

2023 Iowa Homeland Security Conference

October 11-13, 2023

Session Title:

Remember Who You Are; A Story of Healing and Resiliency After Trauma

Speaker(s) & Professional title(s):

Madalena DeAndrea, Senior Manager of Strategic Projects, Recovery, and Resiliency for Jeffco Public Schools

Summary:

Madalena DeAndrea walks through her experience of surviving the Borderline Bar and Grill shooting in Thousand Oaks, CA in November of 2018. Madalena, a current Senior Manager of Strategic Projects, Recovery, and Resiliency; and daughter of a police officer, shares how the protective factors she learned growing up ultimately saved her life, and the unfiltered reality of what it takes to experience post-traumatic growth after a profound experience of evil. She also gives real-world takeaways, mindsets, and tools anyone can put into place to build resiliency prior to crisis occurring.

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