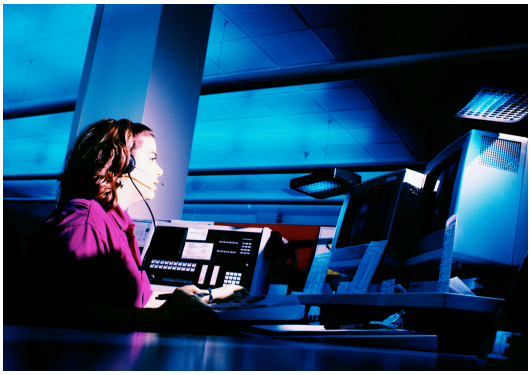












WELLNESS ON THE FRONT LINE

10th Annual Conference & Exhibit

Presented by:

The Public Safety Peer Support Association

October 27 - October 30, 2026

Paradise Point Resort and Spa

Schedule at a Glance

Tuesday, October 27, 2026

7:00 am - 8:00 am	Registration
8:00 am - 8:45 am	Opening Ceremonies
8:45 am - 10:00 am	Strength Isn't Always Physical
10:00 am - 10:15 am	Break
10:15 am - 11:30 am	Kratom: The Hidden Addiction
11:30 am - 1:00 pm	**Lunch (Buffet) provided by PSPSA**
1:00 pm - 2:00 pm	Leading While Grieving
2:00 pm - 2:15 pm	Break
2:15 pm - 4:00 pm	184 & Strength in Service: Understanding Corrections and Building a Culture of Peer Support
4:00 pm - 4:15 pm	Peer to Peer Download
4:15 pm - 4:30 pm	Closing Ceremonies

Wednesday, October 28, 2026

7:00 am - 7:30 am	Yoga
8:00 am - 8:15 am	Opening Ceremonies
8:15 am - 9:15 am	Addressing the Epidemic of Trauma, Addiction, and Suicide Among First Responders Through Peer Support and "Science Backed Meditation"
9:15 am - 10:30 am	A Dispatcher's Journey Through Postpartum Depression
10:30 am - 10:45 am	Break
10:45 am - 11:30 am	My Journey Through Trauma (My Story)
11:30 am - 1:00 pm	**Lunch (on your own)**
1:00 pm - 2:00 pm	10 Seconds
2:00 pm - 2:15 pm	Break
2:15 pm - 3:15 pm	Audacious: Forgiveness in the Workplace
3:15 pm - 4:15 pm	Bakersfield Police Department Wellness Program
4:15 pm - 4:30 pm	Peer to Peer Download
4:30 pm - 4:45 pm	Closing Ceremonies
6:00 pm - 9:00 pm	Social Event (*Paradise Ballroom*)

Schedule at a Glance

Thursday, October 29, 2026

WEAR PINK IN SUPPORT OF BREAST CANCER AWARENESS

7:00 am - 7:30 am	Yoga
8:00 am - 8:15 am	Opening Ceremonies
8:15 am - 9:15 am	Surviving the Aftermath
9:15 am - 10:30 am	Optimizing Sleep for Public Safety Personnel
10:30 am - 10:45 am	Break
10:45 am - 11:30 am	Beyond “Why Won’t They Just Stop?” How to Support Recovery Without Judgment
11:30 am - 1:00 pm	Lunch (on your own)
1:00 pm - 2:30 pm	Why Aren’t We Talking Money?
2:30 pm - 2:45 pm	Break
2:45 pm - 4:15 pm	Beyond the Diagnosis - Guidance for First Responders Dealing with a Cancer Diagnosis & The Importance of Peer Support
4:15 pm - 4:30 pm	Peer to Peer Download
4:30 pm - 4:45 pm	Closing Ceremonies
7:00 pm - 9:00 pm	Friends of Bill W. (Executive Suites)

Friday, October 30, 2026

7:00 am - 7:30 am	Yoga
8:00 am - 8:15 am	Opening Ceremonies
8:15 am - 9:30 am	Behind the Badge
9:30 am - 9:45 am	Break
9:45 am - 11:00 am	Book Signing & Picture Taking
11:00 am - 11:30 am	Closing Ceremonies



Peer Support Team Building/Debriefings

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

The sign-up sheet will be located in the main foyer with the conference rosters. Please take advantage of this opportunity.





