



VALOR Digital Dispatch provides officer safety-related articles, resources, upcoming VALOR trainings, new resources added to the VALOR Web Portal, and research studies that are relevant for the law enforcement community. The Dispatch is provided to all members of the VALOR Web Portal, www.valorforblue.org. We encourage you to share this e-mail with other members of the law enforcement community.

Contact valor@iir.com to submit an article for consideration in the VALOR Digital Dispatch.



Survive and Thrive



[Seven Easy Ways That Law Enforcement Officers Can Eat Healthier While on Duty](#)

Every single time that you sit down to eat, you are making a decision about your health. You can choose to eat something that will properly fuel your body and promote muscle growth and fat loss, or you can choose to eat something that undermines your fitness efforts. [Read more](#)

Crisis Intervention



[Police Departments Struggle to Get Officers Mental Health Training](#)

A study by the Virginia-based Treatment Advocacy Center published last year found that people with mental illness are [16 times more likely](#) than others to be killed by police officers, while the National Alliance on Mental Illness estimates that 15 percent of men and 30 percent of women booked annually into U.S. jails have mental health problems. [Read more](#)

Law Enforcement Toolkit



[BJA Launches New Police-Mental Health Collaboration Toolkit](#)

Speaking at the International Association of Chiefs of Police annual conference at the San Diego Convention Center, U.S. Attorney General Loretta Lynch unveiled the agency's online [Police-Mental Health Collaboration Toolkit](#), which will offer mental health resources for law enforcement agencies to call upon while policing America's neighborhoods. [Read more](#)

Active Shooter



[ERASE Training Helps Law Enforcement Officers Prepare for Active Shooters](#)

In 2016, numerous law enforcement officers across the country were attacked on the job. It is the reason that more agencies are reaching out to the Advanced Law Enforcement Rapid Response Training (ALERRT) Center at Texas State University, according to ALERRT. [Read more](#)

Body-Worn Cameras



[Legal Issues With Body Cams: New Technology Requires Putting Protocols in Place](#)

With recent events and police shootings, departments are looking at their policies and procedures for body-worn cameras. "Shooting (video) first and asking questions later" is rarely the best practice. [Read more](#)

Register for Training

- [VALOR Essentials | October 25–27, 2016 | Milwaukee, Wisconsin](#)
- [VALOR Executive Session | November 1, 2016 | East Hartford, Connecticut](#)
- [VALOR Essentials | November 1–3, 2016 | East Hartford, Connecticut](#)
- [VALOR Essentials | November 15–17, 2016 | Kansas City, Missouri](#)
- [VALOR Executive Session | November 29, 2016 | Parma, Ohio](#)
- [VALOR Essentials | November 29 – December 1, 2016 | Parma, Ohio](#)
- [VALOR Essentials | December 6–8, 2016 | Lewiston, New York](#)

Save the Date:

- VALOR Essentials | February 2017 | Georgetown, Texas
- VALOR Essentials | February 2017 | Albuquerque, New Mexico
- VALOR Essentials | March 2017 | Phoenix, Arizona
- VALOR Essentials | March 2017 | Montgomery, Alabama
- VALOR Essentials | March 2017 | Little Rock, Arkansas

New on valorforblue.org



Spotlight on Safety—Survive and Thrive

This Spotlight on Safety, [Survive and Thrive](#), provides resources to help law enforcement officers recover from critical incidents. Resources include printable posters, an officer's survival story, and other materials. In addition, VALOR has a variety of subject-matter experts in this field and is available to assist officers and agencies that have experienced a critical incident.

If you have any questions regarding the VALOR Program, please contact the help desk at <https://www.valorforblue.org/ContactUs.aspx>. Unauthorized reproduction or redistribution of the VALOR Digital Dispatch is strictly prohibited.

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