



# Chris Catren

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First Responder Wellness  
Director of Strategic Relationships

Chris Catren served as the City of Redlands (CA) Chief of Police for over five years. He has a master's degree in public administration, a bachelor's in business administration and is a graduate of the California POST Command College.

He began his career as Crime Analyst in 1994 before becoming a police officer in 1996. He promoted through the ranks of sergeant, lieutenant and commander before becoming Chief of Police in 2017.

Chris served as President of the California Police Chiefs Association, President of the San Bernardino County Police Chiefs and Sheriff Association, and as a board member for the League of California Cities. He has taught at the graduate and undergraduate levels within the California State University and University of California systems. Chris now serves as the Director of Strategic Relationships at First Responder Wellness where he supports police and fire agencies in their quests to improve wellness initiatives for first responders.

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Topic: *A Proactive Approach to Wellness*

Wellness is not just the latest buzzword in the policing profession; it is a fundamental component of building high performing police organizations that serve their communities to the fullest. It's time to take a proactive approach to caring for those who care for others. This presentation will outline many ways in which police leaders can implement comprehensive measures to keep their staff well.