

# 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 point of contact for BMO's Operations teams. Frank hails from Camp Hill, Pennsylvania, and now lives in Chicago, Illinois. Away from the desk, Frank formerly operated an online video game community of >1000 users and presently helps organize 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](mailto:CV@FrankHelm.com)**

🏠 : **<https://www.FrankHelm.com/>**

**in : FrankHelm** ([https://www.linkedin.com](https://www.linkedin.com/in/frankhelm/)

[/in/frankhelm/](https://www.linkedin.com/in/frankhelm/))

🔗 : **BeerMetalPC** ([https://threads.net](https://threads.net/@beermetalpc)

[@beermetalpc](https://threads.net/@beermetalpc))

## Education



Jan 2013 – Apr 2015

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

## 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 Financial Group (<https://www.bmo.com/>)

#### SUMMARY

Delegate Cyber M&A Lead, and Senior GRC 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.
- Received 'Being BMO' 2019 award.

Aug 2015 – Apr 2017

### Information Security Analyst at BMO Harris Bank (<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/>)

- 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/>)

#### 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/>)

#### 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

Cyber risk Technology risk

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

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.
- Earned valuable hands on experience with triage and refurbishment across a wide spectrum of devices, and recycling including device sanitization and/or destruction.

**Languages**



**English :** Native Speaker

**Interests**



**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

**Sports :**

Steelers 🏈🇺🇸 Arsenal ⚽🇬🇧 Borussia Dortmund ⚽🇩🇪