



# BACKING the BADGE®

*"Serving those that serve us."®*

backingthebadge.com

(800)788-8630



## Newsletter Volume 7 Winter Edition by Gary M. Bush

Welcome to Volume 7 of the BACKING the BADGE Newsletter. Well, the holidays are behind us, the kids are back in school, and many are having to deal with a rough winter. In other words, business as usual. We have a lot to cover, so let's get started.

## BACKING the BADGE Participates in the MACP Winter Conference

BACKING the BADGE recently participated in the Michigan Association of Chiefs of Police Mid-Winter Conference held at the Amway Grand Plaza in Grand Rapids, Michigan. We had the opportunity to co-sponsor the keynote session entitled, "The Sandy Hook School Tragedy – Lessons Learned." The presenter was Trooper First Class and Case Investigator Dan Jewiss of the Connecticut State Police. The session was riveting and there were nearly 400 people present. Our giveaway at this conference was a charcoal rendering of a police officer walking hand-in-hand with a little boy. This is a one of a kind sketch and not a print. The picture was framed with a black matte and a thin blue line border. Sgt. David Rantz of the Plainwell Department of Public Safety, Plainwell, MI was the lucky recipient of this amazing artwork.



# Tribute: Our Fallen Brothers and Sisters 2016

**We are adding a new section to our newsletter to recognize our Brothers and Sisters who have made the ultimate sacrifice beginning in 2016. It is my fervent hope that this section remains blank throughout the year but sadly, this will probably not happen. It is important that we never forget.**

Police Officer Douglas Barney – Unified Police Department of Greater Salt Lake, Utah – EOW: 01/17/16  
Police Officer Thomas Cottrell – Danville Police Department, Ohio – EOW: 01/17/16  
Corrections Officer Adam Conrad – Marion County Sheriff's Office, Illinois – EOW: 01/20/16  
Special Agent Scott McGuire – Department of Homeland Security (ICE), New Orleans – EOW: 01/24/16  
Sergeant Jason Goodding – Seaside Police Department, Oregon – EOW: 02/05/16  
Deputy Sheriff Derek Geer - Mesa County Sheriff's Office, Colorado – EOW: 02/09/16  
Deputy Sheriff Scott Ballantyne - Tulare County Sheriff's Office, California – EOW: 02/10/16  
Sheriff's Pilot James Chavez - Tulare County Sheriff's Office, California – EOW: 02/10/16  
Senior Deputy Mark Logsdon - Harford County Sheriff's Office, Maryland – EOW: 02/10/16  
Senior Deputy Patrick Dailey – Harford County Sheriff's Office, Maryland – EOW: 02/10/16  
Police Officer Jason Moszer - Fargo Police Department, North Dakota – EOW: 02/11/16  
Major Greg Barney - Riverdale Police Department, Georgia – EOW: 02/11/16  
Special Agent Lee Tartt - Mississippi Department of Public Safety, Mississippi – EOW: 02/20/16  
Deputy Sheriff Nate Carrigan - Park County Sheriff's Office, Colorado – EOW: 02/24/16  
Officer Ashley Guindon – Prince William County Police Department, Virginia – EOW: 02/27/16

**We should not forget our fallen K9 partners. "For it is not just those with two legs who are born with a soul that has Courage to wear the Badge"© ~Nessie~**

K9 Rocky – Indianapolis Metropolitan Police Department, Indiana – EOW: 01/01/16  
K9 Jojo - San Bernardino County Sheriff's Department, California – EOW: 01/06/16  
K9 Jethro – Canton Police Department, Ohio – EOW: 01/10/16  
K9 Krijger – Norfolk Police Department, Virginia – EOW: 01/11/16  
K9 Ogar - Smith County Constable's Office, Texas – EOW: 01/19/16  
K9 Jag - Twin Rivers Unified School District Police Department, California – EOW: 01/20/16  
K9 Saber – Wright County Sheriff's Office, Minnesota – EOW: 01/21/16  
K9 Kobus – Omaha Police Department, Nebraska – EOW: 01/23/16  
K9 Betcha – Rutland County Sheriff's Office, Vermont – EOW: 01/29/16  
K9 Aren - Port Authority of Allegheny County Police Department, Pennsylvania – EOW: 01/31/16

## Law Enforcement Stress and Resiliency

by Stephen Darling, Coordinator of Law Enforcement Wellness, BACKING the BADGE

**As a police officer, you understand that stress related events in law enforcement has the potential to contribute to debilitating or life altering changes in you. You may have already**

accepted the fact that stress in law enforcement is unique and that its causes and effects have been investigated for decades.

Regardless of where an officer works, their rank, or time in service, a time may come in their career when their innate coping abilities are overwhelmed and their ability to function has been compromised. I'm sure we have all heard stories of officers who had a difficult time getting past an event, or that the event changed them in some way. Amidst research, books, articles and other publications on police stress, or police trauma, the concept of resiliency also appears.

