

The background of the slide features a large, light blue, semi-transparent seal of the Petaluma Police Department. The seal is circular with a central shield containing a star and the words "PETALUMA POLICE". The outer ring of the seal contains the text "PROVIDE PROTECTION" on the left and "SERVICES SINCE 1857" on the right, separated by stars.

ORGANIZATIONAL WELLNESS PILOT PROGRAM

Partnering Agencies :

- **Peace Officer Standards Training
 - UC San Diego**
- **Petaluma Police Department**

CURRENT SNAPSHOT OF EMPLOYEE WELLNESS AND RESILIENCY

- Robust Peer Support Program
- First Responder Resiliency
- The Six Foundation
- RAND Report
- Strategic Plan Goal #1 – Organizational Wellness and Professional development
- West Coast Post-Trauma Retreat
- 11th Hour Trauma Retreat



POST-UCSD ORGANIZATIONAL WELLNESS AND RESILIENCE PROGRAM (POWR)

Our Team



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- Wellness programming for our law enforcement professionals is evolving, and the POST Officer Wellness and Resilience (POWR) program is specifically tailored for each agency and member.
- Developed by culturally competent wellness and resilience experts, and based on modern findings, this optimization program is adaptive, contemporary, and practical in addressing adversities.
- This engaging, interactive program will be facilitated by highly trained, intentionally selected professionals with expertise and experience in law enforcement and wellness.

Purpose of 720 Health



In partnership with you, co-create a process and program that:

- supports an agency-wide wellness culture
- increases the health and well-being of law enforcement professionals
- delivers evidence-based education and resources
- evaluates engagement, satisfaction, health outcomes, and accomplishment of agency goals
- results in a highly effective program that can be replicated across the state of CA and nationwide

Needs Assessment Process

Step 1
Agency Leaders
UCSD/POST
Kickoff Meeting

Step 2
Agency Leaders
UCSD/POST
Stakeholders
Survey Results

Step 3
Agency Leaders
UCSD/POST
Stakeholders
Recommendations

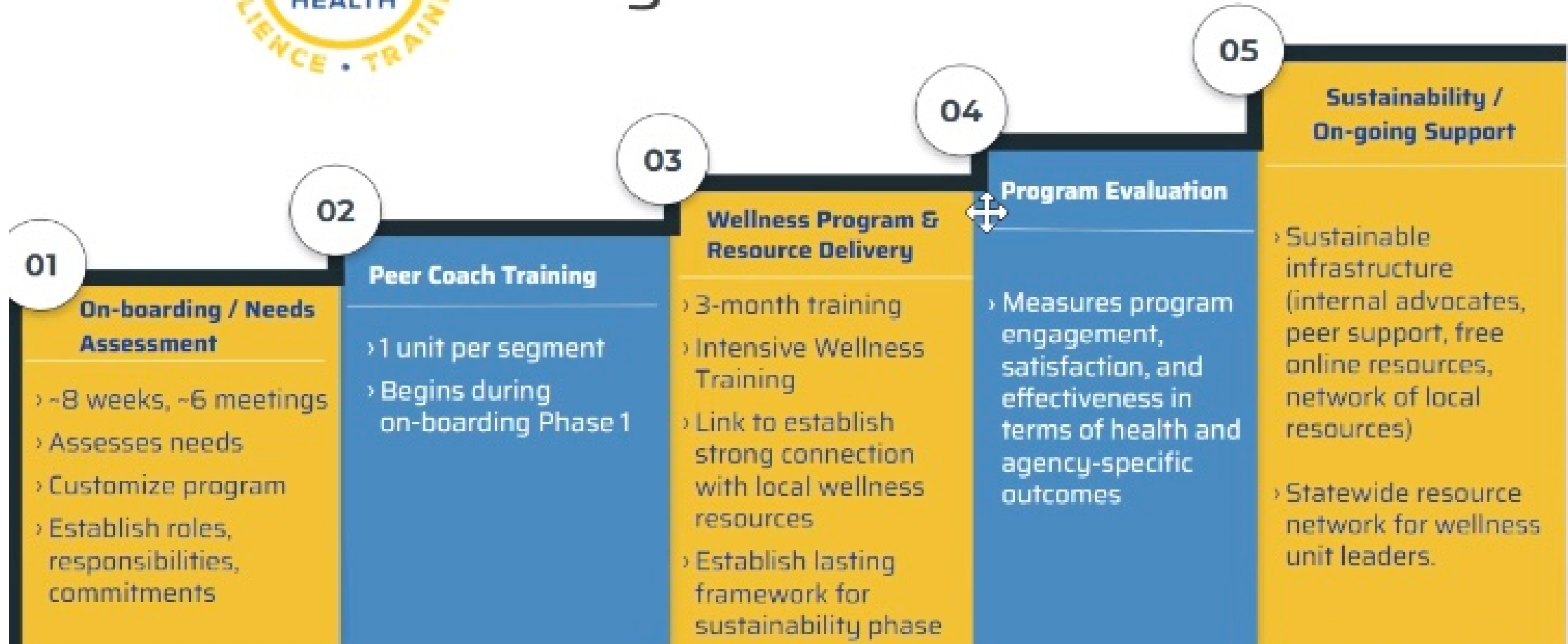
Step 4
Agency Leaders
UCSD/POST
Implementation Plan

Step 5
Agency Leaders
UCSD/POST
Strategic Rollout Plan





Program Phases



GOALS OF THE PROGRAM

Create

- Create an agency-wide wellness culture

Increase

- Increase the health and well-being of all department staff

Deliver

- Deliver evidence-based education and resources

Evaluate

- Evaluate engagement, satisfaction, health outcomes, and accomplishment of program goals

End

- End goal beyond PPD, a highly effective program that can be replicated across the state of CA and nationwide



QUESTIONS?