

Officer safety through continued education and training!

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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 sign up for a VALOR account [here](#).

SHOWCASE

Spotlight on Safety

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

Vehicle Safety

NEW Article!

[Distracted Driving and Officer Safety](#)

Unlike other professionals who have separate office space, our "offices" may be our patrol cars. Too often, we attempt to multitask while driving because of the equipment we are expected to use. Most vehicles are equipped with a license plate reader, radar, a computer, a radio, and a cell phone. Personal cell phone use is an additional distraction. All of these tools are wonderful and can help us with our duties, but do not allow them to stop you from mentally preparing to handle a complaint or prevent you from realizing in time that you need to call for backup. Do not let distractions in your vehicle take your mind away from officer safety concepts!

[Read the article.](#)

[Vehicle Safety and What Law Enforcement Executives Need to Hear](#)

Training and well-defined policies and procedures are critical to keeping law enforcement officers safe on the road. As law enforcement leaders, what can we do to help ensure that our officers are as safe as possible when operating their patrol cars and functioning in and around their vehicles? [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.

Vicarious Trauma

[Office of Justice Programs, Office for Victims of Crime, Vicarious Trauma Toolkit \(VTT\)](#)

The VTT was developed on the premise that exposure to the traumatic experiences of other people—known as vicarious trauma—is an inevitable occupational challenge for victim services, emergency medical services, fire services, law enforcement, and other allied professionals; however, organizations can mitigate the potentially negative effects of trauma exposure by becoming informed about vicarious trauma.

The VTT includes tools and resources, tailored specifically to these fields, that provide the knowledge and skills that organizations need to address the vicarious trauma needs of their staff. To begin exploring the VTT, select one of the disciplines below and visit the comprehensive Compendium of Resources. [View the law enforcement toolkit.](#)

LEO Near Miss Reporting System

[The Office of Community Oriented Policing Services' Monthly Podcast Series, *The Beat*](#)

The Beat features interviews with experts from many disciplines and provides law enforcement personnel with the latest developments in community policing. In this podcast, Jim Burch, Vice President of Strategic Initiatives at the Police Foundation, discusses the LEO Near Miss Reporting System. [Listen to the podcast.](#)

SPOTLIGHT ON SAFETY Featured Posters



www.valorforblue.org/s/sos/#Posters

REGISTER FOR Training



Survive & Thrive: Protecting You and Your Fellow Officers

- [Oklahoma City, Oklahoma—August 14-15, 2018](#)
- [Orlando, Florida—August 27-28, 2018](#)

Survive & Thrive Fundamentals: Protecting You and Your Fellow Officers

- [Vernal, Utah—July 12, 2018](#)
- [Concord, New Hampshire—July 16, 2018](#)
- [Billings, Montana—August 7, 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

Officer Safety and Terrorism: Strategies to Prepare and Respond

- Laurel, Maryland—August 23, 2018
- Grand Rapids, Michigan—September 13, 2018
- New Braintree, Massachusetts—September 19, 2018
- Boys Town, Nebraska—September 20, 2018
- Orlando, Florida—September 25, 2018

REGISTER NOW



We are pleased to announce 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 and was designed to help law enforcement agencies improve the health and safety of their officers across the United States.

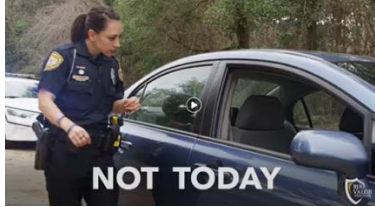
DZCon2018.valorforblue.org

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

NEW ON

valorforblue.org





What will you do to ensure your safe return home every day?

Watch the *Not Today* video and download a poster to display at your agency:

<https://www.valorforblue.org/s/Not-Today>

The [OJP Bureau of Justice Assistance](#) VALOR Program is committed to officer safety and wellness.

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[The Importance of Fitness for Law Enforcement Professionals](#)

(VALOR log-in required)

This online training module will address the critical need for law enforcement professionals to engage in regular physical fitness to help ensure their safety. It will also provide guidance on how officers can improve their overall health and wellness through such simple tasks as maintaining a proper diet and getting quality sleep. And finally, the module will review a study that illustrates how the stressors encountered in the law enforcement profession directly impact officers' physical health. [Watch now.](#)

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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