Conference Schedule

Tuesday, October 27, 2026

7:00 am - 8:00 am

Registration

Raffle prizes and silent auction items available for viewing in the vendor section

8:00 am - 8:45 am

Opening Ceremonies

Welcome - Anna Bell, PSPSA President, Latent Fingerprint Examiner II - San Bernardino Sheriff's Department (Retired)

Honor Guard – San Diego Police Department & San Diego Emerald Society Pipe and Drums

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

Invocation

Training Rosters – Nancy K Bohl-Penrod, Ph.D., PSPSA Education Chair, Consulting Director - The Counseling Team International - Review Rosters for STC, EMSA and POST Credit

Welcome

PSPSA History and Thank You to the Board and Committee Members: - Anna Bell, PSPSA President, Latent Fingerprint Examiner II - San Bernardino Sheriff's Department (Retired)

8:45 am - 10:00 am

Strength Isn't Always Physical

Drew Robinson - Former Major League Baseball Player and Mental Health Advocate

Drew Robinson shares his lived experience as a survivor of a suicide attempt to challenge the idea that strength is only physical. Through his journey with depression and recovery, Drew highlights the power of vulnerability, honesty, and asking for support, especially in high-pressure roles. Now serving in a mental health advocacy role with the San Francisco Giants, he works to foster peer support and normalize conversations around mental wellness. His message encourages first responders to view mental wellness as a critical component of performance, resilience, and long-term health.

Conference Schedule

Tuesday, October 27, 2026 (Continued)

10:00 am - 10:15 am - Break

10:15 am - 11:30 am

Kratom: The Hidden Addiction

Shauna 'Doc' Springer, Ph.D,, Nursing Student, First Responder Healthcare Professional

KRATOM is spreading through military, veteran, and first responder circles—often promoted as a natural solution for energy, pain, anxiety, sleep, or the demands of punishing shifts. Yet this widely available substance can produce opioid-like effects, tolerance, dependence, severe withdrawal, and significant risks to health and performance. Recognizing an emerging threat hiding in plain sight, First Responders Malibu conducted original investigative work and created a powerful viral video exposing how easily KRATOM can be obtained. Nationally recognized psychologist Dr. Shauna “Doc” Springer will connect these findings to the unique psychology of first responders, including why protectors may trust peers and informal sources more than medical warnings. Peer supporters will leave able to recognize KRATOM-related risk, understand its effects, and start credible conversations that move colleagues toward help before use threatens their judgment, relationships, careers, or lives.

11:30 am - 1:00 pm - **Lunch Buffet provided by PSPSA**

1:00 pm - 2:00 pm

Leading While Grieving

Tom Floersch, Special Agent in Charge - US DHHS Office of Inspector General

As peer supporters, we respond to critical incidents that could be shocking and emotionally disturbing. What happens when we are involved as peer supporters in an incident that strikes close to home? One that involves our coworkers, partners, and friends. How do we handle it and lead others during an incident response when we are part of the affected group? This presentation will discuss how the OI peer support team handled multiple employee deaths and coordinated the peer support response in 2021. We will delve into the response from the leader’s point of view and tell the story of how we still need to lead while we grieve. Oftentimes, we see the leaders of operations as calm and controlled when in reality, they may be swirling with emotions. How do we control these emotions and even use them to our benefit while providing the necessary support to our people? We will examine the vulnerability of leaders and team dynamics during a peer support response. Key elements are the challenges and successes of leading the response when you are very close to the incident itself, how cumulative stress from dealing with multiple incidents impacts us and how do inexperienced teams succeed when dealing with an incident response with nationwide exposure.

