

*If you or a colleague have stress- or trauma-related symptoms that are interfering with your professional, personal, or physical well-being, including self-medication with alcohol or other substances, please know...*

**You are not alone.  
There is HELP.  
There is HOPE.**

**There  
is  
ProSPeR.**

If you, or someone you know, is currently in crisis and needs immediate assistance, please call one of the following:

**911**  
**1.800.273.8255**

*The "THIN LINE" is a show of support for Public Safety Professionals. Each color acknowledges the service and sacrifice of a specific safety role in the community.*



*The Public Safety Professionals Retreat is proudly supported by:*  
**Sgt. Tom Pryor PTSD Awareness Fund**

*Updated: 01/2020 - SMM*

# Public Safety Professionals Retreat



**You are not alone.  
There is HELP.  
There is HOPE.**

**There is ProSPeR.**

# WHAT IS THE Public Safety Professionals Retreat?



*The Public Safety Professionals Retreat (PSPR), or ProSPeR, is a six-day intensive outpatient retreat that provides emergency responders the opportunity to learn and practice new coping skills while improving personal and professional relationships. PSPR focuses on using prevention and early-intervention models to effectively address issues including substance abuse, anxiety, depression, suicidal thoughts, sleep disturbances, and other stress- and trauma-related symptoms. The goal of*

*ProSPeR is to enable professionals in public safety roles to restore and resume work or retirement in a positive, productive manner and avoid negative outcomes such as family dissolution, chemical dependence, or suicide.*

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*At PSPR, the essential elements of developing peer support systems and understanding mental health are conducted by specially trained peers, chaplains, and clinical professionals. Each day encompasses a motivational theme that is reinforced by practicing specific skills and activity engagement designed to strengthen a guest's trust and reestablish confidence. Various new stress relief outlets are introduced and encouraged at ProSPeR such as horseback riding, swimming, fishing, hiking, yoga, and creative arts.*

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*At the end of the week, guests of the Public Safety Professionals Retreat have learned and practiced new life skills, gained friends and confidants who understand the issues (personal and professional) related to being an emergency responder, and have established trusted lifelines for continuing support.*



## ProSPeR MISSION STATEMENT

To provide a confidential and secure facility for stress- and trauma-related healing and education for those professionally committed to, or retired from, law enforcement, firefighting, and other public safety and emergency response roles in their communities.



## GUESTS

The term "Public Safety Professional" refers to a person working in an emergency responder career that commonly encounter critical incidents and crisis situations. The positions include, but are not limited to: law enforcement officers, firefighters, emergency medical technicians, paramedics, dispatchers, corrections officers, and all front-line, first-responding personnel for whom the repercussions of the career are impeding their professional work, intimate relationships, and personal well-being. To be able to provide the most effective and individual experience, each Public Safety Professionals Retreat is limited to only six (6) guests per session.



## LOCATION

The Public Safety Professionals Retreat is hosted at a peaceful and secluded working ranch located in Kern County, California, USA.



## CONTACT

Please contact PSPR for more information including application materials, retreat dates, and attendance fees.

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