

3-26-26 CFDMC Member Meeting

Attendees: See attached

Welcome: Eric Alberts, CFDMC Board Chair, welcomed attendees.

Cyber Assessment: Steven Lerner, Seminole County Emergency Management and Central Florida Cyber Coalition (CFCC) Chair, facilitated a cyber assessment discussion and answered questions (see attached presentation). Participants were encouraged to share the survey with their IT departments; the survey will remain open until April 3rd. Participants were also encouraged to join the Central Florida Cyber Coalition; this is free and is a great resource for members.

CFDMC SWOT Analysis: Eric Alberts advised that the Board has achieved the objectives in the 2023-2026 strategic plan and asked members for input for the development of a new three year strategic plan. Members were encouraged to provide input on the Coalition and region's Strengths, Weaknesses, Opportunities and Threats, either by posting during the meeting or by completing the survey by April 3rd.

Resilient by Design - Strategies for Managing Operational Stress: Bob Delaney, NJ State Police, NBA Referee and NBA VP Referee Operations/Director of Officials (retired); University of South Florida Lead Instructor and Advisor, presented on managing post traumatic stress and self-care (see attached presentation).

Coalition Wrap-up: There were no announcements. Eric reminded members to save the date for the next CFDMC meeting on June 18th at the Seminole County EOC. There will be drawings for prizes during that meeting. He also asked participants to provide feedback via the survey which will be sent out on Friday.

Participants:

Aaron Rhodes	Eric Alberts	Marie Simeus
Alan Harris	Ethan Johnson, DrPH, MPH	Matt Meyers
Alex Polimeni	Jackie Hop	Melissa Ell
Amanda Freeman	James Pate	Molly Ferguson
Amy Johnson	Judy Head	Nina
Anthony Mottarella	Kari Ruble	Olive Gaye
Ashley Gaspar	Kelley Jenkins	Quentin Young
B. Alvarez	Ken Peach	Reggie Kornegay
Barbara Bacigalupo	Kim Jones	Robert Kirk
Beverly	Lisa Andrews	Stephanie Chevin
Cedric Brown Jr	Loretta D.S. Goggin	Steven Lerner
Cedric Brown Jr	Lydia Williams	Tim Kitchen
Christina Ortiz	Lynda W.G. Mason	Wayne Smith
Christopher Chagdes (APC)	Lynne Drawdy	
Dustin Williams	Mallory Danner	

March 26 CFDMC Agenda

Time	Topic
9:00 – 9:15 am	<p>Welcome & Housekeeping Eric Alberts, CFDMC Chair</p> <p>If virtual, please confirm your attendance by putting your name and organization name in the chat function, or by emailing your name and organization to info@centralfladisaster.org</p>
9:15 – 10:15 am	<p>Cyber Assessment Steven Lerner & Tim Kitchens Central Florida Cyber Coalition 8d7960_07469958b920470ca9a43c841f6fa849.pdf</p>
10:15 – 10:30 am	<p>CFDMC SWOT Analysis (Strengths/Weaknesses/Opportunities/Threats) Eric Alberts, CFDMC Chair</p>
10:30 – 10:45 am	<p>Networking Break</p>
10:45 – 11:55 am	<p>“Resilient by Design: Strategies for Managing Operational Stress” Bob Delaney, NJ State Police NBA Referee & NBA VP Referee Operations/Director of Officials (ret) University of South Florida Lead Instructor & Advisor</p>
11:55 - Noon	<p>Coalition Wrap-up: Eric Alberts</p> <ul style="list-style-type: none">• Other Announcements• June 18th Meeting at Seminole EOC• Meeting Evaluation (e-survey following meeting)



Eric Alberts, 2026 CFDMC Chair

- ▶ Welcome & Announcements
- ▶ In person, please sign in
- ▶ For those on webinar, please submit your name, email, and organization in chat.
- ▶ For those on the phone, please email your name and organization to info@centralfladisaster.org

Cyber Security Assessment

Steven Lerner & Tim Kitchens
Central Florida Cyber Coalition

See attached
presentation



SWOT Analysis – Eric Alberts



Resilient by Design: Strategies for Managing Operational Stress

Bob Delaney, NJ State Police

NBA Referee & NBA VP Referee Operations/Director of Officials (ret)

University of South Florida Lead Instructor & Advisor



See attached
presentation

[In My Father's Footsteps](#)

Part 4 - Self-Care and Nature
4K.mp4 | Powered by Box

Wrapping up, looking forward



- ▶ Questions?
- ▶ Other Announcements?
- ▶ Next Meeting: June 18th at Seminole EOC
- ▶ Don't forget your feedback!