2:00 pm - 2:15 pm - Break

Conference Schedule

Tuesday, October 27, 2026 (Continued)

2:15 pm - 4:00 pm

184 & Impact of the Losses of Co-Workers and the Importance of Peer Support

Jennifer Kellogg, Psy.D., Clinical Psychologist, California Department of Corrections & Private Practice & Briana Rojas, Psy.D. - Chief Psychologist/Associate Director, California Department of Corrections

184 men and women serving in law enforcement are lost to suicide each year. 184 men and women who will not come home to their loved ones, who will not share a meal with their partners, or laugh at a joke, take another call, walk another step in their boots, or take a deep breath of fresh, clean air. 184 who are gone. Forever. That is almost three and a half professional football teams, or six and a half baseball teams. The loss of a loved member in LE to suicide is all too familiar to many of us. For me, it became very real and painful, both in my professional life as a psychologist at CDCR, and personally this past year. This presentation focuses not only on the topic of suicide amongst our partners in LE but the experience of the survivors of suicide. I will share what I found helpful, as a mental health provider that works side-by-side with people in LE, what was lacking for support roles, and how we as survivors move forward in our work and private lives after such losses.

Corrections is often misunderstood or misrepresented, however the unique challenges within correctional work lend themselves to a deeper understanding of public service and how support can be the difference between life and death.

4:00 pm - 4:15 pm

Peer to Peer Download

4:15 pm - 4:30 pm - Closing Ceremonies - Thank You

Wednesday, October 28, 2026

7:00 am - 7:30 am

Yoga Class - Dockside Room

Rochelle Costelloe, Yoga for First Responders Level II Instructor

8:00 am - 8:15 am

Opening - Anna Bell, PSPSA President, Latent Fingerprint Examiner II - San Bernardino Sheriff's Department (Retired)

Invocation

Welcome

Raffle/Silent Auction Drawing

Conference Schedule

Wednesday, October 28, 2026 (Continued)

8:15 am - 9:15 am

Addressing the Epidemic of Trauma, Addiction and Suicide Among First Responders Through Peer Support and "Science-Backed Meditation"

Drew Kane - FDNY Lieutenant, Counseling Service Unit

Vin DeCrescenzo - Vice President of Marketing and Communication

Monica Sanny - Director of Development and Partnerships

Jonny Mize - U.S. Army Combat Veteran

James Colford - Lieutenant, La Habra Heights Fire Department and T.M. Practitioner

TM is a simple, effortless technique practiced 15–20 minutes twice daily, requiring no concentration or prior experience. Over 400 peer-reviewed studies confirm TM's impact on PTS, anxiety, depression, SUD and hypertension. The NIH and Department of Defense have awarded nearly $35 million in research funding on TM. The American Heart Association has recognized TM as an effective approach to reducing hypertension. This session will cover what TM is, how it works, and how to deploy it within your department. Thanks to generous donor-funded support of the David Lynch Foundation, pilot training programs are offered to most public safety departments at no cost.

9:15 am - 10:30 am

A Dispatcher's Journey Through Postpartum Depression

Rochelle Costelloe - Dispatcher, Fountain Valley Police Department

This presentation offers a candid and heartfelt account of navigating postpartum depression, drawing from Rochelle's personal experience as a first-time mom and an emergency dispatcher. Attendees will gain insight into the emotional challenges faced during the postpartum period, including feelings of isolation, anxiety, and overwhelming sadness. Rochelle will discuss the impact on daily life, returning to the high stress communications center, relationships, and self-identity, as well as the steps taken toward seeking support and recovery. By sharing this journey, Rochelle aims to foster understanding, reduce stigma, and provide encouragement to others who may be struggling. Attendees will learn about the importance of recognizing symptoms, asking for help, and finding hope through community and professional resources within the first responder industry. Backed by 14 years in dispatch, peer support, and training; Rochelle's mission is to inspire empathy, promote awareness of postpartum mental health, and empower individuals to support themselves and others through similar experiences.

