



Gulf Coast High Intensity Drug Trafficking Area Training Alert

No Cost to Attend

Sponsored by the Gulf Coast HIDTA and Co-Sponsor – Washington County Sheriff's Office

Officer Survival-The Art of Resiliency Training

WHEN: October 29, 2026 (**Thursday**)
Time: 8:30– 5:00

WHERE: Washington County Sheriff's Office
1155 W. Clydesdale Drive
Fayetteville, AR 72701

CO-SPONSOR: Washington County Sheriff's Office

CLEST CERTIFIED- Pending Approval

DESCRIPTION:

Officer Survival-The Art of Resiliency - Training

With any high-performance and demanding career comes an inherent level of stress and weighted responsibility. Whether experiencing trauma as a police officer, firefighter, dispatcher, or any first responder, the long-term impact on the body and brain can be overwhelming if not “unpacked” properly and regularly. Sadly, we often offload that stress abruptly and in an inappropriate and potentially harmful manner. No matter your profession, everyday life has a fair share of trauma with death, loss, and grief. As leaders, we solve problems, resolve conflicts, and sometimes ask others to perform extreme tasks. Providing vital mental wellness training is an important part of taking care of your people. Mark Hamm is a Licensed Professional Clinical Counselor (LPCC) & a National Certified Counselor (NCC). Mark is a practicing mental health professional specializing in trauma and suicide prevention. Jim Catalano has over 35 years of law enforcement and military experience, surviving numerous life-threatening events and operating in extremely harsh environments. Jim has a perspective on how this career has affected him and his family. Mark and Jim want to share what they have learned and help others be less burdened by working in extreme environments to live healthier lives. Mark and Jim's one-day (8-hour) class on Resiliency is unique in both content and method of delivery. The information consists of several real-life, first-hand critical events and traumatic experiences by both Jim and Mark and their families. This genuine and vulnerable presentation is enhanced by the scientific explanation of what individuals are experiencing physiologically and emotionally in the moment and includes a review of the potential short and long-term impact of trauma. Mark and Jim share personal experiences and individual strategies on how to live a better and mentally healthier life. The method of delivery is a ping-pong style presentation where Jim articulates and



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unpacks multiple traumatic scenarios, and Mark simultaneously interjects the science behind what the body and brain are experiencing. This unique style of explanation resonates with an audience who may have similar traumatic experiences. As a result, the presentation is typically therapeutic for the audience and encourages them to work through their stress/anxiety via the methods discussed and modeled in the class.

INSTRUCTORS:

James Catalano has over twenty-seven years of professional federal law enforcement experience spanning numerous assignments while employed with the Drug Enforcement Administration (DEA). Mr. Catalano has thirty-two years of total law enforcement experience, serving as both a State Police Narcotics Agent and a municipal police officer before joining the DEA.

Mark Hamm received a bachelor's degree in anthropology and psychology from Eastern Kentucky University in 1994 and a Master's in Education with an emphasis in Mental Health Counseling from Western Kentucky University in 2005. He co-founded Phoenix Preferred Care in 1998 and is proud to have been able to offer mental health services to children and families in the Lake Cumberland region for over 25 years. Since 2019, Mark has served as an Area Clinician for the DEA Louisville Division EAP, in which he consults, collaborates, trains, provides clinical work, and responds to critical incidents for the DEA. Mark also serves as the Wellness Coordinator for Lake Cumberland Regional Hospital Physician Residency Program.

Enrollment:

1. Click on this link <https://www.nhac.org/hidtatraincalendar/events/1>
2. Once logged in, select Gulf Coast HIDTA
3. Then select "Officer Survival-Art of Resiliency Training " class and fill in the online application. **October 29, 2026 (Thursday)**
4. Select Complete Registration
Save the application number for further use if necessary

You will receive an email indicating your online registration has been received

Attendance: Open to all certified law enforcement officers and support personnel.

Contact: Please enroll online. If you have any questions or issues with the online process, contact Brian Chambers at 901-378-7706 or Brian.Chambers@gchidta.org.

All students registering: Please use Gulf Coast HIDTA as your HIDTA category.