2026 Healthcare Cybersecurity Assessment

Facilitated Discussion

Cybersecurity Performance Goals



Purpose

- Establish regional cybersecurity baseline for healthcare
- Identify gaps and priorities relevant to healthcare
- Strengthen healthcare cyber resilience
- Inform 2026 planning efforts



About the Assessment

- Based on National Healthcare Cybersecurity Performance Goals
- Includes Essential and Enhanced practices
- Voluntary but high-impact
- Only aggregate data will be reported



Access the Assessment

- Access the Survey via the link or QR Code
 - <https://www.surveymonkey.com/r/CFDMC2026Cyber>
- Also sent via email
 - Forward to your IT departments





Participant Types

- Hospital
- EMS
- Emergency Management
- Public Health
- Other





Essential Cybersecurity Goal



Essential Goals to help healthcare organizations address common vulnerabilities by setting a floor of safeguards that will better protect them from cyberattacks, improve response when cyber events occur, and minimize residual risk.



Mitigate Known Vulnerabilities (#2)

- Asset vulnerabilities identified
- Vulnerability management plan
- Regular scans conducted
- Risk prioritization

Discussion: Where are your biggest gaps?



Email Security (#3)

- Protection from phishing/spoofing
- Authentication controls
- Network protections

Discussion: Most common threats?



Multifactor Authentication (#4)

- MFA implemented where possible
- Credential lifecycle managed

Discussion: What systems still lack MFA?



Cybersecurity Training (#5)

- All users trained
- Privileged roles defined
- Third parties aware

Discussion: How effective is training?



Strong Encryption (#6)

- Data-in-transit protected
- Data leak protections

Discussion: Where is encryption lacking?



Credential Revocation (#7)

- Timely deprovisioning
- HR integration

Discussion: Any delays in access removal?



Incident Response (#8)

- Response plans exist
- Staff know roles
- Stakeholder coordination

Discussion: Last time plan was tested?



Access Control (#9 & #10)

- Unique credentials
- Least privilege enforced

Discussion: Any shared accounts?



Vendor Risk Management (#11)

- Cyber requirements in contracts

Discussion: How are vendors evaluated?



Enhanced Cybersecurity Goals



Enhanced Goals to help healthcare organizations mature their cybersecurity capabilities and reach the next level of defense needed to protect against additional attack vectors



Asset Inventory (#12)

- Devices and systems tracked
- Software inventoried
- Network monitoring

Discussion: Any unknown assets?



Third Party Risk (#13 and #14)

- Vendor risk processes
- Supply chain assessments

Discussion: Biggest vendor risk?



Cyber Testing (#15 and #16)

- Penetration testing
- Vulnerability disclosure processes

Discussion: Frequency of testing?



Threat Detection (#17)

- Threat intelligence sources
- Monitoring for events

Discussion: How quickly can you detect threats?



Network Segmentation (#18)

- Critical systems separated

Discussion: Can attackers move laterally?





Log Collection (#19)

- Centralized logging

Discussion: Do you have full visibility?



Advanced Incident Planning (#20)

- Plans maintained and tested

Discussion: When was last exercise?



Configuration Management (#21)

- Secure baselines defined

Discussion: Are systems consistently configured?



Key Discussion

Biggest vulnerability today?

Top priority for 2026?

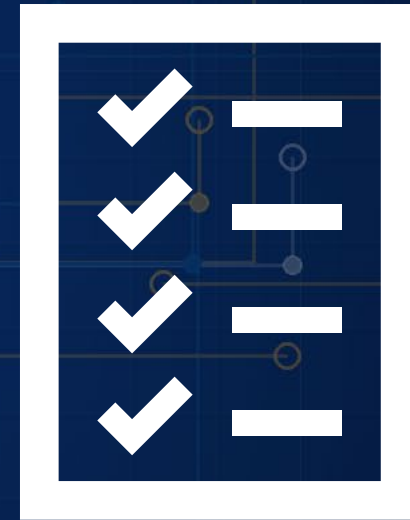
Resource needs?





