

City of London - Application for Appointment to a City of London Board or Commission

Application

Please choose the Board or Commission you are interested in serving on: **London Police Services Board**

Contact Information

Name: **Kevin Pera**

City: **London**

Province: **ON**

Postal Code: **N5W1X2**

Experience and Qualifications

1. Serving on the Police Services Board requires monthly, full-day meeting attendance; each meeting requires 4-6 hours of reading in advance. Can you describe your ability to participate and contribute this minimum amount of time monthly?:

I'm not getting precise but that seems less than 30 minutes of reading a day with advance notice. Or, simply 2.5 hours on three weekends in advance of the meeting. I am an active reader. Though I think time is not an accurate descriptor of comprehension. One could skim and learn more than others comprehend in an hour. I have spent days labouring in the sun while building and renovating pools. I don't understand how a full day meeting can be more difficult. I have participated in multiple mental health hearings and understand patiently waiting.

2. What skills, education, community involvement and/or experience (including lived experience) do you have that will assist you in a role on this specific board?:

I was awarded the Ian Hayes leadership award which goes to the top graduating player for leadership and sportsmanship with the 2012 London Beefeaters where we won our conference championship but my team did not take the Canadian Junior Football League semi-final seriously and we were handed a loss. The award goes to the top graduating player for leadership and sportsmanship.

I dedicated myself to the experience and study of sleep deprivation. I can understand an officer learning how to adapt and making mistakes. I empathize with the process of hardening.

I contacted the London Police media account and was led to Police Test Ontario where I paid for a course that provided modules from the Crisis and Trauma Resource Institute and I accomplished certification for every one.

I dedicated myself to not shaving and appearing as what most people consider a homeless man to look like. I was called homeless on multiple occasions. Many times in an attempt to insult my character, based on my looks. I know, now, how, people look at someone disadvantaged. I was even yelled at from across the street by a canvasser: "Are you homeless!?" I yelled back no. I was treated as not taking care of myself.

Being viewed as not taking care of myself was used as part of supporting a diagnosis. I understand that many homeless have stressful situations and I believe that talking to them is more helpful than sending them on a path that leads into a psychiatrist treating them with medicine. I know full well, what they would be treated like, by a doctor, and how if they don't comply; they'll be found incapable to consent to treatment. This will take the last amount of independence they have in their life away.

I have had a no knock warrant performed on me in Windsor, Ontario. I understand what is said about such practice and think my personal experience could provide relief of the issue. Police can't exactly knock in certain situations. Unfortunately; when I was celebrating a bachelor party, I unintentionally smoked laced marijuana. I don't know what it was laced with. I thought crystal meth because of my behaviour. I was awake for two weeks and experienced extreme paranoid delusions. I understand the officers did what protocol dictates. I must admit; they were prepared to protect themselves, as they should

be.

I will also say that, many homeless use narcotics and end up not sleeping. The result is they are paranoid. The result is they lose touch with objective reality. They become immersed in subjectivity and survival. I wasn't at the survival stage but I know what pay cheque to pay cheque is.

3. If you have experience on a Board, Commission or Committee (in London or elsewhere), please provide the details. If you have not previously served on a Board, Commission or Committee, please describe why this appointment is of interest to you.:

When black lives matter was promoted and spun out of control; I built an interest in solving an issue that people worry so much about. I've spent countless hours talking to people through social media comments, so, about 500 conversations regarding police and community involvement. I wrote a petition for the United States but I was not able to gain traction. I'd like to address any issues in the city I was born and raised in.

I have had a no knock warrant performed on and mental health was cited as the reason. I understand the citizen plight of police interaction. I had blocked my door with a recliner but forgot to lock the door. All because someone slipped me laced marijuana. I don't smoke now. I heard someone breaking into my apartment and the door opens to the street. I grabbed a kitchen knife and a putting wedge to meet an intruder. If the recliner was there, maybe the Windsor police would have drawn guns and fired. I can't guarantee that I would have recognized soon enough that police were kicking my door in; a taser would not have stopped me. An officer would realize as such. I'd like to scour London protocol to make sure no one is unintentionally harmed.

4. We value the contributions of Londoners with diverse experiences and welcome applications from individuals who share our commitment to reconciliation, equity and inclusion. Please describe how your work, community or lived experience will enhance these efforts through Board and Committee work. (max. 3000 characters):

Being on a football team has given me the perspective to see individual merit while favouring a team effort.