Conference Schedule

Wednesday, October 28, 2026 (continued)

10:30 am - 10:45 am - Break

10:45 am - 11:30 am

My Journey Through Trauma (My Story)

Christian Bigelow - Firefighter Paramedic, Los Angeles County Fire Department

11:30 am - 1:00 pm - Lunch (on your own) Food Trucks will be onsite

1:00 pm - 2:00 pm

10 Seconds

Hector and Elizabeth Cuevas - Parents of Fallen Deputy Hector Cuevas Junior, San Bernardino Sheriff's Department

Discussing the grief journey through a mother's eyes and a father's legacy.

2:00 pm - 2:15 pm - Break

2:15 pm - 3:15 pm

Audacious: Forgiveness in the Workplace

Jim Uhl - Chief Engagement Officer, Breaking the Chain Consulting, Ret. Sgt., Whittier Police Department

The workplace is filled with people guaranteed to disappoint, make mistakes, and hurt one another. This often leads to grudges that destroy the health and performance of our teams. This presentation explores the least studied, least trained on, and least talked about topic in leadership – forgiveness. Forgiveness is the healing light that penetrates the cracks caused by human selfishness and indifference. AUDACIOUS will show you how to find and be this light.

Conference Schedule

Wednesday, October 28, 2026 (continued)

3:15 pm - 4:15 pm

Bakersfield Police Department Wellness Program

Verion Coleman - Police Sergeant, Bakersfield Police Department

In November 2021, Verion was appointed as his department's first-ever Wellness Coordinator. Over the past five years, he has learned a great deal—often through trial and error. Along the way, he's made mistakes, but those experiences have helped shape a program that he is proud to share with today, with the hope of saving time and energy as you build or strengthen your own wellness initiatives. Since then, BPD has been fortunate to open two Wellness Centers and two Wellness Rooms. They have also built a dedicated Wellness Team consisting of 23 Peer Support members, 21 Physical Fitness members, and 16 Chaplains. Beyond internal support, they have worked to strengthen connections across the department family. This year, they celebrated their 5th annual Retiree Event and 4th annual All-Personnel Spouses Event—both of which have become meaningful opportunities to support and recognize those who stand behind the badge. The level of community support they have received over the years has been tremendous, and it has played a vital role in their success. Verion is honored to share some of the key steps they took to develop our program into what it is today. My goal is to provide you with practical tools you can apply immediately—tools that will help you build a successful wellness program and better serve the men and women of your department, as well as their families. At the end of the day, it doesn't matter what badge or patch you wear—we are all in this together, working to protect and serve those who protect and serve.

4:15 pm - 4:30 pm - Peer to Peer Download

4:30 pm - 4:45 pm - Closing Ceremonies - Thank You

6:00 pm - 9:00 pm

Social Event - Located in the Paradise Ballroom and Provided by PSPSA and sponsored by Adams Ferrone and Ferrone and Magnus/One

Conference Schedule

Thursday, October 29, 2026

WEAR PINK IN SUPPORT OF BREAST CANCER AWARENESS

7:00 am - 7:30 am

Yoga Class - Dockside Room

Rochelle Costelloe, Yoga for First Responders Level II Instructor

8:00 am - 8:15 am

Opening - Anna Bell, PSPSA President, Latent Fingerprint Examiner II - San Bernardino Sheriff's Department (Retired)