Next Steps

- Analyze aggregate results
- Identify regional gaps
- Develop training & exercises
- Strengthen coordination





Questions and Discussion





Central Florida Cyber Coalition (CFCC)

Who are we?



Mission and Vision

Mission

The mission of the CFCC is to foster a collaborative environment that enhances Cybersecurity preparedness and response across the East Central Florida area: Brevard, Lake, Orange, Osceola, Seminole, and Volusia Counties. The CFCC engages various governmental, public, private, and non-profit stakeholders to build, strengthen, and sustain comprehensive cybersecurity capabilities, supporting efforts to Prevent, Protect against, Mitigate, Respond to, and Recover from Cyber threats and attacks.

Vision

To build and sustain a cyber-resilient community driven by a common purpose, collaboration and collective action.



Major Goals



Prevent

Promote Information Sharing and Threat Awareness

Facilitate secure, real-time information sharing among CFCC members and jurisdictional authorities to enhance threat detection, promote coordinated prevention efforts, and support shared situational awareness.



Protect

Strengthen Defensive Capabilities and Resource Access

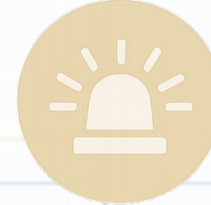
Facilitate resource coordination and support through established frameworks and mutual aid agreements, enabling members to deploy protective technologies, tools, and personnel to reduce exposure to cyber threats.



Mitigate

Enhance Cyber Resilience and Risk Reduction

Promote interface between CFCC members and jurisdictional partners to develop and implement risk-reduction strategies, continuity plans, and proactive mitigation measures.



Respond

Coordinate Incident Response and Operational Readiness

Support timely and collaborative incident response through joint planning, resource activation protocols, and response coordination frameworks among CFCC stakeholders.



Recover

Support Restoration and Post-Incident Capabilities

Promote recovery planning, restoration of services, and post-incident learning to reduce long-term impacts and strengthen future cyber readiness.



Build

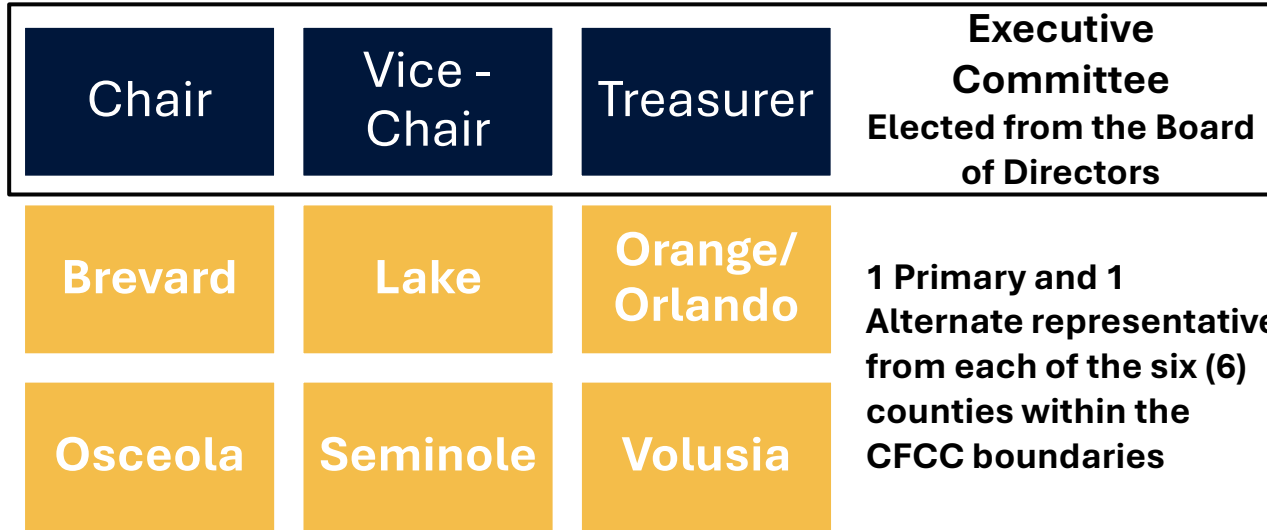
Build Capabilities Through Training, Exercises, and Collaboration

Enhance member knowledge, skills, and abilities through joint training, cybersecurity exercises, and multi-sector engagement across all phases of the incident lifecycle.

