



**Phoenix Police Department**  
**Public Affairs Bureau**  
620 West Washington Street, Phoenix, Arizona 85003



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# MEDIA OPPORTUNITY

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## **Bulletproof Spirit: Trauma Recovery, Resilience and Wellness Training**

**DATE:** Thursday, February 8, 2024  
**TIME:** 12:00 p.m.  
**LOCATION:** Phoenix Regional Police Academy, 10001 S. 15<sup>th</sup> Avenue, Phoenix  
**EVENT:** Bulletproof Spirit Training

The Phoenix Police Department and National University have partnered to support officer mental health with the Bulletproof Spirit: Trauma Recovery, Resilience, and Wellness training.

This two-hour class addresses the daily work trauma of the policing profession and provides over a dozen evidence-based strategies that can be practiced daily to strengthen resilience and enhance physical, mental, emotional and spiritual wellness. The class is presented by retired Police Captain and author Dan Willis.

Phoenix Police is dedicated to employee wellness and this event is another tool to help officers be their best selves to better serve the community. Three sessions are being offered to officers, one during each shift, and is free. Attendees are being given a copy of Dan Willis' book Bulletproof Spirit.

Media is invited to the Phoenix Regional Police Academy to speak with Dan Willis, Lieutenant Steve Reed, of the Phoenix Police Department's Employee Assistance Unit, and Joe Patterson, Vice President of National University at 12:00 p.m. Also, there will be an opportunity for media to sit in on the first portion of the class that begins at 1:00 p.m.

Please email Phoebe Crump at [phoebe.crump@phoenix.gov](mailto:phoebe.crump@phoenix.gov) if you are planning to attend by 5 p.m. on Wednesday, February 7th.