



BACKING the BADGE®

"Serving those that serve us."®

backingthebadge.com

(800)788-8630



BACKING the BADGE Newsletter Volume 10, FALL Edition, 2016

Welcome to Volume 10 of the BACKING the BADGE Newsletter, Fall Edition. As you can see, we are trying a new format for our newsletter, and it is still very much a work in progress. With the new format, we can add photos or hot links to articles or any information of interest. These still remain trying times for our Brothers and Sisters behind the badge. We at BACKING the BADGE salute you for the difficult job that you do. Let's get started.

BACKING the BADGE Participates in Recent MSA Conference

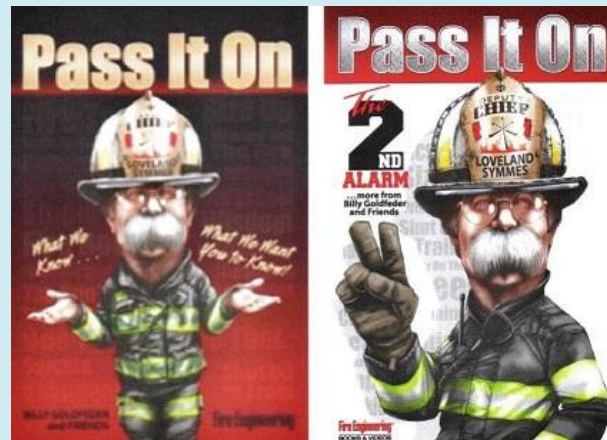
BACKING the BADGE recently participated in the Fall Conference of the Michigan Sheriff's Association, which was held at the Lansing Conference Center in Lansing. There were over 200 attendees at the conference. Michigan Governor Rick Snyder made an unexpected appearance at the conference. He spoke with the attendees and took the time to chat with many of the vendors at the conference. Our giveaway for the conference was a sketch of a K-9 wearing a sheriff's badge. This was not a print, but a one-off sketch. Our thanks and appreciation goes to the artist, Annie Wakser, for this beautiful portrait. The lucky winner of the drawing was Sheriff Paul Bailey of the Berrien County Sheriff's Office. Pictured at the right are Alison Brown, Gary Bush and Governor Snyder along with the K-9 sketch. BACKING the BADGE will also be participating in the upcoming New Sheriff's School in December.



BACKING the BADGE Participates in Recent MAFC Conference



BACKING was the BADGE recently participated in the recent Fall Conference of the Michigan Association of Fire Chiefs, which was held at the Grand Traverse Resort in Grand Traverse. Sara Eklove and Jessi Zielinski represented BACKING the BADGE at this conference. There were over 200 Michigan Fire Chiefs and top administrators in attendance. Our giveaway was Pass It On Book I and Pass It On Book II. Chief Pat Parker of the Grand Traverse Fire Department was our lucky winner of the drawing. Sara Eklove was recently invited to do a presentation about "Resiliency" at the West Michigan Fire Chiefs Association. Many of the stressors in the firefighting profession are the same as the stressors in the law enforcement profession. We have been doing work with many firefighters recently so this our first time at the Fire Chief's annual Fall conference. We look forward to a great relationship with them in the future.



Stress Resiliency Training System (SRTS) and the Benefits to Law Enforcement

By Jim Bottenhorn, MS, LLP, Professional Support Consultant, ENCOMPASS, LLC

The Defense Department's definition of resilience is: "The ability to withstand, recover and grow in the face of stressors and changing demands." All branches of the US military have come to understand the need to provide their personnel self-regulation and resilience training.

Like the military, law enforcement agencies have embraced resilience training aided by newly developed, scientifically proven biofeedback technology, such as Stress Resilience Training System (SRTS), a self-contained, training program available in mobile applications. The SRTS and other training tools utilize software that provides immediate feedback.

A specifically-designed sensor is used to detect and measure pulse and heart rate. Heart rate signals are analyzed to provide biofeedback. Biofeedback facilitates skill acquisition of self-regulation techniques that allow users to become aware of and to shift their mental and emotional responses with negative stress reactions.

This training involves four basic components:

- Information about the physiology of stress and resilience
- Training a set of evidence based energy self-regulation techniques grounds in heart rate variability and coherence
- The use of heart rate variability coherence biofeedback to increase the utilization and sustainment of the resilience-building skills
- Periodic phone-based mentoring

This specific, accurate and individualized feedback provides essential benchmarking, not unlike a fingerprint. The results can actually be seen and measured on a computer. A personalized benchmark, when combined with customized coaching, consult and support, produces an effective strategy by which to manage stress and other potentially debilitating symptoms. Although results vary, consistent progress is likely with commitment and practice.

There have been many different psychology based stress relief programs, however, the physiology basis of the biofeedback technique takes it out of the realm of ideas and makes it tangible and widely accessible. BACKING the BADGE is looking forward to making this resource available to law enforcement in early 2017.

