



BACKING the BADGE
“Serving those that serve us.”

Newsletter Volume 5 Summer Edition 2015 by Gary M. Bush

Welcome to Volume 5 of the Backing the Badge Newsletter, Summer Edition. All previous editions are available on the Backing the Badge website at www.backingthebadge.com under the media tab. You can also find it on the Backing the Badge Facebook page. We hope that everyone is having a great Summer. It's hard to believe that it's nearly over. Before you know it, vacations will be over, the kids will be back in school, and we can all look forward to the Fall. Backing the Badge has been busy this Summer as well, so let's get started.

Backing the Badge Participates in Recent Michigan Association of Chiefs of Police Summer Conference

ENCOMPASS/Backing the Badge President Alison Brown and Gary Bush participated in the recent Summer Conference of the Michigan Association of Chiefs of Police. (MACP) The conference was held at the Boyne Highlands Resort in Harbor Springs, MI. The conference was attended by many police chiefs and top administrators from around Michigan. They also had a police cruiser competition and you can see the photos and the winner on our Backing the Badge Facebook page. In addition to exhibiting, Backing the Badge also co-sponsored the Awards Banquet on the closing night. In addition to many awards given for Valor and Honor, the Police Cross was awarded posthumously to an officer who made the ultimate sacrifice. We were privileged to have been a part of this moving ceremony.

Backing the Badge Participates in the NOBLE Conference in Indianapolis

Backing the Badge recently participated in the annual National Organization of Black Law Enforcement Executives (NOBLE) held in Indianapolis, IN in July. The conference was well-

attended and we met many great people. We even had the opportunity to speak at length with a lot of young people currently in the local police academy. To speak with young potential officers was a great opportunity for us, since this is one of the best times to discuss the benefits and potential pitfalls of the law enforcement profession and to promote officer wellness. Backing the Badge's Alison Brown had the opportunity to try a "Shoot, Don't Shoot" simulator. She did a great job. We made some good contacts with other law enforcement organizations around the country such as the National Organization of Black Women in Law Enforcement (NOBWLE) and the National Constables and Marshals Association.

Managing Defensiveness by Michele Kimmel-Fors, Executive Director, COMPASS

The good news is our brains are hard-wired to ascertain if something is a threat. This is imperative when faced with potentially life-threatening situations. Unfortunately, our brains can respond the same way when faced with less dangerous circumstances caused by challenges in our work and personal relationships. The natural human response is defensiveness, when someone personally or professionally takes an opposing view on a topic that you care deeply about. Typically, getting defensive doesn't end well, especially if you are engaging in a critical conversation. To help regulate your defensiveness, develop a healthy doubt about your own certainty and be curious about the other person's views. Try to discover why a decent and rationale person would think the way that she or he does (even if you've decided the person may not be decent and rationale.)

When the "opposition" is in the form of hearing critical feedback about ourselves and/or our work, our minds may translate this into a hostile attack and our anxiety and fear response takes over. This can result in defensive behavior that prevents us from learning and profiting from the information provided. Instead, approach the situation with curiosity. Remain receptive, ask yourself about the possible reasons behind the feedback and use the information to help improve your relationships.

Backing the Badge LEO Spotlight

In each newsletter edition, Backing the Badge will spotlight an LEO and ask three questions.

In this edition, our spotlight is on Detective Todd Tucker of the Marion County Sheriff's Office in Ocala, FL. Detective Tucker is a U.S. Army veteran and has been a law enforcement officer for nearly 26 years. He served for 7 years with Denver County and Jefferson County Sheriff's Offices in Colorado, and 19 years at Marion County Sheriff's Office. Here are the three questions and Detective Tucker's answers;

1. What influenced you to go into law enforcement?

Growing up I had two goals, first was to be a soldier and second was to be a cop.

2. What are some key ways to stay healthy throughout your career? (both mentally and physically)

Your mental health is the most important. Do the best you can and don't make it personal. When it becomes personal you lose your perspective. Stay a professional and don't let the stress kill you. I'm probably not the person to tell anyone about the physical fitness aspect, since I, like many others, could have done a better job in that department. I am aware of this and I do try.

3. What advice would you give to young officers just starting out?

Your work product and integrity are the ONLY things that you can control. Don't take shortcuts. Do a thorough report and let the facts stand on their own. Your name is the one on the report and affidavit. People will judge you on that product. If you take shortcuts or do a half-ass job, you will quickly develop a bad reputation. Don't be the guy/gal who when the prosecutor sees your name they roll their eyes. Develop a reputation that when a defense attorney sees your name, their first thought is "DAMMIT why me." Always keep your cool on the street and in the courtroom. Defense Attorneys will try and make you mad and twist your words. Always look at the jury when answering their questions because they need to see the truthfulness in your eyes.

Thanks to Detective Tucker for his participation and assistance.

Remember; Backing the Badge on LinkedIn and Facebook

Don't forget, Backing the Badge is still on LinkedIn and Facebook. For those of you on LinkedIn, feel free to send me an invite to connect. There is also a Backing the Badge work group on LinkedIn, with currently 645 members. This can be found at <https://www.linkedin.com/grp/home?gid=8189092>.

Additionally, the Backing the Badge Facebook page is located at https://www.facebook.com/pages/Backing-the-Badge/1537650013166448?ref=aymt_homepage_panel. There is a lot of great information on the Facebook page, as well a lot of pics. By far, the most popular section of our Facebook page is the "Police Cruisers" album, in which many LEO's have sent photos of their cruisers. We have over 4400 "likes" on our page so far. Feel free to stop by and "like" us and send a pic of your cruiser if you'd like it posted.

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.

BADGE and BALANCE: Helpful Hints by Dr. Alison Brown

As adults, we take our responsibilities seriously and may forget that our kids or grandkids possess an innate wisdom about some things. For example, kids seem to know when they are full – and they quit eating at that point. If you grew up like I did, I was told that I had to finish my food in order to get dessert. That example aside, paying attention to when you are full IS 'wise.' Also – kids nap. If you are off, and feel tired – take a 20-30 minute power nap if possible. It's pretty simple stuff – but heeding the cues your body gives you may make a big difference in how well you feel!

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