

Join us for the 2026



OFFICE OF PUBLIC
HEALTH PRACTICE

Sizzling Summer Series

Presented by the UNMC Office of Public Health Practice
In partnership with the Midwestern Public Health Training Center

Taking Care of Public Health: Building a Resilient Workforce, Part 2

August 19 | 11:00 a.m. – 12:30 p.m. CT

About Our Speaker



Dr. Kemia Sarraf (Dr. K to students and colleagues alike) is a physician, public health expert, and globally recognized keynote speaker whose work sits at the intersection of neuroscience, education, narrative, and organizational transformation. She is known for her field-tested work for disrupting traumatic stress exposure in professionals and first responders, designing and deploying advanced leadership development programs that have redefined how organizations build capacity in high-stress environments.

Trained in Public Health and Internal Medicine at the University of Utah and then at Washington University in St. Louis, Dr. Sarraf's 25+ year career spans patient care, public health policy and programming, medical education, nonprofit leadership, and state and national advisory roles. In 2016, she founded Lodestar, a professional development consultancy specializing in first responder recovery, advanced leadership development, high-impact coaching, and culture transformation. Lodestar's work has been deployed across national, state and regional healthcare

organizations, public health and social services agencies, the legal profession and law enforcement, academic medicine and large hospital systems, public education, and first-responder communities, including those who confronted the 2025 California wildfires.

Dr. K developed and leads Second Responder (L2R) field deployments, Lodestar's signature, neurophysiological-based intervention for traumatic stress disruption, capacity building, harm reduction, and the restoration of physical and moral resilience.

Register online

Learning Objectives

- Describe Lodestar's Second Responder (L2R) model and how it differs from traditional critical incident debriefing (CISD Critical Incident Stress Debriefing).
- Explain what sustained threat and traumatic stress exposure do to the nervous system, and the impact of chronic depletion on team function and wellbeing.
- Recognize and disrupt potential or acute traumatic stress exposure before it becomes compounding harm.



We welcome anyone in the public health workforce, at any level — especially practitioners in Missouri, Iowa, Nebraska and Kansas — to join us for the discussion and learning.