STAY CONNECTED



Our Fallen Brothers and Sisters

Officer Calvin McCullers, Southern Methodist University Police Department, Texas – EOW: 07/05/16

Corrections Officer Mari Johnson, Texas Department of Corrections, Abilene, Texas – EOW: 07/16/16

Corporal Montrell Jackson, Baton Rouge Police Department, Louisiana – EOW: 07/17/17

Officer Matthew Gerald, Baton Rouge Police Department, Louisiana – EOW: 07/17/16

Deputy Sheriff Brad Garafola, East Baton Rouge Parish Sheriff's Office – EOW: 07/17/16

Corrections Officer Kristopher Moules, Luzerne County Corrections, Pennsylvania – EOW: 07/18/16

Captain Robert Melton, Kansas City Police Department, Kansas – EOW: 07/19/16

Sergeant Craig Hutchinson, Travis County Sheriff's Office, Texas – EOW: 07/25/16

Officer Jonathan DeGuzman, San Diego Police Department, California – EOW: 07/28/16

Sergeant Shawn Miller, West Des Moines Police Department, Iowa - EOW: 08/03/16

Officer Justin Scherlen, Amarillo Police Department, Texas - EOW: 08/04/16

Agent De'Greun Frazier, Tennessee Bureau of Investigation, Tennessee - EOW: 08/09/16

Corporal William Cooper, Sebastian County Sheriff's Office, Arkansas - EOW: 08/10/16

Agent Manuel Alvarez, U.S. Department of Homeland Security, Arizona - EOW: 08/11/16

Officer Jose Chavez, Hatch Police Department, New Mexico - EOW: 08/12/16

Officer Timothy Smith, Eastman Police Department, Georgia - EOW: 08/13/16

Officer Shannon Brown, Fenton Police Department, Louisiana - EOW: 08/13/16

Officer Kenny Moats, Maryville Police Department, Tennessee - EOW: 08/25/16

Officer Leander Frank, Navajo Nation Department of Public Safety, Chinle, Arizona - EOW: 08/30/16

Officer Clint Corvinus, Alamogordo Police Department, New Mexico – EOW: 09/02/16

Officer Amir Abdul-Khaliq, Austin Police Department, Texas – EOW: 09/04/16

Lieutenant Waldermar Rivera-Santiago, Puerto Rico Police Department – EOW: 09/05/16

Deputy Kenneth Maltby, Eastland County Sheriff's Office, Texas – EOW: 09/07/16

Deputy Brandon Collins, Johnson County Sheriff's Office, Kansas – EOW: 09/11/16

Officer Tim Brackeen, Shelby Police Department, North Carolina - EOW: 09/12/16

Officer Robert Barker, McCrory Police Department, Arkansas - EOW: 09/15/16

Trooper Kenneth Velez, Ohio State Highway Patrol, Cleveland - EOW: 09/15/16

Officer Jason Gallero, Cook County Sheriff's Police Department, Illinois – EOW: 09/15/16

Corrections Officer Kenneth Bettis, Department of Corrections, Atmore, Alabama – EOW: 09/16/16

Sergeant Kenneth Steil, Detroit Police Department, Michigan – EOW: 09/17/16

Sergeant Kerry Winters, Ulster County Sheriff's Office, New York – EOW: 09/22/16

Agent Edwin Robles, Puerto Rico Police Department – EOW: 09/23/16

Deputy John Isenhour, Forsyth County Sheriff's Office, North Carolina - EOW: 09/28/16

Corporal Robert Ransom, Gregg County Sheriff's Office, Texas - EOW: 09/30/16

Sergeant Frank Gucciardi, New York Police Department, New York - EOW: 10/01/16

Sergeant Steve Owen, Los Angeles County Sheriff's Office, California - EOW: 10/05/16

Sergeant Paul Stuewer, New York State Police, New York - EOW: 10/05/16

Agent Victor Rosado Rosa, Puerto Rico Police Department - EOW: 10/06/16

Officer Blake Snyder, St. Louis County Police Department, Missouri - EOW: 10/06/16

Officer Jose Vega, Palm Springs Police Department, California - EOW: 10/08/16

Officer Lesley Zerebny, Palm Springs Police Department, California - EOW: 10/08/16

Lieutenant Luis Maldonado, Puerto Rico Police Department – EOW: 10/12/16

Officer Aaron Christian, Chesapeake Police Department, Ohio – EOW: 10/18/16

Officer Douglas Bamberger, Philadelphia Police Department, Pennsylvania – EOW: 10/18/16

Deputy Jack Hopkins, Modoc County Sheriff's Office, California – EOW: 10/19/16

Deputy Jason Wright, Logan County Sheriff's Office, Oklahoma – EOW: 10/23/16

Sergeant Alfonso Lopez, Los Angeles County Sheriff's Office, California – EOW: 10/24/16

Trooper Timothy Pratt, New York State Police, New York – EOW: 10/26/16

Sergeant Allen Brandt, Fairbanks Police Department, Alaska – EOW: 10/28/16

Officer James Brockmeyer, Chester Police Department, Illinois – EOW: 10/28/16

Officer Myron Jarrett, Detroit Police Department, Michigan – EOW: 10/28/16

Deputy Dan Glaze, Rusk County Sheriff's Office, Wisconsin – EOW: 10/29/16



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 Mojo, Arlington Police Department, Texas – EOW: 07/19/16

K9 Amigo, Kingman Police Department, Arizona - EOW: 08/20/16

K9 Helo, Alaska State Troopers, Alaska - EOW: 09/26/16

Badge and Balance: Helpful Hints By Dr. Alison Brown

"It's all in your head" is a true statement. By being intentional to shift your thinking toward people, places and things that positive, you change your body chemistry to a healthier state. For more information or resources about this, please contact BACKING the BADGE at: abrown@encompass.us.com.



**IF YOU'RE
ALWAYS RUSHING
TO THE NEXT MOMENT,
WHAT HAPPENS TO
THE ONE YOU'RE IN?
ENJOY THE RIDE.**
