

# Wellness on the Front Line

4th Annual Conference & Exhibit



Presented By:

**PUBLIC SAFETY PEER SUPPORT ASSOCIATION**  
*MIND • BODY • SPIRIT*

**San Diego, California**  
**November 5 – 8, 2019**

## ABOUT THE CONFERENCE

Public safety members and first responders are facing challenges today as never before. The toll of the job is exacting and goes far beyond the physical demands. Productive members are being lost to their agencies because of the unseen effects of the job. The PSPSA was founded upon the unshakeable belief that there is help available in the form of peer supporters.

The Public Safety Peer Support Association is excited to be offering their 4<sup>th</sup> annual conference, ***Wellness on the Front Line***. The conference will bring you or your team to beautiful Mission Bay in San Diego, California at the Paradise Point Resort & Spa. This unique training and fellowship opportunity will occur over three and a half days from November 5-8, 2019.

The 2019 conference unites a spectrum of public safety disciplines with a common purpose; *Bringing wellness to the front line for public safety*. The Public Safety Peer Support Association is honored to offer nationally recognized speakers to present on topics including: PTS & suicide, first responder health, stress and wellness, resiliency and many more! Team leaders, mental health professionals and chaplains will provide an opportunity for teams to build resilience and unite together, by providing critical incident stress debriefings throughout the conference!

POST, STC and EMSA/ICEMA credits are available!

**Register online at [PSPSA.org](http://PSPSA.org) to save time!**

Stay in touch by following us on Facebook at [www.facebook.com/publicsafetypersupportassociation/](http://www.facebook.com/publicsafetypersupportassociation/) and on instagram @pspsa\_wellness

### PEER SUPPORT TEAM BUILDING/DEBRIEFINGS

Team Building/Debriefings for Peer Support Teams: Debriefing times will be available and assigned at registration.



## Schedule at a Glance

### Monday, November 4, 2019

5:00 PM – 7:00 PM Registration

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### Tuesday, November 5, 2019

7:00 AM – 8:00 AM Registration

8:00 AM – 8:45 AM Opening Ceremonies

8:45 AM – 9:45 AM Training: **“The 15:17 to Paris” Don’t Be a Bystander: Be the Spark That Ignites Change**

9:45 AM – 10:15 AM Break & Book Signing by Spencer Stone

10:15 AM – 11:45 AM Training: **A Survivor’s Perspective of PTSD for First Responders**

11:45 AM – 1:00 PM Lunch: Buffett - Provided by PSPSA

1:00 PM – 3:00 PM Training: **Ventura County Peer Support Coalition: Responding to County Wide Critical Incidents Including the Borderline Shooting and Subsequent Woolsey Fires**

3:00 PM – 3:15 PM Break

3:15 PM – 4:30 PM Training: **Ventura County Peer Support Coalition: Responding to Countywide Critical Incidents Including the Borderline Shooting and Subsequent Woolsey Fires (Continued/Q & A)**

4:30 PM – 4:45 PM Closing Remarks

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### Wednesday, November 6, 2019

8:00 AM – 8:30 AM Good Morning

8:30 AM – 10:00 AM Training: **A Widow’s Perspective: PTSD and Suicide and the Journey into the Workers’ Compensation System**

10:00 AM – 10:15 AM Break

10:15 AM – 11:30 AM Training: **EMDR/PTSD Best Treatment Practices**

11:30 AM – 1:00 PM Lunch (on your own)

1:00 PM – 2:30 PM Training: **Keeping the Super Heroes Super**

2:30 PM – 2:45 PM Break

2:45 PM – 4:00 PM Training: **When a Child Dies**

4:00 PM – 4:15 PM Break

4:15 PM – 5:15 PM Training: **Handling Stress and Self Care, and How They Affect the Family Dynamic**

5:15 PM – 5:30 PM Closing Remarks

6:00 PM – 8:30 PM Social Event (Paradise Terrace, family attendees invited)

6:00 PM – 9:00 PM Friends of Bill

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# Public Safety Peer Support Association

## *Wellness on the Front Line*

Thursday, November 7, 2019

8:00 AM – 8:30 AM Good Morning

### BREAKOUT GROUPS

#### Fire/Paramedic/EMS Track

8:30 AM – 10:00 AM Training: **Resilience 180 – Training for the Action Oriented, Responder Safety, Health and Survival**

