



BACKING the BADGE

"Serving those that serve us."

Newsletter Volume 3 Winter Edition 2015 by Gary M. Bush

Welcome to Volume 3 of the BACKING the BADGE Newsletter, Winter Edition 2015. Volumes 1 and 2 of the newsletter are available on our website, www.backingthebadge.com, under the media tab. It's hard to believe that the holidays have come and gone. We hope that everyone has a safe and prosperous New Year. This edition is a little longer than previous editions so let's get started.

Perilous Times for Our Brothers and Sisters

As if our jobs weren't hard enough, due to recent events over the past few months, we have all seen an increase in "anti-police" sentiments in all corners. Read the papers and watch the news. On the flip side, while this attitude seems to be increasing, so does the support for law enforcement officers everywhere. And that's a good thing. The past several months have been devastating for members of the law enforcement community as evidenced by the rising number of officers who have made the ultimate sacrifice, in all parts of the country. Please stay vigilant out there and go home SAFELY to your families.

Training Opportunity

Backing the Badge is sponsoring training in May in the Grand Rapids, Michigan area. The classes are as follows;

May 18th and 19th – Individual Crisis Intervention and Peer Support
May 20th and 21st – Group Crisis Intervention and Peer Support

These classes are being hosted by the Kent County Sheriff's Office in Grand Rapids, Michigan. The instructor is Michael Saxe, Director of CISM and Peer Support Services for Backing the Badge, and an approved ICISF instructor. These courses are MOCLES/302 approved. Seating for each course is limited to 50, so reserve your spot early. The contact person for registration

is Melissa Halland, and she can be reached at 800-788-8630 or by email at mhalland@encompass.us.com. Similar courses are being planned in Florida in the near future.

Be a Part of the BACKING the BADGE Book!

How many times have you, as cop, said something like “with all the stuff on the street I’ve seen, I ought to write a book.” Well, BACKING the BADGE and its’ parent company, ENCOMPASS, LLC have decided to do just that. Actually, compile a book would be better. We are in the process of compiling stories from cops about a particular incident they were involved in or that a co-worker might have been involved in. Something that really affected them. How did you get through it? Did you have help or some type of support system? What advice would you give to young officers just starting out in the profession. I am soliciting submissions from any LEO. Each LEO’s “story” will be its own chapter, and the submitter will get full credit for their story. I already have several great submissions. If you’re interested, and have a story to tell, please email me for more information. gmbush@encompass.us.com Let’s do this. I look forward to hearing from you.

Employee Assistance Program Myths

By: Jessi Zielinski, Manager of Marketing & Promotions, Clinical Consultant, ENCOMPASS, LLC

Many Departments have access to their Employee Assistance Programs through their municipalities. However, access is not enough. Departments can greatly benefit by partnering with their EAPS effectively. Using your EAP can be simple, but your first task should be to dispel myths. One of the most commonly mistaken beliefs is that there is no confidentiality between EAP and Employer Administration/Human Resources. No information is ever released without expressed written consent. Educating Law Enforcement Professionals about the number of ways EAPS can provide support to all departments including, but not limited to individual, family, peer support, and training services can assist in redefining the working relationship between EAPs and LEOs.

BACKING the BADGE Participates in Recent FPCA Conference

BACKING the BADGE and ENCOMPASS recently had the opportunity to display a booth at the recent Florida Police Chiefs Association Winter Conference held in Tampa, Florida. In attendance were myself, ENCOMPASS CEO Alison Brown, BACKING the BADGE’S Michael Saxe, and ENCOMPASS VP Mike Ohren. We met a lot of great people, most being police chiefs and senior administrators. It was a great opportunity to discuss with the Chiefs who we are and what we do. We were able to make some great contacts at this conference, and we hope to be able to present to this group at a future conference. Chief Jeffrey Chudnow of the Oviedo Police Department won our giveaway prize from a drawing, which was a nice set of

electronic ear protectors for the range, complete with batteries and a two year warranty. Congratulations, Chief Chudnow.

BACKING the BADGE Participates in MACP Mid-Winter Conference

BACKING the BADGE participated in the Mid-Winter Conference of the Michigan Association of Chiefs of Police that was held February 4-6 in Grand Rapids, Michigan. BACKING the BADGE'S Michael Saxe and Gary Bush had the opportunity to present to this group of police chiefs and top police administrators. The name of the session was CISM: A Cop's Story. It was a powerful and thought provoking presentation. It was well received and there were many great questions. Additionally, BACKING the BADGE had a booth in the vendor's area. Assisting with the booth was ENCOMPASS CEO Alison Brown and ENCOMPASS VP Mike Ohren. This presented us with a tremendous opportunity to meet with and interact with many of the chiefs one-on-one. We had a drawing, and our giveaway prize was a set of electronic ear protectors. Chief Tony Craig of the Richfield Township Police Department won the drawing. Congrats to Chief Craig. This was a great conference and we look forward to participating in upcoming MACP events. Special thanks goes to MACP Executive Director Robert Stevenson for his support of our efforts.

BACKING the BADGE is on LinkedIn and Now on Facebook

As most of you know, BACKING the BADGE is on LinkedIn and has a BACKING the BADGE group that any of you are welcome to join. Also, feel free to send me (or Michael Saxe) an invite to connect. Here is the location of the work group;

https://www.linkedin.com/groups/BACKING-BADGE-8189092?trk=groups_item_detail-h-dsc&goback=%2Egmr_8189092%2Egde_8189092_member_5966910495020634116

Many people are on LinkedIn and many are on Facebook. Recently, we decided to create a BACKING the BADGE page on Facebook to reach those not on LinkedIn. The location of the BACKING the BADGE Facebook page is;

<https://www.facebook.com/pages/Backing-the-Badge/1537650013166448>

In the near future, we hope to post photos, updates, articles, and anything else pertinent to what we do. If you have a chance, stop by and "like" our page. It is a work in progress, so check by from time-to-time as it takes shape.

BADGE and BALANCE: Helpful Hints

By: Dr. Alison Brown, President and CEO of BACKING the BADGE and ENCOMPASS, LLC

FEEL OUTTA CONTROL...? Stress is like garbage – it collects pretty easily if you don't dump it regularly. It might even start to stink. Don't let your own garbage pile up – dump it!! Be intentional to manage stress daily through healthy activities such as physical exertion -

talking it out with a close friend or family member, pastor or counselor, listening to music or creating some quiet time to relax. You'll feel more in control of your life as you commit to decrease those stressors that are within your control.

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