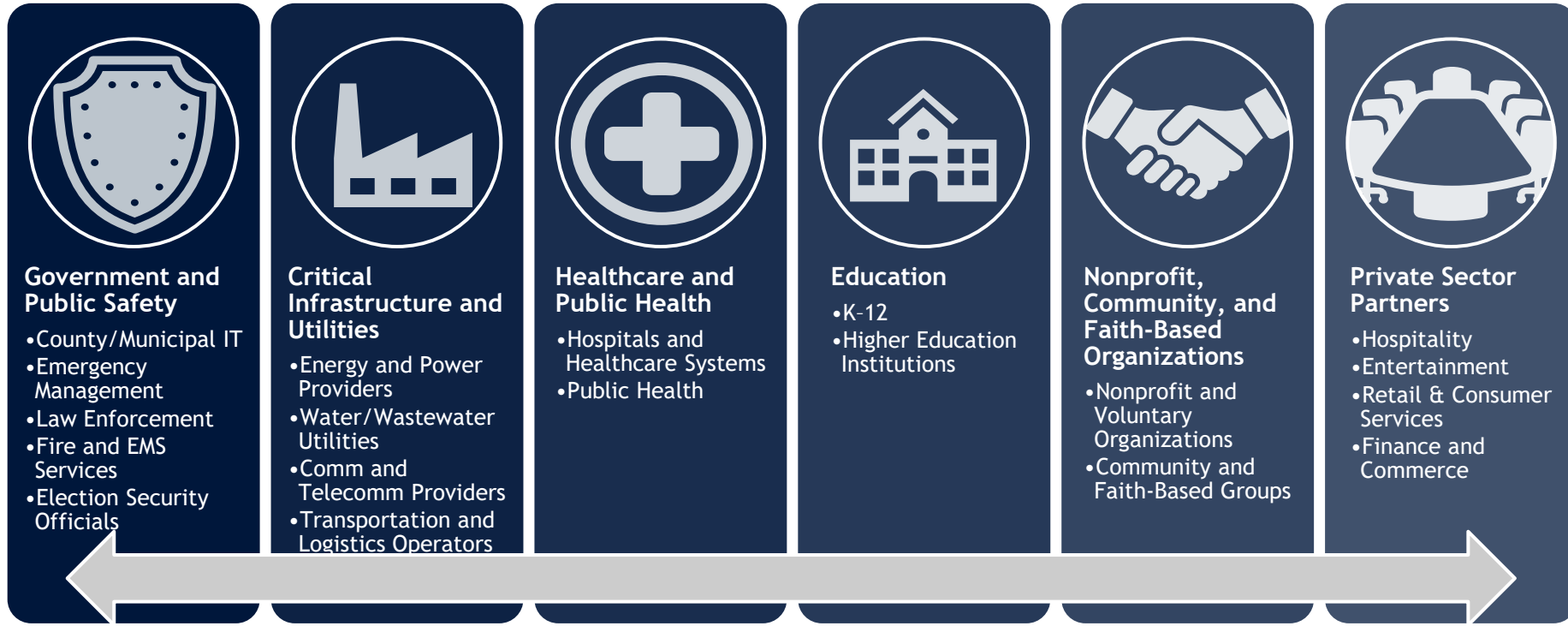
CFCC Structure

CFCC Board of Directors

The Board of Directors shall consist of 12 members (6 from counties and 6 from membership groups)



1 Primary and 1 Alternate from Each Membership Category (1 must be a professional in IT or Cybersecurity)





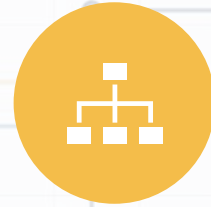
Member Benefits



Information sharing and coordination



Discuss actions and best practices in response to Cyber alerts



Discuss plans, policies, and procedures



Buying power - potential for reduced costs through joint procurement



Exercises - participation, cooperation, lessons learned, etc.