Resiliency is an ability for mental, emotional, spiritual, and physical strength to overcome work related stress, adversities or trauma. Put another way, resiliency is the ability to bounce back from stressful or traumatic events. What is important to consider is that we all experience and react to stressful events differently and in discerning degrees. The differences are not so much the in physical reactions, but what occurs internally. Knowing about and understanding the ability to bounce back, is advantageous in assisting law enforcement officers further develop stress and trauma survival resources. A proactive approach to managing stress in law enforcement officers lives has the capacity to save their career, or possibly their life.

Psychological resiliency is an individual's tendency to cope with stress and adversity. This coping may result in the individual "bouncing back" to a previous state of normal functioning, or simply not demonstrating negative effects.

The American Psychological Association suggests "10 Ways to Build Resilience", which are:

- Maintaining good relationships with close family members, friends and others;
- To avoid seeing crises or stressful events as unbearable problems;
- To accept circumstances that cannot be changed;
- To develop realistic goals and move towards them;
- To take decisive actions in adverse situations;
- To look for opportunities of self-discovery after a struggle with loss and developing self-confidence
- To keep a long-term perspective and consider the stressful event in a broader context;
- To maintain a hopeful outlook, expecting good things and visualizing what is wished;
- To take care of one's mind and body, exercising regularly, paying attention to one's own needs and feelings.

These are great steps to build resilience but, the next step is implementing these 10 suggestions, into an already busy calendar.

## 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 Michelle Young. Michelle is the Undersheriff of the Kent County Sheriff's Office in Grand Rapids, Michigan. She is a 26 year law enforcement veteran who has worked her way through the ranks finally achieving the position of Undersheriff. She also spent 13 years in the U.S. Army Reserves serving for several years as an MP and as a Captain in the Adjutant General Branch.

**1. What influenced you to go into law enforcement?** My father was a police officer. At first he served as a city police officer then moving on to the Sheriff's Department. While there, he worked various positions including Patrol, Detective, Vice and eventually serving as the Sheriff. He was an incredible influence not only on my career choice but as a mentor in my leadership style and level of determination.

**2. What are some key ways to stay healthy throughout your career? (both mentally and physically)** I work very hard at life work balance first in terms of time. My tendency is to overcommit and not allow myself cool down time. I make a calendar and rules about how much blank space needs to stay on the calendar. In the past when I have failed to do this I found I did not have time to deal with the things that can't be predicted such as a friend or family member in need or a crisis at work. I also work out every day I can. This allows my body to stay in shape and gives me the energy to sustain and gives my mind a mental release.

**3. What advice would you give to young officers just starting out?** Make a plan for a good life balance. If you have significant people in your life, get them involved in the plan. This is especially important as you traverse through the shift changes ahead. Also have a plan for the moral and emotional choices ahead. Pre-action planning relieves some of the stress involved with making tough decisions at a moment's notice. It also helps you to clarify for yourself moral absolutes and will help you withstand challenges to your character.

## Calling All LEO Stories

By Gary Bush

I know that you have all seen this entry on all of our recent newsletters about the BACKING the BADGE book. We have set a goal that we want to have the manuscript ready to send to the publishers in January 2017. I currently have about 6 stories. I'd like to have 30 or more stories for the book. I have gotten 15-20 promises for stories, but I can't get anyone to actually send them to me. I know you are all busy, but if you could take a little time from your busy schedule to contribute to this worthwhile event, it would be much appreciated. I know that there are plenty of you out there with a story to tell. This is your opportunity to tell that story, as well as pass along some of your wisdom to our younger brothers and sisters. Did you have an incident that really affected you or maybe a co-worker? We've all had some of those

types of incidents that leave a lasting impression. It could be involving alcoholism, divorce, internal stress from your department, suicide of a co-worker, PTSD, or any of the other many pitfalls that this profession can place before you. 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? 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 would like to use your name, rank or agency, feel free. If you want to remain anonymous, that's fine, too. Editing will be at a minimum, so if you need to use "cop language" then do so. Remember, this is not a book of "war stories" but of real stories that affected real cops. If you're interested, and have a story to tell, please email me for more information. [gmbush@encompass.us.com](mailto:gmbush@encompass.us.com) let's do this. I look forward to hearing from you.

## **BADGE and BALANCE: Helpful Hints** by Dr. Alison Brown

If you continue to experience "too much month at the end of the money" then, like many other things, it's time to take a closer look. Financial stress robs us in two ways:

1. By taking money out of our bank accounts
2. By taking time away from us due to worries about money

Start by talking with a trusted person who can help you develop a 'spending plan' or budget. As you stick to your plan you'll feel less stressed AND greater financial ease. Get started!!

## **The BACKING the BADGE Team**

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