

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 Suicide

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

This document outlines the importance of suicide prevention and awareness education; refutes some common myths about suicide; and provides concepts, resources, and promising practices for law enforcement executives. It also provides an overview and a checklist for managerial staff to consider as they supervise employees for signs of stress and strategies for starting the conversation. A majority of those who die by suicide want only to stop hurting and feel relief from emotional and/or physical pain. Law enforcement personnel might not ask for help directly but still may display signs of overt stress indicative of suicidal tendencies. Suicide prevention begins with understanding and acknowledging these warning signs and taking them seriously. [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.

### Financial Literacy

#### **[Supporting Officer Safety Through Family Wellness: Financial Literacy](#)**

Studies have shown that people who are financially stable are more productive, use less sick leave, and have higher morale. Instead of suffering anxiety over paying bills and covering debt, financially stable individuals are focused on doing a great job professionally. Below are some things to consider to ensure that you and your family are more financially stable. [Read the article.](#)

### Mental Health and Wellness

#### **[The Beat—COPS Office Monthly Podcast Series: Performance and Recovery \(PRO\) Program](#)**

In this podcast, Brandi Burque, a psychologist with the San Antonio, Texas, Police Department, discusses the PRO Program, a comprehensive stress management program for police officers and their families. [Listen/download the podcast](#) or [read the transcript.](#)

## 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](#)
- [Kansas City, Missouri—September 24–25, 2018](#)

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

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

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

- [Mason, Michigan—August 24, 2018](#)
- [Phoenix, Arizona—August 27, 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](#)
- [Kansas City, Missouri—September 26, 2018](#)

## **Executive Leadership Workshop**

- [Waukegan, Illinois—August 16, 2018](#)
- [Kansas City, Missouri—September 6, 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](#)
- [Grand Rapids, Michigan—September 13, 2018](#)
- [New Braintree, Massachusetts—September 19, 2018](#)
- [Boys Town, Nebraska—September 20, 2018](#)
- [Orlando, Florida—September 25, 2018](#)

NEW ON

valorforblue.org



### [Characteristics of Weapon Concealment](#)

(VALOR log-in required)

This new online training is designed to show **observable characteristics** of an armed person and help law enforcement officers **remain alert** and **stay safe**.

Watch now!

## Have You Seen This?



AMBUSH  
ATTACKS

### [Ambush Attacks](#)

(VALOR log-in required)

This VALOR training module was created in response to the increase in ambush-style assaults that have led to the injuries or deaths of many law enforcement officers in recent years. This training is designed to give officers tools to help prevent and react to ambush attacks. [Watch now](#).



### [Foot Pursuits](#)

(VALOR log-in required)

This VALOR training module helps officers identify practical considerations and recognize the dangers of foot pursuits. Mentally preparing and knowing your agency's foot-pursuit and use-of-force policies prior to initiating a foot pursuit is critical. [Watch now](#).

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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