I completed all modules from the Crisis and Trauma Resource Institute courses which were bought from Police Test Ontario. The modules gave me insight into de-escalation and mental health. I couple this with my lived experience to balance expectations and realistic solutions. I am able to view the perspective of someone breaking a law while holding justice in my hands. Sure, a law is just a concept but order maintains a sense of community. Anarchy does not serve any group and I've given myself enough chances to prove it. I have unintentionally smoked laced marijuana more than one time. I allowed myself to trust people and got burnt a few times. I understand that the homeless in London, likely have no control over the drugs they ingest, thus they aren't really in control of their use. I am able to see their frustrations and seek to provide peaceful resolutions to their plight. I have spent about 2 years combined in mental health facilities because of accidental ingestion. I can see how someone might end up on the street and choose crime, while, at the same time not excuse the act. I can speak on their level and listen in the same way to become a bridge between city enforcement and habitual offenders.

Attach resume or other document here (optional): **Kevin-Pera.pdf**

Attach more files here, if needed: **All certificates from trauma and crisis.pdf**

Confirmations

I declare the following: **I am at least 18 years old.; I am not a City employee or Council member.; I understand that my application and any attachments will be included on a public agenda that is published on the City website.**

To help inform our outreach activities, please tell us how you heard about this opportunity: (optional): **Social media**

If you selected 'Other', please specify:

Submitted on: **3/4/2023 4:13:44 PM**

Kevin Pera

Hard working, Patient, Understanding

London, ON N5W1X2

I have a wealth of experience stemming from interactions with police.
I have a wealth of experience resulting from participation with psychiatry.
I adapt quickly.
Born and raised in London.
Worked and lived in London.
Always came back.

Work Experience

Pool Builder and Renovator

Warehouse Guys - London, ON

April 2013 to November 2021

Drive truck and tow trailer; provide and remove material.
Occasionally operate skid steer.
Dig trenches.
Remove pool liners and install new ones.
Remove concrete and pour new deck.
Build new pools.
Construct armour stone retaining walls.
Lay river rock.
Prep area, lay sod and water.
Arrange decorative vegetation around waterfalls.
Transplant trees.

Education

High school diploma

Sir Wilfrid Laurier Secondary School - London, ON

2004 to 2008

Skills

- Quick reader
- Physically able
- Attention to detail
- Friendly

Awards

Ian Hayes award

August 2012

The Ian Hayes award is given to the top graduating London Beefeater player for Leadership and Sportsmanship.

I led the 2012 London Beefeaters to the Canadian Junior Football League semi-final championship.

I would have earned defensive MVP but I sprained my left MCL and missed 4 games so I didn't have the stats for that.

Played football for 15 seasons.

Senior Defensive MVP

June 2009

I was awarded the Laurier Rams defensive MVP award.

I would have gotten the city award but I gave that to my teammate Tai Pham.

He didn't have the grades I did, so he needed to be seen in a greater light.

We both attended the University of Windsor.

He played well.

I got distracted with other pursuits.

Outstanding Defensive MVP

August 2007

I was awarded the London Falcons (now the Junior Mustangs) outstanding defensive player award when we won the Ontario Varsity Football League championship with a perfect season.

CERTIFICATE

OF COMPLETION

KEVIN PERA

HAS COMPLETED THE ON-DEMAND WEBINAR

Addictions and Mental Illness Understanding the Relationship

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Sheri Coburn, MSW, RSW
Trainer, CTRI
July 08, 2021
Continuing Education Credit Hours - 1

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Addictions and Mental Illness Working with Co-occurring Disorders

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Sheri Coburn, MSW, RSW
Trainer, CTRI
July 09, 2021
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Addictions and Youth Substances, Technology, and Porn

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



John Koop Harder, MSW, RSW

Trainer, CTRI

July 09, 2021

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HAS COMPLETED THE ON-DEMAND WEBINAR

Anxiety in Children and Youth Practical Intervention Strategies

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Sheri Coburn, MSW, RSW
Trainer, CTRI
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Anxiety Overview and Awareness

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Vicki Enns, MMFT, RMFT - Clinical
Director
Trainer, CTRI
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Trainer, CTRI
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Attachment Strategies for Engaging and Helping

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Sheri Coburn, MSW, RSW
Trainer, CTRI
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Autism
Developing an Understanding

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Kalyn Falk, MA
Trainer, CTRI
July 10, 2021

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Autism Strategies for Self-Regulation

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Trainer, CTRI
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Board Development The Fundamentals of Governance

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David Jung
Trainer, CTRI
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Borderline Personality Disorder Understanding and Supporting

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Sheri Coburn, MSW, RSW
Trainer, CTRI
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Bullying Responding for Prevention

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Mike Labun, BA
Trainer, CTRI
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Challenging Behaviours in Youth Strategies for Intervention

