

Public Safety Professionals Retreat

July 2024



Dear Community Partner,

Our society is enriched by selfless First Responders who are dedicated to public safety and service. After one (or multiple) traumatic incidents, these everyday heroes may become overwhelmed and disillusioned with their lives and careers. We are here to make sure each First Responder knows...You are not alone. There is Help. There is Hope. There is ProSPeR.

What is Public Safety Professionals Retreat?

Public Safety Professionals Retreat, (also referred to as **ProSPeR** or **PSPR**), is a 501.c.3 non-profit which conducts confidential, intensive preventive/early-intervention retreats designed exclusively for First Responders struggling to manage trauma- and stress-related symptoms associated with their profession. The **PSPR** staff of clinicians, peers, and chaplains work with retreat Guests to effectively address issues such as substance abuse, anxiety, depression, post-traumatic stress symptoms, sleep disturbances, and suicidal thoughts. Each six-day retreat offers unique opportunities for Guests to learn specialized coping skills to improve their individual welfare, whether they are active duty or retired, while enriching personal and professional relationships through ongoing peer support, as well as chaplain and faith services.

Why is Public Safety Professionals Retreat needed?

PSPR promotes awareness and healing by addressing the mental health issues that so many of our First Responders battle daily. Law enforcement officers, firefighters, emergency medical technicians, paramedics, dispatchers, and correction/detention officers commonly encounter critical incidents, crisis situations, and visually distressing scenes—the repercussions from which may impede work, intimate relationships, personal well-being, and may even develop into thoughts of suicide.

Unfortunately, negative stigmas surrounding mental health within the First Responder professions still exist. Senseless shame, guilt, and fear prevent countless First Responders from receiving timely, appropriate help. **ProSPeR** provides vital retreat experiences for these brave individuals who have sacrificed their wellbeing to keep our communities safe...but we need your help.

How can you support the mission, vision, and goals of Public Safety Professionals Retreat?

To support the health and wellbeing of struggling First Responders, **Public Safety Professionals Retreat** gratefully accepts monetary gifts on a continual basis. All donated funds are used to provide attendance scholarships to assist with the all-inclusive \$3000.00 per person retreat fee or to purchase supplies needed for retreat activities. Contributing to **ProSPeR** is your chance to champion culturally competent, transformative healing for First Responders.

Your generous support is genuinely appreciated.

With much gratitude,

Board of Directors, Public Safety Professionals Retreat

By:

Regina Pryor
PSPR President

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