10:00 AM -10:15 AM Break

10:15 AM – 11: 45 AM Training: **The Evolution of Peer Support in the Los Angeles Fire Department**

11:45 AM – 1:00 PM Lunch (on your own)

1:00 PM – 2:15 PM Training: **A Firefighters Road to Resiliency and Hope**

2:15 PM – 2:30 PM Break

2:30 PM – 3:30 PM Training: **Maximizing the Effectiveness of Fire Service Behavioral Health Programs**

3:30 PM – 3:45 PM Break

3:45 PM – 5:00 PM Training: **What is this Witchcraft? A Primer on Psychotherapy: Who, What and Does it Really Work?**

5:00 PM – 5:15 PM Closing Remarks

#### Law Enforcement Track

8:30 AM – 10:00 AM Training: **Wellbeing Services Victoria Police Style – Looking After Victoria Police Employees and their Families**

10:00 AM -10:15 AM Break

10:15 AM – 11: 45 AM Training: **Preparing for Retirement: Understanding Psychological, Emotional, and Behavioral Reactions**

11:45 AM – 1:00 PM Lunch (on your own)

1:00 PM – 2:15 PM Training: **The Aftermath of an OIS**

2:15 PM – 2:30 PM Break

2:30 PM – 3:30 PM Training: **The Art and Science of Connecting with Others**

3:30 PM – 3:45 PM Break

3:45 PM – 5:00 PM Training: **The Role of a Public Safety Chaplain**

5:00 PM – 5:15 PM Closing Remarks

Friday, November 8, 2019

8:00 AM – 8:15 AM Good Morning

8:15 AM – 9:30 AM Training: **The Facets and Implications of Multi-Dimensional Training for Optimal Wellbeing**

9:30 AM – 9:45 AM Break

9:45 AM – 11:45 AM Training: **“Catching Hell” Survival Mindset for Street Cops and Other First Responders**

11:45 AM – 12:00 PM Closing Ceremonies

POST Certification #7180-28000-19 \*Please Note: This is a non-reimbursable course; POST credit will still be provided.

STC Certification #03136745

ICEMA #62-2032

## Conference Schedule

### Monday, November 4, 2019

5:00 pm – 7:00 pm

Conference Registration

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### Tuesday, November 5, 2019

7:00 am – 8:00 am

Conference Registration

8:00 am – 8:45 am

Opening Ceremonies - Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President

Honor Guard – San Diego Police Department

Pledge of Allegiance – Nancy K. Bohl-Penrod, Ph.D., Director, The Counseling Team International

Invocation – Chuck Price, Chaplain, Federal Bureau of Investigation, and the El Cajon and San Diego Police Departments, Wixim Ministries

Welcome – San Diego Sheriff's Department

8:45 am – 9:45 am

**"The 15:17 to Paris" Don't Be a Bystander: Be the Spark That Ignites Change**

*Presenter: Spencer Stone, Author, Actor, Retired United States Air Force Staff Sergeant*

Description: On August 21, 2015, Staff Sgt. Spencer Stone reminded the world what a true American hero looks like. With his childhood friends by his side, Stone rushed headlong into the barrel of an assault rifle, tackling and subduing a would-be terrorist just as he was about to open fire on a crowded train. Stone's remarkable courage earned him honors both at home and abroad, but it would not be the last time he faced harrowing odds and near-certain death.

Nothing in his past suggested he would rise to the occasion so dramatically and successfully when needed. His actions seem to prove the old adage that heroes are almost always ordinary people who, when confronted with great challenges, respond in an extraordinary fashion. In a gripping speech, Stone recounts his own experiences, emphasizing the importance of taking action when we see other human beings in trouble and weaving a rich account of courage, honor, community and destiny that audiences will find both riveting and life-affirming.

9:45 am – 10:15 am

Break & Book Signing by Spencer Stone

10:15 am – 11:45 am

**A Survivor's Perspective of PTSD for First Responders**

*Presenters: Brad White, Retired Sgt., Whittier Police Department*

Description: A first hand account of PTSD from an officers perspective, and a police departments attempts to deal with mental health injuries with the best intentions, but no clear plan or understanding of the issue.

