



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

Vallejo-Where the Fight Began





North Star-Moab 240



10:04



SA_M24-0167



Reclamation





Thailand-Physical,
Mental, Spiritual



Moab 240

10/10/2025

THE ROAD RACE TO RECOVERY

PAT YALON'S JOURNEY, WITH
HELP FROM HIS OC TEAMMATES

by Christine U'Ren

The Bangkok Marathon starts at 12:30 at night, in front of the king's Grand Palace. "I've never, ever done a race like that," Yalon said. "Everyone was in such good spirits. I remember just screaming to myself, 'all right, I'm in Thailand running a marathon, it's 2am, I'm alive.'" He finished in 03:53:02, 15th in his division, 75th among men, and 95th overall, of about 1,000 racers total. Normally, Yalon wouldn't consider that an impressive time — "I really push myself to always hover around three hours" — but this race, November 16, 2024, was different.

YALON IS MORE ACTIVE THAN
MOST, DESPITE THE CONSTANT
PAIN AFTER THE ACCIDENT- HE
SPEAKS TO IGNITE THE
INTERNAL MOTIVATION
WITHIN OTHERS.

"Resilience is a muscle."

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.**



What Is Your Moab?





Point your camera at the QR or
visit:

<https://yalon.my.canva.site/>

<https://www.linkedin.com/in/patrick-yalon-0aa98688/>

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