - Supporting Mental Health in Firefighters Following Concussion</b> Sports Medicine Neuropsychology Fellow at Inova Health System
12:00 - 1:15 P.M.	Lunch and Vendor Time
1:15 - 2:00 P.M.	<b>Speakers: Kristina Moore, Vickie Taylor, Beth Flaherty, Ronit Reguer, Leslie Geer, Vera St. Hill, Natalie Bowers - Four Short Talks. The Human Side of Fire Service.</b>
2:15 - 3:00 P.M.	<b>Fireside Chat: Kristina Moore, Vickie Taylor, Beth Flaherty, Ronit Reguer, Leslie Geer, Vera St. Hill, Natalie Bowers - On the Line: Hot Topics in Fire Service Behavioral Health.</b>
3:05 - 3:15 P.M.	Elevator Pitch from First Due (Vendor) / Introduction to Afternoon Keynote Speaker
3:15 - 4:15 P.M.	<b>Closing Keynote: John Donnelly - Potomac Air Crash</b> Fire and EMS Chief, DC Fire and EMS
4:30 - 6:00 P.M.	Social Reception & Vendor Time