**11:45 am – 1:00 pm**

Lunch (Buffet) – Provided by PSPSA

Location: Paradise Terrace

**1:00 pm – 3:00 pm**

**Ventura County Peer Support Coalition: Responding to Countywide Critical Incidents Including the Borderline Shooting and Subsequent Woolsey Fires**

*Presenters: Carmen Franco, Senior Administrative Specialist, Ventura County Children and Family Services, Shane Matthews, Captain, Camarillo Police Department , Erin Brockus, Assistant Communications Manager, Ventura County Sheriff's Department, Gina Johnson, Deputy Chief, Ventura County Probation Agency , Brian McGrath, Captain, Ventura County Fire Department*

Description: Ventura County has brought together teams of peer support coordinators that span multiple disciplines including Sheriff's Department, Police Department, EMS, EAP, Fire Department, District Attorney and Children and Family Services. The purpose of the Ventura County Peer Support Coalition is to bring together all different departments in order to strategically respond to critical incidents within Ventura County. This panel will discuss the creation of the Ventura County Peer Support Coalition and how it responded to the Borderline Shooting and Woolsey Fires and how such a coalition could be beneficial for any county.

**3:00 pm – 3:15 pm**

Break

**3:15 pm – 4:30 pm**

**Ventura County Peer Support Coalition: Responding to County Wide Critical Incidents including the Borderline Shooting and subsequent Woolsey Fires (Continued and Q & A)**

*Presenters: Carmen Franco, Senior Administrative Specialist, Ventura County Children and Family Services, Shane Matthews, Captain, Camarillo Police Department, Erin Brockus, Assistant Communications Manager, Ventura County Sheriff's Department, Gina Johnson, Deputy Chief, Ventura County Probation Agency, Brian McGrath, Captain, Ventura County Fire Department*

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**Wednesday, November 6, 2019**

**8:00 am – 8:30 am**

Opening - Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President

Invocation – Leonard Cosby, Retired Lieutenant/Chaplain, Oceanside Police Department/San Diego County Probation Department

Welcome -San Diego Police Department

**8:30 am – 10:00 am**

**PTSD and Suicide and the Journey into the Workers' Compensation System**

*Presenter: John Ferrone, Esq., Adams, Ferrone & Ferrone*

**A Widow's Perspective**

*Presenters: Suzie Anderson, Burbank Fire Department, Melanie Weuve, Orange County Fire Authority, Stephanie Gutierrez, Long Beach Police Department*

Description: This presentation will help peer supporters understand how to navigate through the workers' compensation system when a safety member has committed suicide. The presentation will show a perspective from a widow, how the PTSD impacted their lives and what they faced when entering the workers' compensation system. The presentation will further discuss strategies when a family is facing the workers' compensation system following a suicide.

**10:00 am – 10:15 am**

Break

**10:15 am – 11:30 am**

**EMDR/PTSD Best Treatment Practices**

*Presenter: Deborah Silveria, Ph.D., The Counseling Team International*

Description: This class will discuss the specifics surrounding EMDR and how it has been used to help reduce stress in people with Post Traumatic Stress Disorder (PTSD). The successes of the restructuring aspects through EMDR appear to be due to the fact that the directed eye movements diffuse and weaken negative imagery - this strengthens the client's positive imagery and beliefs. The class will provide Peer Supporters with a better awareness of the EMDR technique and give them another tool as an option when they refer peers for outside/additional help.

**11:30 am – 1:00 pm**

Lunch (on your own)

**1:00 pm – 2:30 pm**

**Keeping the Super Heroes Super**

*Presenters: Kimberly Miller, Ph.D., Kimberly A. Miller & Associates, LLC*

Description: Public safety professionals, and especially peer supporters are passionate about serving others; however, this calling can take its toll. High stress, low sleep, dealing with the worst of society, witnessing human

tragedy and listening to other's stories of trauma/stress can reduce employees' mental/physical health. This class will explore the differences between stress, burnout and compassion fatigue and describe how to address each one, discuss why we all struggle to have balance in our lives and engage in regular self-care, detail what our "early warning systems" are, and describe specific strategies, tools and interventions that can be used by both individuals and organizations to foster healthy coping, balance and a positive mindset in employees.

