



Joshua Bitsko

Bitsko Consulting

Joshua Bitsko has been a law enforcement professional for 23 years and has held a variety of positions to include K9 handler, K9 training sergeant, detective sergeant, internal affairs Lieutenant, policy and procedure lieutenant, commander of the Las Vegas resort corridor, commander over the health, wellness, and safety bureau, and Executive Captain. He has a BA in Public Administration and is an experienced instructor with over 15 years of teaching both law enforcement employees and community members. Josh responded to the largest mass shooting incident in US history, the 1 October Massacre, as a tactical element. Josh was one of three people to breach the suspect's door and led a team of officers to make entry and clear the suspect's room.

Josh was also the incident commander over a mass stabbing incident on the Las Vegas Strip. This gives him unique insight on both the stressors of being on the front lines during an active shooter, and the pressures of leading a police response when lives are at stake. He has spoken around the country about the 1 October massacre, to include to the Secret Service at the White House. After action de-briefs and trainings often fail to include the emotional aftermath of our first responder community in the years following critical incidents. Josh can provide personal insight into the struggles of posttraumatic stress, and strategies to assist in processing trauma. Through his first-hand experiences, Josh cannot only provide guidance and training for law enforcement professionals facing the most extreme critical incidents, but also describe the mindset necessary for proper critical incident preparedness, response, and processing the aftermath.

In his free time, he enjoys being outdoors – fishing, hunting, and camping. He likes to stay active and train Brazilian Jiu Jitsu.

Topic: *Police Resiliency and Critical Incident Mindset*

This class addresses the intense emotions that a first responder will experience before, during, and after responding to a critical incident, and the trauma post-incident that can have a lifelong impact on first responders. Josh responded to the 1 October Massacre at the Route 91 concert festival in Las Vegas (2017) and led a team that ultimately breached the suspect's door. Josh not only shares his harrowing story and the profound impact it had on him personally and professionally, but also discusses science-based research on trauma and crisis response. The class provides coping strategies first responders can employ in the moment for a more consistent and effective response to critical incidents, as well as coping strategies after such incidents. Josh also teaches how impactful trauma can be, and how to process through this trauma in the years after. In addition, Josh provides guidance on ways first responder agencies can improve the wellness of their workforce after such incidents, and how agencies can minimize the impact of external stressors on the workforce.