

Rock Bottom to Redemption: A Probation Officer's Journey Through Trauma, Recovery and the Power of Perseverance

Pat Yalon-2025 CPOC Statewide Conference



# Cracks Beneath the Surface



## The Wave That Changed Everything



## ICU and Surgery



Post-Op Scar



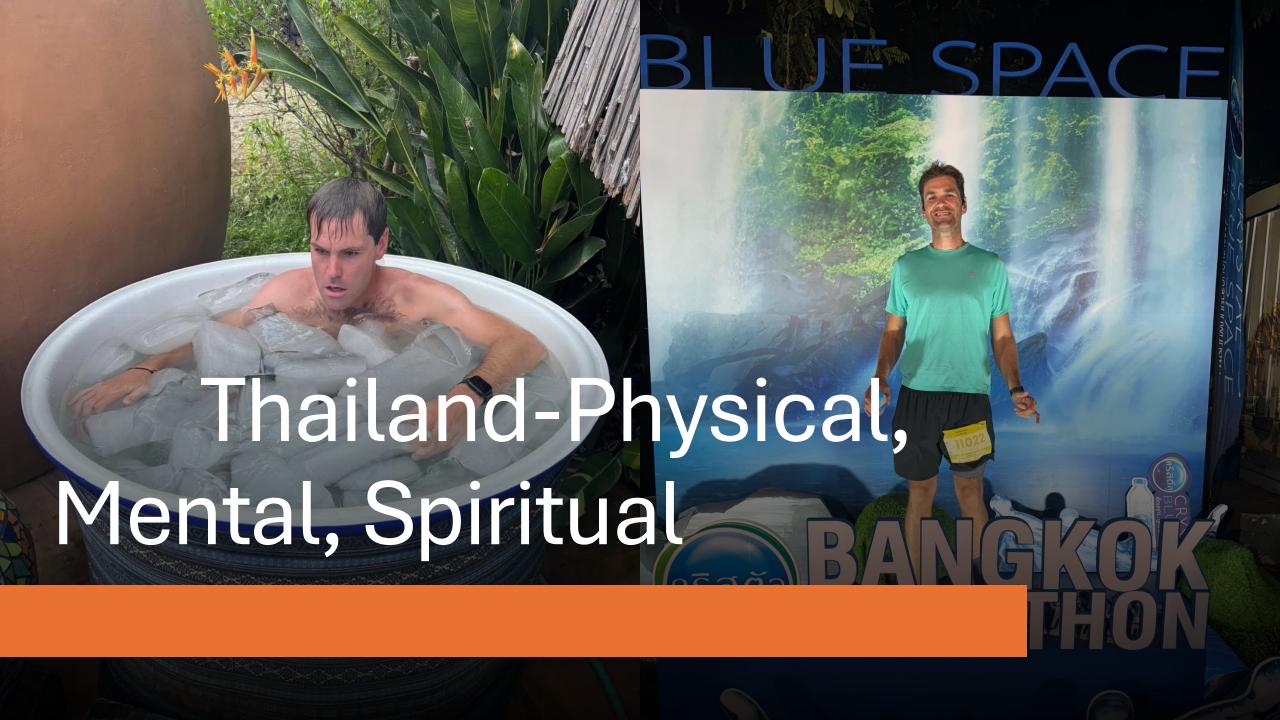






## Reclamation







## Moab 240 10/10/2025

### Three Pillars We Can Use Tomorrow



#### 1) Build Resilience Daily.

Not a marathon—one rep. Ten minutes of movement. A real lunch. Three lines of journaling. Stack tiny wins.



#### 2) Engineer Connection.

No one heals alone. One intentional check-in this week—with a colleague or a client. A **spotter** changes the lift.



#### 3) Design Accountability.

Pick one behavior to **track for 30 days**—personally or on caseload. Clarity beats shame. Small wins → safer outcomes.



Same recipe that rebuilt me: tiny reps, real people, honest data.





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