

Frank Helm

Business Information Security Officer | CISA, CRISC, CCSP



SUMMARY

Frank is a cyber security professional with extensive experience in risk and exception management, threat modeling, and M&A activities. Frank presently serves as a Business Information Security Officer (BISO) at BMO Financial Group where he is the primary Cyber SME for Operations across the bank. Frank hails from Harrisburg, Pennsylvania, and now lives in Chicago, Illinois. Away from the desk, Frank formerly operated an online video game community of >1000 users and presently organizes a bi-weekly running club. He also enjoys both video and tabletop games, and is trying to instill the hacker mindset in two tiny humans.

📍 : **Chicago, Illinois, United States**

✉ : **CV@FrankHelm.com**

🏠 : **<https://www.FrankHelm.com/>**

in : FrankHelm (<https://www.linkedin.com/in/frankhelm/>)

Credly : BeerMetalPC
(<https://www.credly.com/users/beermetalpc/badges>)

Threads : BeerMetalPC (<https://threads.net/@beermetalpc>)

Experience



Nov 2021 – *present*

Business Information Security Officer at [BMO Financial Group](https://www.bmo.com/)

SUMMARY

BISO supporting BMO's Technology & Operations group.

- Supported many Cyber-led initiatives, with emphasis on identifying business impacts unforeseen by leading area and providing actionable feedback.
- Provided metrics and reporting to multiple lines of business, including phishing test results and pending access certifications.

Jan 2020 – Nov 2021

Information Security Specialist at [BMO Financial Group](https://www.bmo.com/)

SUMMARY

Cyber M&A Lead and 'Technical ISO.'

- Cyber M&A delivery lead for acquisition of Clearpool Group Inc. and multiple due diligence efforts.
- Led the bank's first STRIDE threat modeling engagement in support of a major cloud migration project.

Apr 2017 – Jan 2020

Senior Security Analyst at [BMO Finanical Group](https://www.bmo.com/) (https://www.bmo.com/)

SUMMARY

Delegate Cyber M&A Lead and Governance Analyst.

- Cyber M&A delivery delegate for acquisition of KGS-Alpha Capital Markets.
- Supported application governance controls testing via process enhancements, UAT, end-user education and support, and RSA Archer data imports.
- Continued to perform prior role GLBA audits and misc. GRC taskings in addition to this new remit.
- Recipient of 'Being BMO' award for fiscal year 2019.

Aug 2015 – Apr 2017

Information Security Analyst at [BMO Harris Bank](https://www.bmo.com/) (https://www.bmo.com/)

- Provided recommendations for 'PAD' process to avoid regulatory issues that went forward to full implementation.
- Delegate to Technology Risk Officers, reviewing tech risk in all projects >\$1MM in spend in P&BB, Wealth, and Capital Markets.
- Fulfilled multiple compliance functions, including FFIEC controls assessment of web-facing applications, and GLBA audit of high risk LOBs.

Dec 2014 – Apr 2015

Information Security Consultant at [SolomonEdwards](https://www.solomonedwards.com/) (https://www.solomonedwards.com/)

- Developed penetration test documentation and sales material based on NIST guidance and open-source Penetration Testing Execution Standard.
- Attended employer-sponsored training on X-Ways Forensics Toolkit (v18.1).

May 2014 – Aug 2014

Technician at [Alliance Computers](https://alliancecomp.com/) (https://alliancecomp.com/)

SUMMARY

Retail PC sales, customer support, and repair.

- Honed problem-solving and customer-facing communication skills.
- Role fulfilled summer internship requirement at Harrisburg University.

Volunteer



Aug 2022 – Aug 2022

Safety Team at [Blue Team Con](https://www.blueteamcon.com/) (https://www.blueteamcon.com/)

SUMMARY

Safety team volunteer at Blue Team Con, responsible for safety of the attendees and adherence to the conference code of conduct.

- Worked multiple safety shifts at Blue Team Con 2022.
- Also assisted with teardown, and storage/upkeep between 2022-2023 events.

Skills



Risk Management :

1A LOD 1B LOD 2 LOD ONFR

Emerging Technologies

Cyber Security :

Cyber GRC Exception Management

Project Consulting Data Loss Prevention

Awareness/Education

Knowledge Management :

Documentation Confluence SharePoint

Mediawiki Wiki.js Maps of Content

Regulatory Compliance :

Gramm-Leach-Bliley Act (GLBA)

NIST CSF NIST 800-53 NIST 800-63

PCI-DSS ISO 27001

Mergers & Acquisitions (M&A) :

Due Diligence Integration Divestiture

Threat Modeling :

STRIDE DREAD

Microsoft Threat Modeling Tool

Software :

RSA Archer GRC ServiceNow

SD Elements MS Office, Visio, Project

Messaging Administration :

MS Teams Zoho Mail Discord

Teamspeak 3 Slack

Soft Skills :

Team first mentality

Embraces complexity

Clear communication

Languages



English :

Native Speaker

Jun 2008 – Dec 2012

Volunteer at Computer Ministry Inc (<https://main.compministry.org/>)

SUMMARY

Organization which collects and recycles computers and other electronics. Devices that are still usable are securely wiped of donor's data, refurbished, and distributed to other non-profits.

- Worked with Computer Ministry as a volunteer throughout high school and as available during undergrad.
- Excellent way for someone getting into IT to see the full spectrum of consumer and small business devices, fast.

Education



Jan 2013 – Apr 2015

Bachelor of Science in Computer Science from Harrisburg University of Science and Technology with GPA of 3.6

Aug 2010 – Dec 2012

Undergraduate Studies in Computer Science from East Stroudsburg University of Pennsylvania with GPA of 3.0

Interests



Sports :

Steelers Arsenal

Borussia Dortmund

Running :

5k 10k Meetup Organizer

Food and Drink :

Beer Japanese Whisky Scotch

Sous Vide Late Night Shawarma

Tabletop Games :

Resource Management Deck Builders

Pen and Paper RPGs

Video Games :

Battletech DOOM Final Fantasy

Warhammer 40000