**2:30 pm – 2:45 pm**

Break

**2:45 pm – 4:00 pm**

**When a Child Dies**

*Presenter: Anne Bisek, Psy.D., Doc 911*

Description: For many people in emergency services the death of a child during a shift is almost a taboo topic. Yet it is this the of call which causes long lasting pain and grief for those who respond. This dynamic presentation can be requested in a one-hour, four-hour or full day format and is geared for a multi-agency audience of first responders. Different hypothetical scenarios are presented with a police officer, paramedic, dispatcher and firefighter to teach the symptoms of Posttraumatic Stress Disorder. Participants are empowered to challenge the negative beliefs after a tough call for service when a colleague is in distress. Unhealthy coping skills are discussed as well as healthy strategies to use for future critical incidents. There are no photos or 911 tapes in this presentation and culturally appropriate humor is used to balance the intensity of this topic. This presentation has been well received by peer support teams since 2008.

**4:00 pm – 4:15 pm**

Break

**4:15 pm – 5:15 pm**

**Handling Stress and Self Care, and How They Affect the Family Dynamic**

*Presenter: Sharla Mandere, Owner, CEO, Radiant Sunrise Wellness*

Description: First Responders spend so much time and energy taking care of others. Where do you put yourself on your priority list? Learn how your relationship with yourself and self-care practices (or lack of) can nurture or hinder your relationships with your family and how to create a home filled with love and happiness so you all can thrive.

**5:15 pm – 5:30 pm**

Closing Remarks

**6:00 pm – 8:30 pm**

Social Event on the Paradise Terrace – Provided by the Public Safety Peer Support Association

**6:00 pm – 9:00 pm**

Friends of Bill



**Thursday, November 7, 2019**

**8:00 am – 8:30 am**

Opening - Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President

Invocation – Mike Russ, Fire Captain/Fire Chaplain, San Manuel Fire Department

Welcome – San Diego County Probation Department

**Breakout Groups**

**Fire/Paramedic/EMS Track**

**8:30 am – 10:00 am**

**Resilience 180 – Training for the Action Oriented, Responder Safety, Health and Survival**

*Presenter: Matthew Carlson, LPC, Retired Firefighter, Oshtemo, MI Fire Department*

Description: Participants will learn how to use a hands-on learning approach to teach responders core concepts of resiliency in emergency services. Participants will learn how to maintain a sense of purpose, what relationship humor style, stress, and resilience have on one another, how sport and performance psychology and the MCI triage system can help manage relationship conflict at home and improve communication, how self-defense and tactical stretching can address total neurobiological effect of trauma, and how to use a Battle Buddy system to prevent imploding on and off the job.

**10:00 am – 10:15 am**

Break

**10:15 am – 11:45 am**

**The Evolution of Peer Support in the Los Angeles Fire Department**

*Presenter: Steven Froehlich, Ph.D., Director, Behavioral Health Services*

*Additional Speakers on Panel: Susan J. Jensen, Firefighter, Charles E. Boswell, Captain, Andrew Gocke, Firefighter, Robby Cordobes, Captain II, Jack Baham, Captain, Marc Shapiro, Battalion Captain/Paramedic, Krystle Madrid, Psy.D., Director, LAFD Behavioral Health Program, Audrey Martinez, Ph.D., LAFD Staff Psychologist, Nancy Mraz, CEAP, Director of Chemical and Behavioral Addictions, UFLAC Center for Health and Wellness*

Description: In the last several years, Los Angeles Fire Department Firefighter EMT's and Paramedics have experienced a measurable increase in traumatic and medical requests for care and assistance. We have seen a significant spike in the scope and number of disasters. As a byproduct of this increasing workload and cumulative stress, we find Peer Support and Behavioral Health programs growing and making a positive difference with our fire personnel. This workshop will focus on the need and the changing level of cultural acceptance within the fire service of Peer Support and Behavioral Health services within the Los Angeles Fire Department.

**1:00 pm – 2:15 pm**

**A Firefighters Road to Resiliency and Hope**

POST Certification #7180-28000-19 \*Please Note: This is a non-reimbursable course; POST credit will still be provided.

STC Certification #03136745

ICEMA #62-2032

*Presenter: Matthew Fiorenza, Firefighter/Paramedic, Anaheim Fire Department*

Description: Matt will be discussing his battle with PTS and depression, what happened and his road to recovery.

