



**Region One**  
 PO Box 10818, Pleasanton,  
 CA 94588



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**CNOA-Region 1**

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 Hayward P.D.

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**AWARDS**

Chad Norris – Ret. Hayward P.D.

# CALIFORNIA NARCOTIC OFFICERS' ASSOCIATION

## REGION ONE



**Training Symposium**

Tuesday & Wednesday, March 24 & 25, 2020

(16-Hour Class)

0800-1700 hours

**Mental Resiliency for First Responders**

CNOA Region 1 and NCHIDTA are jointly hosting a wellness symposium to First Responders (Law Enforcement, Dispatch, Fire, and spouses) which is presented by various presenters. The Symposium will cover the following topics:

- Pre-Traumatic coaching and Mental Resiliency.
- Suicide Prevention for First Responders.
- Substance Abuse Prevention and Workers Comp injuries.
- Cancer Can't take my Blessings.
- Peer Support / Family Dynamics for First Responders.
- Various methods to treating Post Traumatic Stress/Post Traumatic Stress Growth.
- Critical Incident Response and the Aftermath for First Responders.

**PRESENTERS:**

**Retired Navy SEAL Mr. Daniel Luna:** Dan Luna was assigned to San Diego, CA at SEAL Team 1 where he served 10 years and completed 5 deployments. These deployments included 2 tours in Iraq, 2 tours in Afghanistan, 1 tour in PACOM and additional stints across various countries for joint training.

**Eddie Richardson:** Eddie is a retired Officer from South Carolina. Eddie received the Medal of Valor among other citations and awards for on-duty heroics before being ambushed, resulting in the loss of his career. He now advocates for wounded first responders nationwide and is the Peer Coordinator for the Wounded Blue, the National charity for wounded and disabled police officers, and the Iron Medics MC who ride for PTSD awareness.

**Officer Rich Hill:** Officer Hill has been with the Livermore Police Department since 1997. He held various positions to include DARE, K9, FTO, and Peer Support Team. In 2014, Officer Hill was diagnosed with rapidly growing form of cancer that threatened to take him away from his family, friends, and career. Now cancer free, Rich shares his story of the toll cancer took on his family and how he overcame the odds to return to full time police work.

**Sgt. Angela Irizarry:** Sergeant Irizarry is with the Hayward Police Department and one of the Peer Support Coordinators.

**Jade Defrates:** Clinical Social Work/Therapist, LCSW. Specializes in Trauma, PTSD, Depression, and Anxiety.

**Ann Carrizales:** While employed for Stafford PD in Texas, she initiated a traffic stop on a vehicle occupied by 3 members of with ties to MS-13. While speaking with the driver of the vehicle, the front seat passenger opened fire, shooting her in the face and chest prior to fleeing. She returned fire and while bleeding and in severe pain, got back into her patrol vehicle beginning pursuit of the suspects. Ann speaks regarding the fight after the fight and mental resiliency.

**Location:** Spreckels Veterans Memorial Building 90 5th Street Spreckels, CA 93962 (Parking is on site and free)

**LAW ENFORCEMENT ID WILL BE CHECKED AT THE DOOR**

**Tuition:** \$80 for CNOA members/\$120 for non-members. Attendees can bring their spouses for free, but please register them. **Pre-payment** is due by **3/19/2020**. Cancellation by **3/20/20**. Make checks payable to CNOA (Authorized payment only may be mailed to CNOA, P.O. Box 10818, Pleasanton, CA 94588) or email us to arrange payment by credit card. Register at:

<http://www.cnoaregionaltraining.org> (Region 1). For questions: contact us at

[cnoaregion1@gmail.com](mailto:cnoaregion1@gmail.com).