Invocation

Welcome

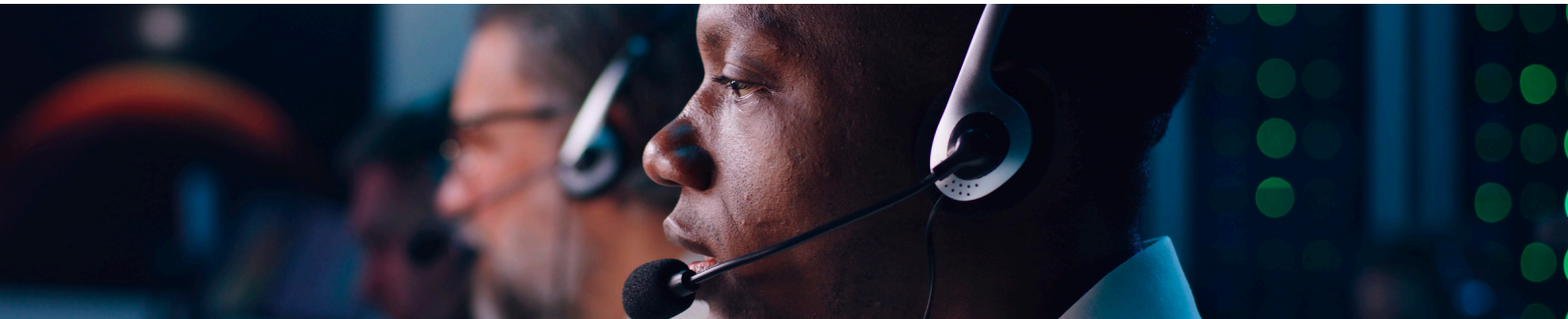
Award - Tony Pighetti Meritorious Service Award

8:15 am - 9:15 am

Surviving the Aftermath

Bobby Burns - Retired SRPO, San Diego Probation Department

Bobby Burns shares his personal journey through multiple critical incidents experienced during his career, combined with significant life trauma that ultimately led to a struggle with Post-Traumatic Stress Disorder (PTSD). Drawing from real-life experience, Bobby provides an honest and relatable perspective on the impact trauma can have on mental health, relationships, and overall well-being. This class explores the challenges of recognizing PTSD, seeking help, and developing healthy coping strategies. Through hard work, professional support, and commitment to personal growth, Bobby learned practical tools that helped him manage PTSD and reclaim a fulfilling, meaningful life.



Conference Schedule

Thursday, October 29, 2026 (continued)

9:15 am - 10:30 am

Optimizing Sleep for Public Safety Personnel

Brandon Dreiman, JD, CPRC, CBT-I - Behavioral Health Specialist, ProTeam Wellness

Sleep is one of the most overlooked performance and resilience tools in public safety. In this engaging session, participants will explore how the body's sleep systems work, common mistakes that sabotage rest, and practical strategies to improve sleep quality despite the challenges of shift work and operational stress. Topics include circadian rhythms, anchor wake times, environmental factors such as light, sound, and temperature, and evidence-based principles drawn from Cognitive Behavioral Therapy for Insomnia (CBT-I). Attendees will leave with realistic, actionable tools designed to improve recovery, performance, health, and long-term well-being.

10:30 am - 10:45 am - Break

10:45 am - 11:30 am

Beyond "Why Won't They Just Stop?" How to Support Recovery Without Judgment

Kelley McCoy - Support Staff and Family Coordinator, Behavioral Health & Wellness, Cal Fire

This presentation combines a powerful personal recovery story with evidence-based education to challenge common misconceptions about addiction and replace judgment with understanding. Participants will learn why addiction is a chronic, treatable medical condition, how to recognize the "Willingness Window" when individuals may be most receptive to help, and practical communication strategies that anyone can use.

The session also highlights the importance of treating the entire family system and explores how CAL FIRE is leveraging its expertise in treatment center vetting, insurance navigation, and worker's compensation to help firefighters and their families access high-quality, first responder-focused care.

Attendees will leave with practical tools, greater confidence in supporting colleagues and loved ones, and a renewed commitment to reducing stigma within their agencies and within themselves.

11:30 am - 1:00 pm - Lunch (on your own) Food Trucks will be onsite

Conference Schedule

Thursday, October 29, 2026 (continued)

1:00 pm - 2:30 pm

Why Aren't We Talking Money?

Matthew Barnes - Financial Fitness

This session explores why financial stress remains one of the most common yet least discussed challenges facing public safety professionals. We'll discuss the impact financial stress can have on performance, relationships, mental wellness, and retirement readiness, while providing practical strategies attendees can immediately implement to improve their financial fitness and gain greater control over their future.