**2:15 pm – 2:30 pm**

Break

**2:30 pm – 3:30 pm**

**Maximizing the Effectiveness of Fire Service Behavioral Health Programs**

*Presenter: Edward Sherman, Psy.D., Mental Health Clinician/Volunteer CALFIRE Lieutenant, The Counseling Team International*

Description: Fire service behavioral health programs can be tremendously beneficial in helping to maintain ongoing wellness. But to achieve their full potential, they need periodic evaluation and occasional fine-tuning. This presentation will address the ways to maintain and increase the active use of and participation in these programs. There will also be a discussion about how to gather accurate feedback to determine if the program is serving the needs for which it's intended, and to assess the effectiveness of the services provided. Internal and external resources will be considered, including recruiting and motivating peer support team members and working effectively with mental health professionals. Each of these topics will be reviewed with the ultimate goal of making behavioral health programs as useful and effective as possible.

**3:30 pm – 3:45 pm**

Break

**3:45 pm – 5:00 pm**

**What is this Witchcraft? A Primer on Psychotherapy: Who, What and Does it Really Work?**

*Presenter: Tina Casola, M.A., First Alarm Fire Wellness*

Description: Fire has ICS, Police have the 10 codes... every industry has their own language - Therapists are no different! Figuring out the 'Who' and the 'What' can be intimidating to the point of total avoidance, which can be dangerous! Let me enlighten you on the alphabet soup of my industry: the Who's (professionals that can help), the What's (industry standards for effective interventions) and even a little How (what is the rational and effectiveness of the interventions).

**5:00 pm – 5:15 pm**

Closing Remarks

*Dinner on your own*

### Law Enforcement Track

**8:30 am – 10:00 am**

**Wellbeing Services Victoria Police Style – Looking After Victoria Police Employees and their Families**

*Presenter: Greg Dean, Senior Sergeant, Australia Victoria Police Department*

Description: Victoria Police provides law enforcement in the state of Victoria in south-eastern Australia. Victoria Police's Wellbeing Services provides 24/7/365 confidential wellbeing support to its 20,000 employees, whether required for on or off-duty or post-retirement/resignation incidents, along with their immediate family members. In 2016 Victoria Police's Chief Commissioner, Mr. Graham Ashton, commissioned the world's first Mental Health Review ever conducted by a first responder agency. The motivation behind this review was to identify the blockers behind employees seeking support for their mental health issues and to remove the stigma behind help-seeking. The review listed 39 recommendations to achieve this goal. The recommendations ranged from the implementation of more extensive mental health literacy at the police academy for recruits and at all leadership promotional courses, an increase in resourcing within Wellbeing Services, the production of a mental health wellbeing action plan along with senior leaders producing video vignettes outlining their own struggles with stressful operational incidents and other policing challenges. This review has resulted in a massive uplift in the workforce seeking assistance from Wellbeing Services.

This presentation aims to outline how these suites of services are activated at any time to support staff in varying circumstances, including recent terrorist-based incidents within the Melbourne Central Business District involving vehicle borne attacks. The strategies used both organizationally and in conjunction with workers compensation insurers and the State Government will be discussed. Consistent feedback received by the presenter during his recent Sir Winston Churchill Fellowship tour with law enforcement agencies across the USA, Canada and UK indicated that Victoria Police Wellbeing Services are world leaders in the support they provide.

**10:00 am – 10:15 am**

Break

**10:15 am – 11:45 am**

**Preparing for Retirement: Understanding Psychological, Emotional, and Behavioral Reactions**

*Presenter: Medina Baumgart, Psy.D., Los Angeles County Sheriff's Department*

Description: A sample of sworn law enforcement retirees were surveyed about their retirement adjustment experiences. Approximately 40% of retirees endorsed unexpected retirement-adjustment experiences; of these, 50% were emotional and psychological in nature. Additionally, approximately 50% of all retirees surveyed endorsed experiencing issues related to on-duty exposure to traumatic incidents. Consistent with the existing literature on law enforcement retirement, the survey findings support that retirement adjustment for sworn law enforcement personnel consists of behavioral, psychological, and emotional experiences. This presentation will discuss tips to psychologically, emotionally, and behaviorally prepare for these retirement experiences, as well as recommendations for how law enforcement agencies and peer supporters can support personnel who are nearing retirement or already retired.

