

Officer safety through continued education and training!

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VALOR Officer Safety and Wellness Program

Digital Dispatch

Volume 4, Issue 5



The VALOR Digital Dispatch provides officer safety and wellness-related articles, resources, upcoming VALOR trainings, and research studies to all registered VALOR Web Portal members. Share this email with others in the law enforcement community. Previous issues of the Digital Dispatch are also available on www.valorforblue.org.

Access to articles and training resources may require logging in to your VALOR account. Law enforcement officers can [register for a VALOR account](#).

SHOWCASE

Spotlight on Safety



The Bureau of Justice Assistance (BJA) VALOR Program is highlighting the Spotlight on Safety, [Roadmap to Vehicle Safety](#). This series promotes your safety in operating in and around your vehicle.

Roadmap to Vehicle Safety

[Vehicle Safety: Four Basics That May Save Lives](#)

Legendary National Football League coach Vince Lombardi based his success on mastering the fundamentals. His famous quote, "Excellence is achieved by the mastery of the fundamentals," applies to winning both on the football field and in the law enforcement arena. [Read the article](#).

MISSION ESSENTIAL

Continue Your Education



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. The following

topics are areas that you may want to further research and explore.

Officer Health

[Health Watch Starts Here](#)

Unusual hours in a squad car might make it difficult for officers to find the time to eat properly or identify nutritious options. Not only can healthy eating habits help officers stay alert and energized during shifts, but these habits can also increase overall health. Inside are healthy recommendations to choose while on duty and foods that you should avoid. [Read the article.](#)

Law Enforcement Suicide

[The Signs Within: Suicide Prevention Education and Awareness](#)

Law enforcement officers respond to danger and witness tragedy on a routine basis, which can make them vulnerable to a high level of emotional distress, even suicide. Though there is no clear data on the number of officer suicides that occur each year, officer suicide is a growing concern within the law enforcement community, which is increasingly interested in addressing it through mental health programs. [Read the article.](#)

SPOTLIGHT ON SAFETY
Featured Posters

AUTOPILOT
ON/OFF

WATCH YOUR SPEED

CONSIDER WEATHER, ROAD, AND TRAFFIC CONDITIONS!

ARE YOU ON AUTOPILOT?

From 2008 to 2017, nearly 400 officers were killed in auto crashes.

WHAT'S IMPORTANT NOW (W.I.N.)

WEAR YOUR SEAT BELT TO MAKE IT HOME SAFELY!

FOCUS ON DRIVING TO MAKE IT SAFELY TO YOUR CALL!

DON'T IGNORE YOUR WARNING LIGHTS

From 2008 to 2017, nearly 400 officers were killed in auto crashes.

SEAT BELTS SAVE LIVES!

ARE YOU WEARING YOURS?

[8.5 x 11](#)

[11 x 17](#)

[18 x 24](#)

[8.5 x 11](#)

[11 x 17](#)

[18 x 24](#)

[8.5 x 11](#)

[11 x 17](#)

[18 x 24](#)

REGISTER FOR

Training



Survive & Thrive: Protecting You and Your Fellow Officers

[Rockville Centre, New York—June 11–12, 2018](#)

[Jacksonville, Arkansas—June 12–13, 2018](#)

[Kalamazoo, Michigan—June 21–22, 2018](#)

[Baton Rouge, Louisiana—June 25–26, 2018](#)

Survive & Thrive Fundamentals: Protecting You and Your Fellow Officers

[Honolulu, Hawaii—June 14, 2018](#)

[Concord, New Hampshire—July 16, 2018](#)

[Billings, Montana—August 7, 2018](#)

Train-the-Trainer Workshop

[Rockville Centre, New York—June 13, 2018](#)

[Baton Rouge, Louisiana—June 27, 2018](#)

Save the Date!

Survive & Thrive: Protecting You and Your Fellow Officers

Oklahoma City, Oklahoma—August 14–15, 2018

Kansas City, Missouri—September 24–25, 2018

Survive & Thrive Fundamentals: Protecting You and Your Fellow Officers

Vernal, Utah—July 12, 2018

Train-the-Trainer Workshop

Kansas City, Missouri—September 26, 2018

Executive Leadership Workshop

Kansas City, Missouri—September 6, 2018

REGISTER NOW



You won't want to miss out on the 2018 Bureau of Justice Assistance (BJA) Destination Zero (DZ) Conference scheduled for August 2–3, 2018! The conference is being held in beautiful Phoenix, Arizona.

The BJA DZ Program is a collaborative effort between the National Law Enforcement Officers Memorial Fund and the VALOR Officer Safety Program. It was designed to help law enforcement agencies improve the health and safety of their officers across the United States.

Two-Day, No-Cost

During this conference, you will:

- Hear about successful and/or promising officer safety and wellness programs.
- Meet the people who developed these programs.
- Leave inspired to create, implement, and market programs in your own agency.

DZCon2018.valorforblue.org

Attendance at the DZ Conference is limited to law enforcement personnel. Agency identification will be required at registration check-in.

NEW ON

valorforblue.org



WHO ARE WE?



[Who Are We?](#)

The Office of Justice Programs (OJP) BJA VALOR Program recognizes the complex work of the noble profession of law enforcement.

Watch the video on
Facebook

Have You Seen This?



[VALOR Officer Safety App](#)

The VALOR Team is excited to announce the launch of the updated VALOR Officer Safety app. With a contemporary look and an array of additional features, the VALOR Officer Safety app is more prepared than ever to provide you with cutting-edge training.

What's available?

As a registered valorforblue.org user, once you download the VALOR app, you will have access to:

- Daily preservice checklist
- Officer safety tips
- Training videos
- VALOR Voices podcasts
- Bulletins
- Posters
- Other secure resources

Download
Today!



[The Deadly Mix](#)

(VALOR log-in required)

This online training module is designed as an overview of the research conducted by the Federal Bureau of Investigation Behavioral Science Unit that evaluated the officer, the offender, and the circumstances that brought them together in deadly force encounters. The research examined case studies of officers who faced a drawn gun,

including suspects' accounts of their decisions after killing an officer, and identified the moral, mental, and physical preparations necessary for officers to survive violent encounters.

This document/article was prepared as part of the VALOR Officer Safety and Wellness Training and Technical Assistance Program for the purpose of helping law enforcement personnel understand safety and wellness issues. It is not a U.S. Department of Justice publication. Opinions or points of view expressed are those of the author(s) and do not necessarily reflect the official position or policies of nor should be seen as an endorsement by the U.S. Department of Justice.



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