

NEWS RELEASE

DATE: March 1, 2019
TO: News Media
CONTACT: Eddie Estes or Christy Granlund (620) 227-8082
RE: Ford County Fire & EMS Suicide Prevention Presentation
FOR RELEASE: IMMEDIATELY



Anxiety, Stress and Depression: How to Cope When Life Feels Out of Control

DODGE CITY – The Suicide Prevention Coalition is coordinating the presentation “Anxiety, Stress and Depression: How to Cope When Life Feels Out of Control” on Friday, March 22, at 11 a.m. at the 65th Annual 3i SHOW being held at the Western State Bank Expo Center in Dodge City, Kansas. Vicki Broz, LMSW, LAC, Compass Behavioral Health Regional II Director and Deb Moffitt, LSCSW, Family Care Clinic therapist will be presenting. Deb and Vicki have been diligent in working with the Ford County Sheriff Office, Ford

County Fire & EMS and Dodge City Police Department to educate and provide support within the community as Ford County suicide rates increase.

Working in agriculture is accompanied by a variety of stressors on a daily basis. This presentation will focus on identifying the symptoms of anxiety, stress and depression. By recognizing the early warning signs, individuals can begin to manage stress and maintain their physical and emotional health. This, in turn, can improve family and work relations. Deb and Vicki will also provide an overview of techniques that can be utilized to regulate emotions, manage stress and improve relations.

The 65th Annual 3i SHOW is being held March 21, 22, and 23. Visit www.3ishow.com for complete information, or contact the WKMA office directly toll-free at 877-405-2883 or locally at 620-227-8082. Like the 3i SHOW Facebook Page or follow them on Twitter to receive continued updates and information about the 3i SHOW and upcoming events.

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Presenter Biographies:

Vicki Broz, LMSW, LAC completed her Master’s in Social Work at Newman University, August 2008. She has been employed at Compass Behavioral Health since 2001 and is currently the Regional II Director. Region II covers the Ford, Gray and Hodgeman county areas in Southwest Kansas. Vicki’s clinical schedule remains open to assist in any crisis services, hospital screens, debriefings and community education requests. She is also a Mental Health First Aid facilitator.

Deb Moffitt, LSCSW completed her Master’s in Social Work at University of Kansas, May 1992. She worked as a Master’s Level School Social Worker in Wichita from September of 1994 until May 2000. During that time, she completed her Licensed Specialist Clinical Social Worker supervision and received her license. In

January of 2005 Deb began working as a therapist at Family Practice Associations of Western Kansas in Dodge City and since January 18, 2010 has been practicing at the Family Care Clinic of Western Kansas in Dodge City.