2:30 pm - 2:45 pm - Break

2:45 pm - 4:15 pm

"Beyond the Diagnosis- Guidance for First Responders Dealing with a Cancer diagnosis & The Importance of Peer Support"

Kyle O'Neill - Firefighter, San Diego Fire and Rescue

Juli Johnston - Retired Sr. Inspector, U.S. Marshals Service

Catie Casciari - Deputy Fire Marshal, San Diego Fire and Rescue

4:15 pm - 4:30 pm - Peer to Peer Download

4:30 pm - 4:45 pm - Closing Ceremonies - Thank You

7:00 pm - 9:00 pm - Friends of Bill W. - Executive Suites



Conference Schedule

Friday, October 30, 2026

7:00 am - 7:30 am

Yoga Class - Rochelle Costelloe, Yoga for First Responders Level II Instructor

Dockside Room

8:00 am - 8:15 am

Opening - Anna Bell, PSPSA President, Latent Fingerprint Examiner II - San Bernardino Sheriff's Department (Retired)

Invocation

Welcome

8:15 am - 9:30 am - A Beneficial Element to Peer Support

9:30 am - 9:45 am - Break

9:45 am - 11:00 am - Overcoming Adversity

Joey Jones - U.S. Marine Corps EOD Staff Sergeant (Ret.)

Adversity is a constant. Seemingly as reliable as the morning sun. Look around; the weather, sickness, jobs, accidents… things break, things change, people in our lives disappoint us, we disappoint others. Most of the human experience is navigating adversity we didn't intend to happen or plan. But each time we are met with difficulty something amazing happens, we survive. We don't just survive, we get stronger, more equipped, better prepared, more resilient. We gain wisdom, experience, and sometimes even the ability to enjoy the struggle knowing we can get through it. For me adversity started early, I was raised poor, hard work and little reward was a constant in the single-wide trailer home of my hardworking brick mason father and house cleaner mother. No expense came easy, and no sick days were free. But through that adversity came love, appreciation void of entitlement and an intimate understanding of the value of hard work.

I lost my legs at 24 years old. I was in peak physical condition and given state of the art medical treatment. Yet, folks look at me in awe as I stand on prosthetics and travel the country independently, usually with a genuine smile, and say "I don't know how you stay so positive after you lost your legs." To which I sometimes respond, "Well don't ever get negative, since you have yours." The point here is that one aspect of adversity doesn't get to define us. Yes, I lost my legs, but I haven't had cancer, I haven't filed bankruptcy, lost a child, gone through a divorce. But all those things are present in this room, and all of you are here today with the opportunity to celebrate, work, give, love. You have all gone through every type of adversity life has thrown at you, and here you are. Remember what you are capable of, remember how you got here.

11:00 am - 11:30 am - Closing Ceremonies - Thank You

Registration Information

To register, please go to our website at
www.pspsa.org/conference/register/

Conference Fees & Policies

Individuals - Association Members: $470 per attendee
Non-Members - $520 per attendee
*Includes lunch for one day and social night, which includes one drink ticket and hors d'oeuvres.

Department Groups - Associate Members: $425 per attendee (for 5 or more)
Non-Members - $475 per attendee (for 5 or more)
*Includes lunch for one day and social night, which includes one drink ticket and hors d'oeuvres.

Lunch

LUNCH IS PROVIDED BY PSPSA ON TUESDAY, OCTOBER 27, 2026

Refunds

Cancellations prior to September 1st full refund. September 1st - 25TH receive a full refund less $50 processing fee. No refunds after September 25TH but substitutions may be allowed.

Wellness on the Front Line is certified for CEUs by:

POST
*Please Note: This is a non-reimbursable course; POST credit will still be provided
STC
ICEMA

Stay in touch by following us on
Facebook at: www.facebook.com/publicsafetypeersupportassociation/
Instagram at: @pspsa_wellness
X at: @PSPSA_Wellness

Hotel Information

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



Conference group pricing is $239 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.

SAVE THE DATE: 11th Annual Wellness on the Front Line

October 26 - 29, 2027

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

The Public Safety Peer Support Association 10th Annual Conference
October 27 - 30, 2026





- 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