Address and coordinate training



How to Become a Member (Application)

- Scan the QR Code and Fill out the Application (or go to our website – www.cfcyber.org)
 - Agree to the Charter, Code of Ethics, and Communication Agreements
 - Once approved you will receive a Membership Welcome Email and Team Channel invite



Thank You!



info@cfcyber.org

Contact us

Executive Committee Chair

Steven Lerner

Seminole County OEM

Chair@cfcyber.org

407-450-3266

Executive Committee Vice Chair

Nina Johnson

Seminole County Sheriff's Office

Vice-chair@cfcyber.org

407-267-1350



Bob Delaney

Leadership / Resiliency / Self-Care / Trauma

EXPERIENCE

+

INTELLECTUAL
READINESS

+

REFLECTION

=

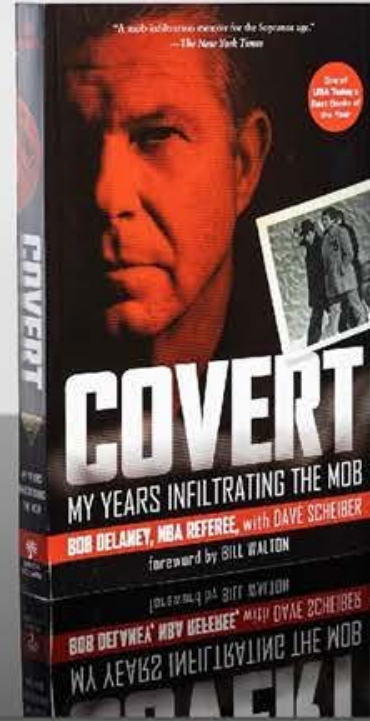
DEVELOPMENT
&
GROWTH



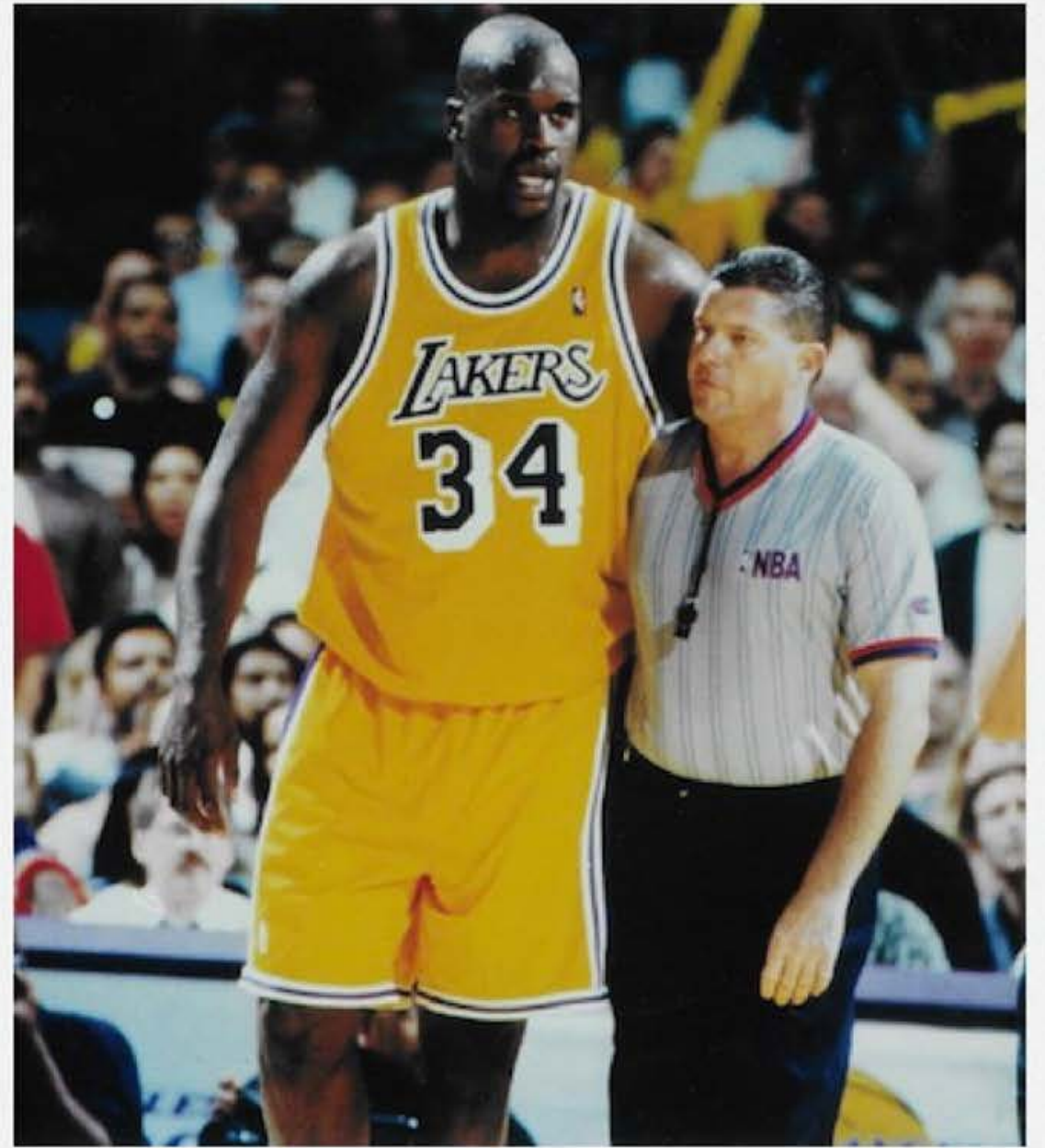
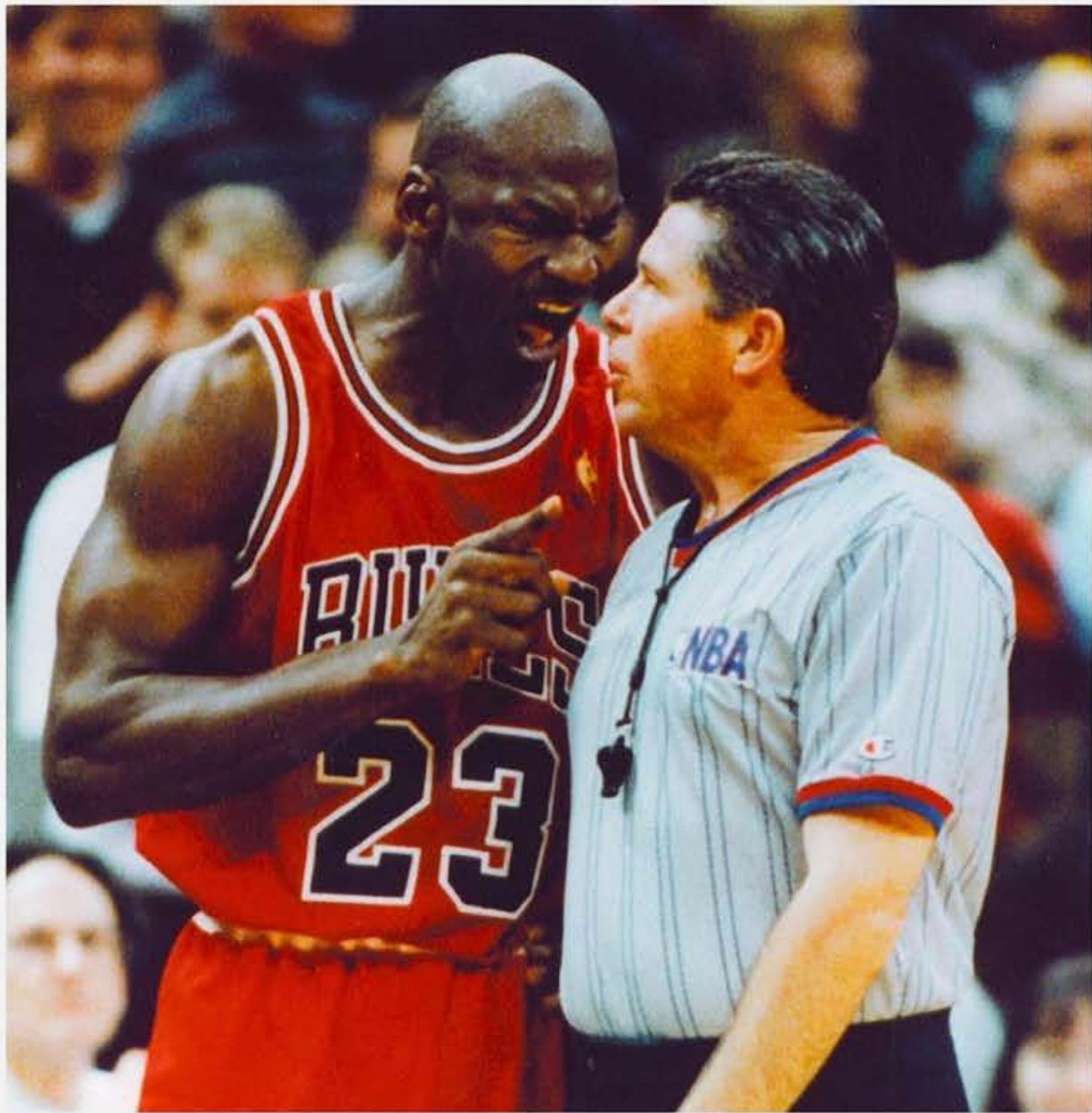