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Wendy Loewen, MA - Managing Director
Trainer, CTRI
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Clinical Supervision Skills for Developing Counsellors

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Vicki Enns, MMFT, RMFT - Clinical
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Coaching Strategies For Leaders

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Eric Stutzman, BA - Chief Executive
Officer

Trainer, CTRI

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Cognitive Behavioural Therapy Tools For Thinking Differently

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Tricia Klassen, MSW, RSW

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Conflict Resolution Skills

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Mike Labun
Trainer, CTRI
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Crisis Response Planning

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



John Koop Harder, MSW, RSW
Trainer, CTRI
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Critical Incident Group Debriefing

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John Koop Harder, MSW, RSW
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De-escalating Potentially Violent Situations™

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Randy Grieser, MSW, RSW - Founder
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Depression Overview and Awareness

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



John Koop Harder, MSW, RSW
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Depression Practical Intervention Strategies

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Dialectical Behaviour Therapy Balancing Acceptance and Change On-Demand Webinar

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Kimberly Enns, MSW, RSW
Trainer, CTRI
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Disordered Eating From Image to Illness

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Emergency Preparedness Planning

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Ethics of Helping Boundaries and Relationships

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Vicki Enns, MMFT, RMFT - Clinical
Director

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Family Violence Awareness and Support

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Sheri Coburn, MSW, RSW
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Fetal Alcohol Spectrum Disorder Understanding and Overview

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Nathan Gerbrandt, MSW, RSW -
Managing Director
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Fetal Alcohol Spectrum Disorder Strategies for Support

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Front Line Skills for Social Services

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Vicki Enns, MMFT, RMFT - Clinical
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Gender and Sexual Diversity in Youth

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Harm Reduction A Framework for Change, Choice, and Control

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Language Matters

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Leadership Insights for Thinking Differently

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Randy Grieser, MSW, RSW - Founder
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Leading Teams Remotely

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Managing Difficult Phone Calls

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Christina Reimer
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Managing Mental Health in The Workplace

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Marwa Fadol, MA, RPsych
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Mediation Facilitating Conflict Resolution

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Mental Health Awareness and Support

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John Koop Harder, MSW, RSW
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Mental Health Concerns in Children and Youth

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John Koop Harder, MSW, RSW
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Mindfulness As a Counselling Tool

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Vicki Enns, MMFT, RMFT - Clinical
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Mindfulness Overview and Awareness

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Vicki Enns, MMFT, RMFT - Clinical
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Motivational Interviewing- Strategies for Supporting Change

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Danielle Forth, MSc, RPsych
Trainer, CTRI
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Narrative Therapy Tools for Exploring Stories

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John Koop Harder, MSW, RSW
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**Peer Support
Equipping the Natural Helper On-demand Webinar**

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Resilience in Children Tools for Helping

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Tricia Klassen, MSW, RSW
Trainer, CTRI
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Restorative Justice Guiding Principles for Communities and Organizations

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Mike Labun, BA
Trainer, CTRI
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Self-Injury Behaviour in Youth Developing an Understanding

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Kimberly Enns, MSW, RSW
Trainer, CTRI
July 26, 2021

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Self-Injury Behaviour in Youth Strategies for Helping

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Kimberly Enns, MSW, RSW
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Solution Focused Therapy Skills for Short-Term Counseling

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Sheri Coburn, MSW, RSW
Trainer, CTRI
July 26, 2021

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Stress Management

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Michael Labun
Trainer, CTRI
July 26, 2021

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Trauma Overview and Awareness

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Vicki Enns, MMFT, RMFT - Clinical
Director

Trainer, CTRI
July 26, 2021

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Trauma Strategies for Counsellors

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Vicki Enns, MMFT, RMFT - Clinical
Director
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July 27, 2021
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Trauma-Informed Care Building a Culture of Strength

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Vicki Enns, MMFT, RMFT - Clinical
Director

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Trauma-Informed Leadership

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Randy Grieser, MSW, RSW - Founder
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Vicarious Trauma Strategies for Supporting Resilience

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Vicki Enns, MMFT, RMFT - Clinical
Director

Trainer, CTRI

July 27, 2021

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Violence Threat Assessment Planning and Response

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



Randy Grieser, MSW, RSW - Founder
Trainer, CTRI
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Walking With Grief Introduction and Overview

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



John Koop Harder, MSW, RSW
Trainer, CTRI
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Walking With Grief Helping Others Deal With Loss

THROUGH THE CRISIS & TRAUMA RESOURCE INSTITUTE



John Koop Harder, MSW, RSW
Trainer, CTRI
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Wellness Strategies Stress, Compassion Fatigue, and Resilience

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