

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](http://www.valorforblue.org).

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

## SHOWCASE

### Spotlight on Safety



The Bureau of Justice Assistance (BJA) VALOR Program is highlighting the Spotlight on Safety series, [Mitigating the Negative Effects of Stress](#). This series promotes officer wellness through stress reduction.

## Law Enforcement Stress

### [Mitigating the Emotional Impact of Stress on Law Enforcement Personnel](#)

Law enforcement officers' basic job duties, though essential, often contribute to physical and emotional stress, which can compromise their abilities to effectively serve and protect. Traumatic events and cumulative stress can wreak havoc on the bodies, minds, and lives of this nation's public servants. This article explores different types of stress and identifies practical ways for officers and administrators to manage and overcome both personal and organizational stressors. The VALOR Program encourages you to read the article and start making positive changes today!

[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.

### Active Shooter

#### **[A Study of the Pre-Attack Behaviors of Active Shooters in the United States Between 2000 and 2013](#)**

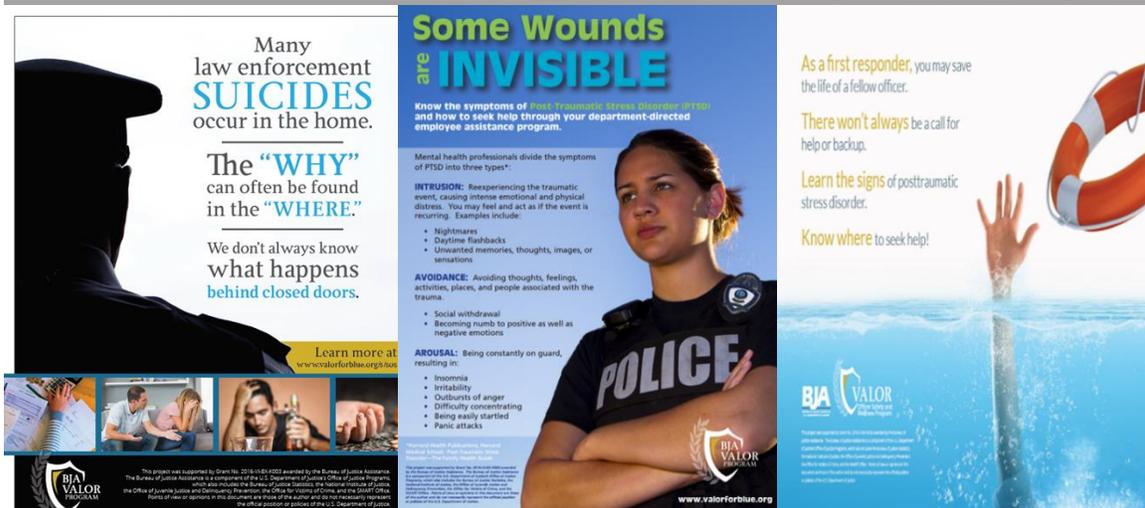
While many dedicated professionals work to thwart active shootings, the Federal Bureau of Investigation suspects that future active shooters themselves are looking for ways to avoid detection and maximize damage as they plan and prepare for their acts of violence. Preventing these future attacks will depend on our ability to remain agile and recognize evolving pre-attack behaviors. [Read the study.](#)

### Crisis Intervention Team

#### **[Park Ridge's Success Story on Going Beyond Crisis Intervention Team Training: Building Whole-Community Responses to Mental Health Crises](#)**

This article discusses how community-based mental health services are going unfunded or are lacking sufficient resources. The safety net for people with mental illness has been essentially eliminated. At the community level, emergency rooms and law enforcement agencies have become the new front doors to what remains of our mental health system, operating as the first points of contact for people in crisis or with chronic mental illness. As such, there is a pressing need for education and collaboration among these parties, as well as across the larger community. [Read the report.](#)

## SPOTLIGHT ON SAFETY Featured Posters



[www.valorforblue.org/s/sos/#Posters](http://www.valorforblue.org/s/sos/#Posters)

## REGISTER FOR Training

### Survive & Thrive: Protecting You and Your Fellow Officers

- [Oklahoma City, Oklahoma—August 14–15, 2018](#)
- [Burien, Washington—August 20–21, 2018](#)
- [Raleigh, North Carolina—August 23–24, 2018](#)
- [Orlando, Florida—August 27–28, 2018](#)
- [Sharonville, Ohio—August 28–29, 2018](#)
- [Newport, Rhode Island—September 11–12, 2018](#)
- [Tampa, Florida—September 18–19, 2018](#)
- [Waukegan, Illinois—September 18–19, 2018](#)
- [Denmark, Tennessee—September 19–20, 2018](#)

### Survive & Thrive Fundamentals: Protecting You and Your Fellow Officers

- [Billings, Montana—August 7, 2018](#)
- [Cass Lake, Minnesota—August 22, 2018](#)
- [Lafayette, Indiana—September 13, 2018](#)

## **Mid-Level Leadership Workshop: Fostering an Organizational Culture of Safety and Wellness**

- [Bradenton, Florida—August 8, 2018](#)
- [Mason, Michigan—August 24, 2018](#)
- [Brownwood, Texas—September 12, 2018](#)
- [Blackwood, New Jersey—September 13, 2018](#)

## **Train-the-Trainer Workshop**

- [Taylor, Michigan—August 21, 2018](#)
- [Waukegan, Illinois—September 20, 2018](#)

## **Executive Leadership Workshop**

- [Waukegan, Illinois—August 16, 2018](#)

## **Officer Safety and Terrorism: Strategies to Prepare and Respond**

- [Madison, Wisconsin—August 13, 2018](#)
- [Joplin, Missouri—August 15, 2018](#)
- [Laurel, Maryland—August 23, 2018](#)
- [Lafayette, Indiana—August 30, 2018](#)
- [Cass Lake, Minnesota—September 6, 2018](#)
- [New Braintree, Massachusetts—September 19, 2018](#)
- [Boys Town, Nebraska—September 20, 2018](#)
- [Orlando, Florida—September 25, 2018](#)

## **Save the Date!**

### **Survive & Thrive: Protecting You and Your Fellow Officers**

- Kansas City, Missouri—September 24–25, 2018

### **Train-the-Trainer Workshop**

- Kansas City, Missouri—September 26, 2018

### **Executive Leadership Workshop**

- Kansas City, Missouri—September 6, 2018

## Mid-Level Leadership Workshop: Fostering an Organizational Culture of Safety and Wellness

- Phoenix, Arizona—August 27, 2018

## Officer Safety and Terrorism: Strategies to Prepare and Respond

- Grand Rapids, Michigan—September 13, 2018

**REGISTER NOW**



Please join us at the 2018 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](https://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



A Bullet-Resistant Vest  
Roll Call



On average, a law enforcement officer is killed every 63 hours. Bullet-resistant vests have saved thousands of officers' lives over the last 30 years. Are you wearing your vest?

Watch this [video](#) on bullet-resistant vests.

Have You Seen This?



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Safety Program  
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*"Follow" us on Twitter ([@valorforblue](#)).*



### [Mental Health and Wellness](#)

**(VALOR log-in required)**

This online training module addresses the critical need for law enforcement professionals to engage in regular physical fitness to help ensure their safety. It also provides guidance on how officers can improve their overall health and wellness through such simple tasks as maintaining a proper diet and getting quality sleep. Finally, the module reviews a study that illustrates how the stressors encountered in the law enforcement profession directly impact officers' physical health.

[Watch now.](#)

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