## Workshops for Be Ready Utah Expo March 13-14, 2020 at the Mountain America Expo Center (Rooms 300 A,B,C,D 400, Stage)

**Neon blue** is not confirmed/need to follow up  **Yellow** Waiting for presenter form  **Orange** add to Sched  **Green** On Sched

<table>
<thead>
<tr>
<th>Friday, 3/13 (18 classes)</th>
<th>300A (Seats 84)</th>
<th>300B (Seats 84)</th>
<th>300C (Seats 84)</th>
<th>300D (Seats 60)</th>
<th>400 (Seats 95)</th>
<th>Stage (Seats ~200)</th>
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<tbody>
<tr>
<td>3:00 - 3:50</td>
<td>Minding: My Own Business (Mental Health and Resiliency)</td>
<td>Awaken the Warrior (Dealing with Depression)</td>
<td>Strategies for Helping Individuals with Disabilities Stay Safe at Work</td>
<td>Treating the Three Killers: Airway, Bleeding, and Shock</td>
<td>Crimes Against Children/Internet Safety</td>
<td>Water Storage and Treatment</td>
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<td></td>
<td>Grace Hislop</td>
<td>Jacob Trainor</td>
<td>Diane L. Johnson, PhD</td>
<td>Wade Mathews, Be Ready Utah</td>
<td>Attorney General’s Office</td>
<td>Bryon Stinson</td>
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<td>4:00 – 4:50</td>
<td>Dealing with Opioids</td>
<td>Stop the Bleed</td>
<td>Boy Scout Merit Badge/Extreme Event Game</td>
<td>Sanitation</td>
<td>Neighborhood Watch/Protecting Your Home Against Crime</td>
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<td>Attorney General’s Office</td>
<td>Panel Maren Voss, Tim Keady - USU Extension, Amelia Prebish, Heather Bush, Tricia Bishop - Utah Dept of Health</td>
<td>Carl Avery or other presenter</td>
<td>Scott Chatwin</td>
<td>Kathy McMullin</td>
<td>Craig Thomas, West Valley City Neighborhood Watch Program</td>
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<td>Noora Chigaliyeva</td>
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<td>5:00-5:50</td>
<td>Emergency Communications: The What, Why, and How of Ham Radio</td>
<td>Naloxone Training</td>
<td>Basic Life Support CPR for Adults, Children, and Infants</td>
<td>Boy Scout Merit Badge/Extreme Event Game</td>
<td>The Flood that Follows a Fire - Preparedness and Protection for Residents at Risk</td>
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<td>Kent England</td>
<td>Maren Voss</td>
<td>Dave Bresnahan</td>
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<td>Hunter Merritt, U.S. Army Corps of Engineers</td>
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<td>6:00 - 6:50</td>
<td>Friday Opening Ceremony and Be Ready Utah PrepCast (Stage)</td>
<td>Boy Scout Merit Badge/Extreme Event Game</td>
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<td>7:00 – 7:50</td>
<td>How to be Safe and Prepared When There is a Power Outage</td>
<td>Boost Your Brain Health</td>
<td>Radon-Are You Ready in Your Home?</td>
<td>Suicide Prevention</td>
<td>Cooking without Power</td>
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<td></td>
<td>Tiffany Erickson, Rocky Mountain Power</td>
<td>Marilyn Albertson</td>
<td>Eleanor Divver, Utah Department of Environmental Quality</td>
<td>Brandon Callor</td>
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<td>Paige Wray and Melanie Dabb, USU Extension</td>
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<td>A Personal Experience: Lessons learned from the 2019 Bountiful Gun Range Fire</td>
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<td>Dan Fisher</td>
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<td>Close at 8:00</td>
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Updated 24 Feb 2020
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 9:30 – 10:20 | Emergency Preparedness for Aging Adults  
Linda D. Milne                                                                 |
|            | QPR Suicide Prevention  
Dianna Barton, Hope4Utah  
Emergency Communications: The What, Why, and How of Ham Radio  
Kent England  
SAFE Neighborhoods  
John Flynt – SLC Emergency Management  
Start Cooking with Food Storage (before the disaster)  
Melanie Jewkes, USU Extension  
Lessons Learned from Personal Experience with Earthquakes  
Joe Dougherty |
| 10:30 -11:20 | 1:30-11:00 Opening Ceremony (Stage)  
11:00-12:00 Keynote: Dr. Richard Heaps, Understanding and Coping with Painful, Traumatic, or Hurtful Events (Stage)  
12:00-12:30 Visit Vendors |
| 12:30-12:40 | No Power? No Problem! – How to Cook When the Lights Go Out  
Jonathan and Kylene Jones  
Stop the Bleed  
Carl Avery or other presenter  
Emergency Kit on a Budget  
Maralin Hoff  
Protect your Pets: Emergency Preparedness For the Whole Family  
Dr. Amanda Price, Assistant State Veterinarian  
Opioid Panel  
Maren Voss, Tim Ready -USU Extension, Amelia Preblish, Heather Bush, Tricia Bishop - Utah Dept of Health  
Pandemic Coronavirus/Preventing Disease in Disasters  
Annie George |
| 1:30-1:40  | Backyard Survival Garden – Growing Your Own Fresh Food  
Jonathan and Kylene Jones  
Basic Life Support CPR for Adults, Children, and Infants  
Dave Bresnahan  
Be Ready Utah with “Instant Pots”  
Cathy Merrill  
You Are the Help Until Help Arrives  
Bryan Lewis  
Naloxone Training  
Maren Voss  
Communication in an Emergency  
Tal Ehlers |
| 2:30-3:20  | Radon-Are You Ready in Your Home?  
Eleanor Divver, Utah Department of Environmental Quality  
Treating the Three Killers: Airway, Bleeding, and Shock  
Wade Mathews, Be Ready Utah  
Safeguarding Teen Technology Use  
Madalyn Losee  
To Be Announced  
Earthquake Preparedness  
Maralin Hoff  
Conversations in Preparedness  
Kathy McMullin |
| 3:30-4:20  | The Flood that Follows a Fire - Preparedness and Protection for Residents at Risk  
Hunter Merritt, U.S. Army Corps of Engineers  
How to Recognize and Deal with Bullying Utah Anti-Bullying Coalition  
Clearing the Vape from the Room: A Closer Look at E-Cigarette Use in Utah  
Ryan Bartlett  
Easy Neighborhood Emergency Preparedness  
Keith Tanner  
Active Shooter Training  
Wyatt Weber  
Sanitation  
Kathy McMullin |
| 4:30-5:20  | Preparedness for Everyone (small space)  
Marilyn Albertson  
Shelter-in-Place: How to Survive Certain Emergencies  
Wade  
Neighborhood Watch  
Craig Thomas  
To Be Announced  
Identity Theft  
Dawn Black  
Water Storage and Treatment  
Bryan Stinson |
| CLOSE AT 6:00 | Updated 24 Feb 2020 |