



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 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

[Breaking the Silence on Law Enforcement Suicides](#)

The International Association of Chiefs of Police (IACP), in partnership with the U.S. Department of Justice's Office of Community Oriented Policing Services, hosted "Breaking the Silence: A National Symposium on Law Enforcement Officer Suicide and Mental Health." Participants at the symposium worked together to develop a national strategy built on the following four cornerstones to address officer mental wellness and suicide prevention: (1) culture change; (2) early warning and prevention protocols; (3) training; and (4) event response protocols. The strategies outlined in this publication are designed as a road map for police departments seeking to include officer mental wellness as a core element of officer safety and well-being and to mitigate the threat of officer death by suicide. [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. You may want to further research and explore the following topics.

Line-of-Duty Deaths

[Preventing Line-of-Duty Deaths: A Chief's Duty](#)

This agency self-assessment tool is designed to help law enforcement leaders evaluate their agency's efforts to fully address the safety needs of their officers. Use this tool to proactively examine the range of critical officer safety strategies and determine areas in which your agency can take action to improve. When taken together, the infrastructure improvements, systemic policies, and strategies covered by this checklist will enhance officer safety and potentially prevent acts of violence against law enforcement personnel. [Read the article.](#)

Wellness

[Mindfulness and Officer Health, Job Performance, and Well-Being](#)

Officers can incorporate mindfulness techniques into training and police work, producing multiple benefits for their health, resilience, job performance, and well-being. [Read the article.](#)

SPOTLIGHT ON SAFETY Featured Posters



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

REGISTER FOR Training

Survive & Thrive: Protecting You and Your Fellow Officers

- [Raleigh, North Carolina—August 23–24, 2018](#)
- [Orlando, Florida—August 27–28, 2018](#)
- [Sharonville, Ohio—August 28–29, 2018](#)
- [St. Louis, Missouri—September 10–11, 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

- [Pocatello, Idaho—September 5, 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

- [Waukegan, Illinois—September 20, 2018](#)
- [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](#)
- [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





[Bullet-Resistant Vest Series—Fit, Care, Wear, Prepare](#) [Episode 1—Safety Squad](#)

In this episode, safety squad personnel provide an introduction to the fit, care, and wear of one of the most important pieces of equipment that an officer has access to—the bullet-resistant vest.

[**Watch now!**](#)

Have You Seen This?



[Common Indicators of a Potential Attack](#) [\(VALOR log-in required\)](#)

This online training module is intended to help officers identify common behavioral indicators of a potential attack. Recognizing these behavioral indicators will raise officers' awareness during suspect encounters and could potentially save an officer's life. [Watch now.](#)



[Combating Complacency](#) [\(VALOR log-in required\)](#)

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.](#)

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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