



THE CONNECTION

The Bi-Annual Newsletter of the
Federal Probation and Pretrial Officers Association

Summer/ Fall 2018

October 2018

PRESIDENT'S MESSAGE

From the desk of... Craig Penet, FPPOA President

The President's Message for this edition of The Connection applauds all of us in our work as U.S. Probation and Pretrial Services Officers. Over the past several months, after talking with so many of you in various capacities, it is clear our jobs are getting busier, the days shorter, and the list of duties longer. In the past couple of months, FPPOA has started "Wellness Wednesdays, which is simply an email with some helpful hints for all of us to consider in balancing our lives, both professional and personal. We believe that wellness is different for each individual. So please take the time to check out "Wellness Wednesday", and hopefully you can gain something good to use for yourself.

The Board of FPPOA has had an extremely busy summer, and you can see some of what we have done in this newsletter. But we are proud to announce the next National Training Institute will be held from August 25 to 28, 2019 at the J.W. Marriott Starr Pass Resort in Tucson, Arizona. We are already in the planning process and look forward to working with both the Pretrial and Probation Offices in the District of Arizona on this always outstanding training opportunity. Turn the page for more information. Be sure to ask your district to attend. We look forward to seeing you there.

- Craig Penet, National President

In This Issue Of **THE CONNECTION**

President's Message	1	I'm Just a Step	10
2019 FPPOA National Training Institute (NTI)	2	15 Ways to Avoid Officer Burnout	11
FPPOA Survey RESULTS	3	Pre-release/Probation Education and Preparation Program (PREPP)	13
Western District of NC—F.I.T.T.S.	6	Fit Time	14
Field of Vision—Northeast Region	7	FPPOA Elections Announcement	19
U.S. Probation Officers Help Ex-Offenders Get Back on Their Feet	9	Executive Board Contact Information/ FPPOA Regional District Representatives FPPOA 2018 Budget	20