**11:45 am – 1:00 pm**

Lunch (on your own)

**1:00 pm – 2:15 pm**

### **The Aftermath of an OIS**

*Presenter: Kelly Phillips, Sergeant, Anaheim Police Department*

Description: On July 22, 2012, a gang member attempted to kill Kelly and his two partners. Blessed to survive the terrifying encounter, no one knew what the following years would bring. Kelly will share how politics, media, and Department reactions affected him and how he overcame them.

**2:15 pm – 2:30 pm**

Break

**2:30 pm – 3:30 pm**

### **The Art and Science of Connecting with Others**

*Presenter: Jim Uhl, Sergeant, Peer Support Coordinator, Whittier Police Department & Chief Leadership Officer, Breaking the Chain Consulting*

Description: A CISM Debriefing is a beautiful exercise of leadership and great leadership is all about movement; getting others to willingly move from point A (where they currently are) to point B (where they need to be). Creating this kind of movement is predicated upon our ability to connect with other people. As humans, we are drawn toward human connection. In fact, it is the key to our survival. However, connecting with others does not come naturally. It requires keen awareness and the ability to overcome our natural, fear-centered, and ego-centric tendencies. This course will show you the art and science of connecting with others so your leadership can have maximum, positive impact during a CISM debriefing.

**3:30 pm – 3:45 pm**

Break

**3:45 pm – 5:00 pm**

### **The Role of a Public Safety Chaplain**

*Presenter: Chuck Price, Chaplain, Federal Bureau of Investigation, and the El Cajon and San Diego Police Departments, Wixim Ministries*

Description: In this seminar we will define what a chaplain is by discussing the differences between clergy and chaplaincy. We will also explore barriers for chaplains and how peer support can help them integrate with personnel. Our time will conclude with services that chaplains provide free of charge and how to begin or revitalize a chaplain program within your agency.

**5:00 pm – 5:15 pm**

Closing Remarks

*Dinner on your own*

## **Friday, November 8, 2019**

### **8:00 am – 8:15 am**

Opening - Lorenzo Glenn, Lieutenant, Anaheim Police Department, PSPSA President

Invocation – Chaplain Wes Anderson

Welcome – San Diego District Attorney’s Office

### **8:15 am – 9:30 am**

#### **The Facets and Implications of Multi-Dimensional Training for Optimal Wellbeing**

*Presenter: Samuel L. Feemster, JD, M.Div., Retired Supervisory Special Agent, Federal Bureau of Investigation*

Description: Historically, first responder training, particularly law enforcement training, emphasized tactical survival with a heavy focus on the mental and physical development of officers. The primary goal of this training focus has always been to ensure that academies produce tactically proficient warriors who can take charge of a situation, bring order to chaos remove disruptive elements, and protect the public from harm.

As a result of this type of training, officers can develop the skills necessary to apprehend those who deceive, oppress, terrorize, rape, pillage, and murder citizens. In standing up for good, however, they are repeatedly exposed to evil that wounds them in every human dimension. While bullet-proof does protect vital physical organs from harm, they do not morph into protection for the emotional, psychological or spiritual dimension which are exposed and damaged every encounter. After being exposed to this session, agencies and officers will have an appreciation for the nexus between proactive multi-dimensional training and optimal wellbeing. More importantly, officers will be introduced to the tools necessary for developing a personal wellness plan.

### **9:30 am – 9:45 am**

Break

### **9:45 am – 11:45 am**

#### **“Catching Hell” Survival Mindset for Street Cops and Other First Responders**

*Presenter: Jay Dobyms, Retired Special Agent, Veteran Undercover ATF Operative, Best Selling Author*

Description: The Catching Hell training mission is to raise-the-bar of health and well-being for Street Cops, First Responders and their families by upgrading their survival mindset and tradecraft making them smarter, safer, stronger, more aware, and most importantly, keeping them healthy and alive.

