



Lieutenant Maura (Mo) Pengel / Board of Directors Member

Mo grew up in the Bay Area, having attended Mercy High School and then continued onto Sonoma State, where she majored in Communication. Mo has always been athletically inclined, and held basketball in the highest regards. She played basketball, volleyball, softball, and tennis throughout high school, and then played on the Sonoma State Women's Basketball team throughout college. It was there that she really learned what it was like to work as a team to accomplish goals.

Besides playing basketball, Mo has also coached basketball since she was in high school, and to this day, she coaches youth basketball in her spare time, trying to instill in the kids the skills of the game and lessons of life at the same time.

Prior to entering the police department, Mo owned and operated a pizza place and sports bar. She learned that a lot of hard work and sweat equity is involved when trying to make a business succeed in a tough economy.

In 2001, Mo gave up the restaurant business and entered the San Francisco Police Department. She followed, not only in her father's footsteps, who had retired as an Inspector, but also in the steps of three of her sisters, who were all in the Department, and all held positions of rank, when she entered the Academy! It was an awesome, albeit hard position to adjust to, but adjust to it she did!

Mo worked as an officer at Mission and Northern Stations, and then in 2008, she was promoted to Sergeant, where she worked at Southern and Taraval Stations. She has worked Patrol, Investigations, and is currently working in Administration at the Behavioral Science Unit,

where she is involved with the Catastrophic Illness Program, the West Coast Post Trauma Retreat (WCPR), Peer Support, the Critical Incident Response Team, and is the Managed Health Network provider co-liaison. She has enjoyed all of these positions, and always found herself trying to help others.

Mo says that "it sounds very rehearsed that 'I joined the Department to help others', but that is exactly why I joined. I just didn't realize that when I was referring to helping others, I was thinking that I would be helping the public, which I did, but now I am helping other officers. I have worked as the Alcohol Counselor, as a Peer Support member, on the Critical Incident Response Team, and as the Post Traumatic Stress Disorder counselor, and all of this has helped me to be in a position to assist other officers.

I knew that BALEAF has reached out and helped many officers who had no other help and no one to count on, and this was an organization that I wanted to be a part of as well. Working in the Behavioral Science Unit has exposed me and shown me that officers do need help once in a while, and that everyone struggles and needs a calm voice and an ear to listen. BALEAF is that conduit for officers to get whatever help they need. I am very proud to be a Board Member of BALEAF, and I appreciate the mission of BALEAF and the fact that if an officer needs help, we are there for them!"

Mo was appointed as the organization's Executive Director in January of 2019, and then moved to a regular Board member position upon promoting to Lieutenant in 2020.