



# Michael Sugrue

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Sergeant, US Air Force (Ret.)

Michael Sugrue began his law enforcement career in the United States Air Force as a Security Forces Officer in 1998. As a Security Forces Officer, Michael specialized in Law Enforcement, Global Force Protection, Anti-Terrorism, Nuclear Security, Foreign Air Field Assessments and Air Base Ground Defense.

Immediately after the Air Force, Michael was hired by the Walnut Creek Police Department where he served in a variety of assignments including: Patrol Officer, Driver Training Instructor (EVOC) Field Training Officer (FTO), SIU Detective, Undercover CA DOJ Narcotic Task Force Agent (Contra Costa County), Public Information Officer (PIO) and Patrol Sergeant.

Michael was awarded the Walnut Creek PD Distinguished Service Medal in 2014 for his heroic and lifesaving actions during a Fatal Officer Involved Shooting in 2012. After medically retiring from the Walnut Creek PD Michael became an advocate for awareness, prevention, and training on PTSD and first responder suicide prevention.

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Topic: *Frontline Trauma and The Path to Recovery (3 Hour Presentation)*

*Sgt. Sugrue recounts his personal critical incidents which ultimately resulted in PTSD and almost cost him his life. Sgt. Sugrue's life spiraled downward drastically, until he finally had enough strength and courage to ask for help. Sgt. Sugrue takes us through his multi-faceted recovery and discusses his personal experiences as a client/peer with the West Coast Post Trauma Retreat (WCPR) and Save A Warrior (SAW).*