IN MY FATHER'S FOOTSTEPS

BOB DELANEY



BOBBY COVERT

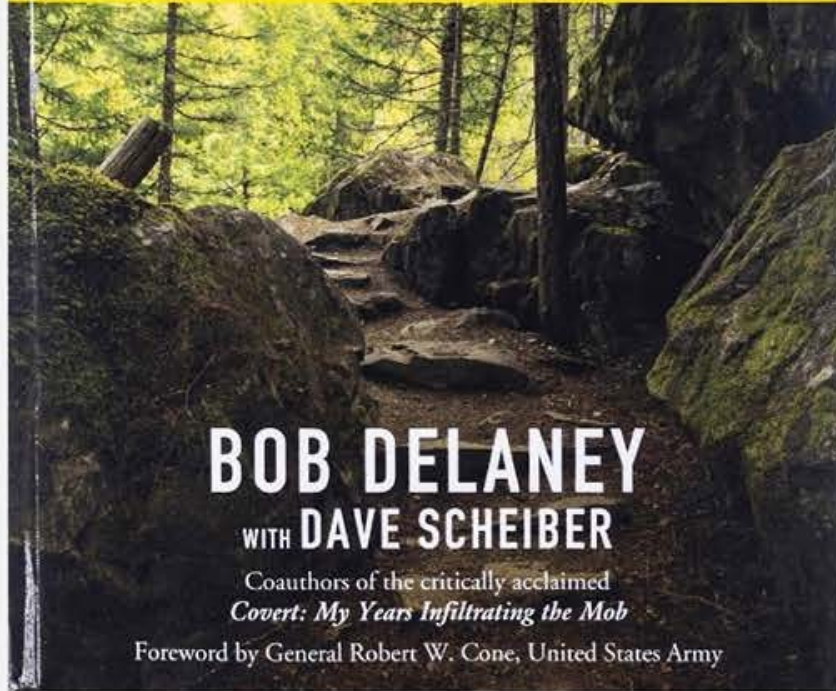




"Anyone who has confronted personal trauma, whether in law enforcement, on the battlefield, or in their everyday lives, can find hope and comfort from what this book tells us about understanding and coping with PTSD."
—FORMER U.S. SENATOR SAM NUNN

SURVIVING *the* SHADOWS

A Journey of Hope into Post-Traumatic Stress



BOB DELANEY
WITH **DAVE SCHEIBER**

Coauthors of the critically acclaimed
Covert: My Years Infiltrating the Mob

Foreword by General Robert W. Cone, United States Army

HEROES are human

Lessons in Resilience,
Courage and Wisdom
From the COVID Front Lines



Bob Delaney
with Dave Scheiber

Foreword by Dr. Richard Mollica
Harvard Global Mental Health











RESILIENCY



MIND HEALTH

5 Positive Effects of

Resilience

on Your Brain



Stress Resilience

Resilience serves as a buffer against the negative effects of stress on the brain, fostering adaptive responses to challenging situations.

Emotional Regulation

Resilient individuals exhibit enhanced emotional regulation skills, which enable them to manage and navigate their emotions effectively.

Cognitive Enhancement

Resilience is associated with heightened cognitive function, including improved problem-solving abilities, cognitive flexibility, and decision-making skills.

Mental Health Protection

Resilience acts as a protective factor against the development of mental health disorders by mitigating the impact of stressors on the brain.

Neuroplasticity Promotion

Resilience fosters neuroplasticity, the brain's capacity to reorganize and form new neural connections in response to experiences. This allows us to adapt to tough times.

Defining Leadership

- **Sailing the 7 Cs**
 - **Competence**
 - **Character**
 - **Caring**
 - **Communication**
 - **Courage**
 - **Commitment**
 - **Consistent**







Questions