### **11:45 am – 12:00 pm**

#### **Closing Ceremonies**

Thank You - Lorenzo Glenn, Lieutenant - Anaheim Police Department, PSPSA President and Anna Bell, Latent Fingerprint Examiner II - San Bernardino County Sheriff’s Department, PSPSA Vice President

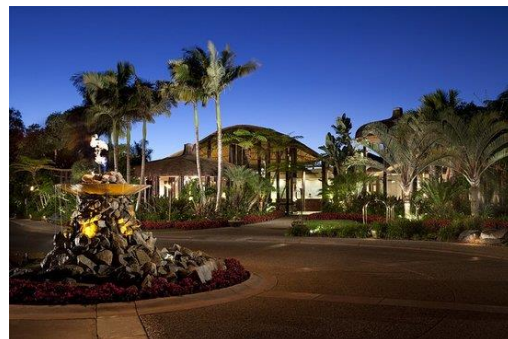


## Hotel Information

Paradise Point Resort & Spa  
1404 Vacation Road  
San Diego, CA 92109

Conference group pricing is \$199 per night **Resort and Parking Fees Included!**  
(Group name: Public Safety Peer Support Association)

Group rate is available 3 days prior and 3 days following the conference dates!



## A Private Island Paradise

*Minutes from downtown San Diego!*

Tucked away on Mission Bay in the heart of San Diego, Paradise Point Resort & Spa features comfortable bungalow-style rooms amidst lush, tropical gardens, tranquil lagoons, and one mile of sandy beach next door to SeaWorld. Scattered across a 44-acre island, you'll find plenty of room to roam and relax with five swimming pools, beach bonfire pits, a marina, five dining venues, an award-winning spa and endless recreation options.

Paradise Point and its amenities offer a unique San Diego vacation experience for both families and couples with a location that is secluded, yet centrally situated to the airport, downtown San Diego and top attractions including Old Town, the San Diego Zoo, and Balboa Park, which are all just minutes away from their shores.

Please contact the Reservation Desk at 800-344-2626 for more information.



# Registration and General Information

### Conference Fees & Policies

**Main Conference:** \$470 per attendee – Includes one-year membership fee of \$50 to association, lunch for one day and social night, which includes one drink ticket and hors d’oeuvres.

**Department Groups:** \$425 per attendee (for 5 or more) – Includes one-year membership fee of \$50 to association, lunch for one day and social night, which includes one drink ticket and hors d’oeuvres for each attendee.

**Family Day (Significant Others Only):** \$75 – Thursday

### LUNCH

**LUNCH IS PROVIDED BY PSPSA ON TUESDAY, November 6, 2019**

### Refunds

Cancellations prior to September 1, 2019 — Full refund

Cancellations from September 1 – September 15, 2019 — Full refund less \$50 cancellation fee

Cancellations after September 15, 2019 — **No refund** - Substitutions may be allowed

First Name	Last Name	Title/Rank
Department/Agency Name	Email Address	Phone Number
Street Address	City	State and Zip

- Main conference only: \$470.00 (Includes one-year membership fee of \$50 to association, lunch for one day and social night, which includes one drink ticket and hors d’oeuvres)
- Group Rate: \$425.00 per attendee (You will be contacted for group details. Includes one-year membership fee of \$50 to association, lunch for one day and social night, which includes one drink ticket and hors d’oeuvres per attendee)
- Significant Other Day: \$75.00
- Lunch provided by PSPSA Tuesday (Included in Main Conference Fee)
- Social Night (Included in Main Conference Fee)
- Main conference + Significant other: \$545.00

**Total amount enclosed:** \_\_\_\_\_ (once registration is received you will receive a confirmation email)

Please make checks payable to PSPSA and send to P.O. Box 5956 Norco, CA 92860

You may also register and pay online through Eventbrite at [www.pspsa.org](http://www.pspsa.org)

POST Certification #7180-28000-19 \*Please Note: This is a non-reimbursable course; POST credit will still be provided.

STC Certification #03136745

ICEMA #62-2032



Public Safety Peer Support Association  
P.O. Box 5956  
Norco, CA 92860



## Public Safety Peer Support Association (PSPSA) 4th Annual Conference *Wellness on the Front Line*

- Three and a half days of Training
- Conference Created by Peer Supporters for Peer Supporters
- Exhibitors
- Conference held in beautiful San Diego at Paradise Point Resort & Spa

November 5-8, 2019

[www.pspsa.org](http://www.pspsa.org)