



VALOR Digital Dispatch provides officer safety-related articles, resources, upcoming VALOR trainings, new resources added to the VALOR Web Portal, and research studies that are relevant for the law enforcement community. The Dispatch is provided to all members of the VALOR Web Portal, www.valorforblue.org. We encourage you to share this email with other members of the law enforcement community.

Access to articles and training resources may require logging in to your VALOR account. If you are a law enforcement officer and would like to sign up for a VALOR account, [click here](#) to be taken to the registration page. Contact valor@iir.com to submit an article for consideration in the VALOR Digital Dispatch.



The Bureau of Justice Assistance (BJA) VALOR Program is highlighting the latest Spotlight on Safety, [Cybersecurity and Officer Safety—Increase Awareness, Assess Your Information, and Protect Your Digital Footprint](#). This series looks at keeping officers safe online by exploring what personally identifying information is on the internet and how to sanitize and protect officers' digital footprints.

Cybersecurity



[Cybersecurity and Officer Safety—Increase Awareness, Assess Your Information, and Protect Your Digital Footprint](#)

Over the course of a career, law enforcement officers are exposed to an endless number of bulletins, trainings, and briefings regarding safety recommendations and best practices. However, threats to the safety of law enforcement officers are constantly evolving in today's digital climate, where an individual's life is an open book on the Internet. Officers must adapt to the changes and make every effort to review their own online profiles, continually assess their vulnerabilities, and protect

their online presence. Ignoring or not understanding these online threats to officer safety does not make them go away. Being safe online translates to safety on the streets! [Read the article](#)

Mission Essential Topics for Research

Your continued professional development and training are critical to your safety and well-being, as well as that of your fellow officers and the community you serve. These topics are in areas that you may want to further research and explore.

Officer-Involved Shootings



[Officer-Involved Shootings: A Guide for Law Enforcement Leaders](#)

Though few officers will be directly involved in shooting situations during their careers, many more may experience the impacts. The effects of such events touch not only the officer involved, but the department and the community as well. Given the gravity of officer-involved shootings, it is vitally important to ensure that agencies and officers are prepared in advance for such events. This guide is intended to help prepare officers and departments prior to an officer-involved shooting; suggest incident-scene actions and procedures; recommend procedures for conducting criminal and administrative investigations; and propose suggestions for working with the media, officer safety, and mental health and wellness procedures. [Read the article](#)

Use of Force



[Considerations and Recommendations Regarding State and Local Officer-Involved Use-of-Force Investigations](#)

This resource provides recommendations and considerations for municipal, county, and state law enforcement officials tasked with ensuring accountability for critical use-of-force incidents that result in death or serious bodily injury to any party. It is intended to be used for officer safety prior to a critical use-of-force incident to identify and implement recommendations, address issues, and better equip agencies to effectively respond to use-of-force investigations. [Read the article](#)

Register for Training

- [VALOR Executive Session | February 27, 2018 | Las Vegas, Nevada](#)

Save the Date:

- VALOR Officer Safety and Wellness Training | March 7–8, 2018 | Blackwood, New Jersey
- VALOR Executive Leadership Workshop | March 13, 2018 | Hoover, Alabama
- VALOR Officer Safety and Wellness Training | March 20–21, 2018 | Milwaukee, Wisconsin
- VALOR Train-the-Trainer Workshop | April 5, 2018 | Tallahassee, Florida
- VALOR Officer Safety and Wellness Training | April 17–18, 2018 | Trussville, Alabama
- VALOR Train-the-Trainer Workshop | April 19, 2018 | Trussville, Alabama
- VALOR Executive Leadership Workshop | May 8, 2018 | Little Rock, Arkansas
- VALOR Officer Safety and Wellness Training | May 8–9, 2018 | Glendora, California
- VALOR Executive Leadership Workshop | June 4, 2018 | Baton Rouge, Louisiana
- VALOR Officer Safety and Wellness Training | June 12–13, 2018 | Jacksonville, Arkansas
- VALOR Officer Safety and Wellness Training | June 21–22, 2018 | Kalamazoo, Michigan
- VALOR Officer Safety and Wellness Training | June 25–26, 2018 | Baton Rouge, Louisiana
- VALOR Train-the-Trainer Workshop | June 27, 2018 | Baton Rouge, Louisiana

New on
valorforblue.org



[VALOR Voices Podcast: Healthy Hire—Healthy Retire](#)

In this episode of the VALOR *Voices* podcast, Captain Brian Nanavaty of the Indianapolis, Indiana, Metropolitan Police Department (IMPD) discusses officer wellness and resiliency. Captain Nanavaty played a key role in the development of IMPD's Office of Professional Development and Police Wellness. In 2015, the IMPD won the Destination Zero

award for Officer Wellness. Captain Nanavaty details why agencies need to be proactive and implement wellness programs for their officers. At the very core of the issue, a partnership needs to be created between every officer and his or her agency to provide the resources for officers to stay physically and mentally healthy and resilient, from the point of hire through retirement. Captain Nanavaty explains how this partnership will benefit the officer, the department, and the community.

Have You Seen This?



[The Office of Justice Programs BJA Law Enforcement Congressional Badge of Bravery \(CBOB\)](#)

The CBOB nomination period is open. To learn more about the CBOB and submit a nomination, [visit the website](#).



[VALOR Voices Podcast: Active Shooter Response](#)

On November 20, 2014, an active shooter event occurred at Florida State University (FSU). In this episode, FSU Police Chief David Perry discusses the need for training by law enforcement officers, including interagency drills, to effectively prepare for critical incidents and how such training played an integral part in rapidly resolving the event on FSU's campus. Chief Perry also talks about post-event planning and ways to support the affected community after an active shooter situation.



[VALOR Voices Podcast: *The Benefits of Sleep*](#)

Sleep is beneficial for both our bodies and our minds, and not receiving the proper amount of quality sleep may affect your or the public's safety. With the help of Dr. Olivia Johnson, we will discuss the benefits of sleep, the dangers of not getting enough sleep, and tips for achieving better sleep.



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