

## 2023 STATUS CHECK SPEAKERS

### ***Cyndi Doyle***

**Law Enforcement Spouse (ret.)**

**LPCS, NCC, CDWF, CCISM**

[Code4Couples](#)

Cyndi Doyle is the founder of Code4Couples®, Licensed Professional Counselor Supervisor, and police spouse (ret.). She is the author of Hold the Line: The Essential Guide for Protecting Your Law Enforcement Relationship and the creator of the Hold the Line Training Program, a train-the-trainer program for departments. Cyndi utilizes research, her clinical expertise, and personal experience to educate and positively impact first responders, their spouses, and their relationship by educating on law enforcement culture, relationships, mental health, personal stories, and resources. She is certified in Critical Incident Stress Management and serves on the DFW area team. She is a Certified Daring Way™ Facilitator for Dr. Brené Brown and a Seven Principles Educator for Drs. Gottman. Cyndi was honored to be selected by the Office of the Governor in 2017 to be one of 3 mental health professionals to serve on a statewide work group focusing on Mental Health Access for First Responders. Cyndi is Past President of Texas Counseling Association and has spoken for law enforcement and mental health audiences and conferences, including FBINACC and IACP. In 2020, the American Counseling Association awarded her the Samuel Gladding Unsung Heroes Award for her work with first responders and contribution to the field of counseling.

### ***Houston Gass***

**Jack County Sheriff's Department**

**Wounded on duty**

[Officer Houston Gass | Facebook](#)

I am Houston Gass. I began my Law enforcement career in 1999 with the Texas Department of Criminal Justice as a Corrections Officer. I went to the Amarillo Police Academy in 2002 and graduated and began my career on the streets. I have had a very rewarding career. I have spent time with Friona, TX PD , Pampa, TX PD, Jacksboro PD, and now proudly wear the uniform for Jack County Sheriff's Department.

On January 6, 2015 I was confronted with an officer's worst nightmare. I was shot in the face by a 12 gauge shotgun at point blank range through a door. I never saw it coming! My partners and I had responded to a domestic disturbance and 30 minutes later I was being carried out on a stretcher. It changed my life and the life of my family. My wife Jessica and our 3 children definitely had their world turned upside down. While that day could be said to be my worst, I choose to look at it as my best. I am an unapologetic Christian, husband, father, survivor and police officer!

My life has been full of adversity. When I was young my oldest sister murdered, my other sister committed suicide, had a father die of cancer and like many other officers been through a divorce.

It's not your circumstance that defines you, it's what you do with it that determines your path. I firmly believe what Exodus 14:14 says, The Lord will fight for you, you need only be quiet. That has turned my life into one that has made me a survivor and not a victim. I use these circumstances to bring a message of survival and overcoming.

My message is simple, the physical recovery is easy, psychological and spiritual are hard work. I want to encourage everyone that you can make it through impossible circumstances and come out better for it!

***Heather Twedell, PsyD (Dr. T)***

**CEO/Founder F1RST**

**[F1rst – PREPARE. ENDURE. RECOVER](#)**

Dr. Heather Twedell is a first responder psychologist and family member who is deeply dedicated to providing support to first responders and their families while relentlessly paving a new standard of wellness for fire and police departments. Her work with first responders, along with her family ties to law enforcement, gives her a strong appreciation and understanding of the culture and stressors specific to this line of work.

Dr. Twedell's clinical and professional background includes:

- Doctorate in Forensic Psychology
- Prior Law Enforcement Psychologist for the Los Angeles County Sheriff's Department
- Work experience in emergency departments, outpatient hospital programs, neuropsychology rehabilitation centers, corrections, and with multiple police and fire departments in the DFW Metroplex
- Certified in FBI Crisis Negotiations
- Certifications in Peace Officer Standard & Training and the Institute of Criminal
- Investigation Instructors Course
- Currently training in Trauma-Informed Yoga
- Providing Trauma-focused and evidence-based treatment modalities to first responders and their family members

Recent Presentations:

- Texas Tactical Police Officers Association (TTPOA) Conference, May 2022
- Women of Law Enforcement Association (WOLE) Conference, September 2022
- Arkansas Tactical Officers Association (ATOA) Conference, October 2022
- Multiple First Responder Departments across North Texas, Resiliency Training, 2020-2022

- 3 Day Peer Support & Resiliency Training. Spring & Fall Conferences, 2021 - 2022

As the CEO and Founder of F1RST, Dr. Twedell has developed a program specifically for first responders focusing on training, treatment, and wellness that fosters action from departments, the first responder, and his/her family members. She has expanded F1RST through strategic partnerships with Sports Academy and THORNE for a multidisciplinary approach utilizing field experts to optimize human performance so that the first responder can be equipped to prepare, endure, and recover from the unique demands of this career. She is also a part of the OurWatch team providing equine assisted resiliency training for first responders and their families at a horse ranch. Dr. Twedell is committed in her efforts to ensure first responders are provided comprehensive support that is critical for occupational and personal resilience.

### ***Chase Twedell***

#### **Executive Director Physical Wellness – F1RST**

#### **F1rst – PREPARE. ENDURE. RECOVER**

Dr. Chase Twedell, a licensed Physical Therapist since 2013, was a two-sport NCAA athlete, playing both football and baseball. His experience and passion for athletics led his physical therapy practice into orthopedic and sports injury management. He has vast experience assessing and treating all ages and ability levels from professional athletes to pediatric patients. He has a passion for teaching as he has served as an instructor to Physical Therapy students, from across the country, in patient management. His family ties to Law Enforcement and Military, as well as being married to a First Responder Psychologist, gives him an understanding of the physical and mental demands on First Responders.

Dr. Twedell's educational and professional experiences include:

- Doctorate of Physical Therapy from University of Southern California
- Board Certification as a Clinical Specialist in Orthopedics, demonstrating advanced clinical knowledge, experience, and skills in orthopedics.
- Administrative and Clinical Director of a private orthopedic practice
- Credentialed as an ATPA Clinical Instructor
- Various clinical practices specializing in sports and orthopedic injury management, mentoring Sport Residents in patient management
  - Development of didactic content for upper extremity anatomy, biomechanics and injury prevention and advanced patient management
  - Development of evidence-based protocol for overhead injured athletes to return to competition
  - Led special interest groups in discussion topics and development of criteria for treating overhead athletes

Dr. Twedell is a firm believer that a healthy body leads to a healthy mind and creating optimal physical health is the foundation for optimal well-being. He is dedicated to utilizing his experiences and knowledge to objectively assess First Responder physical health, provide

solutions to address physical impairments and develop resiliency to the rigorous demands of the First Responder.

***Jeremy Fuller***

**Captain, Little Elm Fire Department**

**Training, EMS, Health and Wellness, Compliance, Safety and Hiring**

I come from a long line of firefighters as I grew up in the fire service. I have been a firefighter/paramedic for about 20 years. I currently am over Training, EMS, Health and Wellness, Compliance, Safety, Hiring, and other small details. One of my biggest passions is health and wellness as I have helped build a successful mental health program for my department that has spread and is now being used by about 55 different agencies. I believe that our service people out there deserve the best possible support when it comes to taking care of ourselves and each other. If we as service people aren't healthy, how can we truly serve the best way possible through long tough careers, and make sure there's balance for taking care of our families as well?

I have been married for almost 20 years. We have two kids that are 15 and 14 years old. I am also a baseball coach for my boy's select team for about the last 10 years. I have lived on Lake Lewisville in Little Elm for just about my whole life. If we are not busy with the daily grind of life, we spend our free time on the lake with our friends and family.

***Cory Dye***

**Sergeant, Little Elm Police Department**

**SRO Division / HNT**

11 years of Law Enforcement experience.

5 years as a Patrol Sergeant.

Current roll is SRO Sergeant LEISD.

Peer Support coordinator for Little Elm PD.

Mental Health Peace Officer

Team Leader for the Little Elm PD Hostage Negotiator Team