



BACKING the BADGE®

"Serving those that serve us."®

backingthebadge.com

(800)788-8630



BACKING the BADGE Newsletter Volume 11 March 2017

Welcome to Volume 11 of the BACKING the BADGE Newsletter. There's been a lot happening since our last newsletter. The holidays are behind us, the election season is behind us, and hopefully Spring is on the horizon. We have had some exciting developments. Let's get started.

BACKING the BADGE Unveils New Website



BACKING the BADGE is a Division of ENCOMPASS, LLC

[Detail](#)

Welcome to BACKING the BADGE

BACKING the BADGE understands the "uniqueness" of the law enforcement profession, and the demands placed on its officers and families. While many law enforcement agencies have existing EAP programs, one size does not necessarily fit all. To meet these demands, BACKING the BADGE has assembled a team of professionals that include military veterans and former law enforcement officers that are skilled in dealing specifically with the law enforcement community and their loved ones. Who better to understand a police officer's needs than another officer who has walked a mile in your shoes?

[\[Read More >\]](#)

Finally, after months of hard work by both BACKING the BADGE Staff and some great work by the programmers, we are proud to unveil our brand new website. There is still work being done on the content, but will be constantly updated. Check out the articles/newsletters section and the photos section.

[Visit our website](#)

BACKING the BADGE, in Cooperation With Kent County Sheriff's Office, is Sponsoring a Female LEO Course

SAVE the DATE! BACKING the BADGE, in cooperation with the Kent County Sheriff's Office, is sponsoring a Female LEO Course in Grand Rapids, MI. You can choose to attend the Tuesday April 18th session or the Thursday April 20th session. Both will go from 8:00 am to 3:30 pm. They are being held at the Kent County Sheriff's Office in Grand Rapids. Sessions will be facilitated by Undersheriff Michelle Young of the Kent County Sheriff's Office and BACKING the BADGE Staff. Representatives from the Michigan State Police, Kent County Sheriff's Office, Grand Rapids Police Department, and the East Grand Rapids Department of Public Safety will comprise a team of panelists. Continental breakfast and afternoon snacks will be provided. Lunch is on your own. The cost is \$49 per person. To register, contact Melissa Halland of ENCOMPASS at (800) 788-8630. You may also contact her at mhalland@encompass.us.com. Seating is limited, so register early to reserve your spot. See you there!

SAVE the DATE!!



The JOURNEY THROUGH: WOMEN, WARRIORS & WELL-BEING
MYTHS, CHALLENGES & STRATEGIES for FEMALE OFFICERS

MARK your calendar for either one of these dates;

Tuesday, April 18, 2017 8:00a - 3:30p

OR

Thursday, April 20, 2017 8:00a - 3:30p

This informative training will give ample time for discussion and exchange of ideas about the ways that women successfully navigate through and create strategies to maximize a career in Public Safety, Law Enforcement and/or Corrections while taking care of your most important asset; YOU!!

Sessions will be facilitated by Undersheriff Michele Young, and staff from the BACKING the BADGE team. We will end the day with a panel of women in law enforcement to include representatives from;

Kent County Sheriff's Department

Michigan State Police

East Grand Rapids Department of Public Safety

Grand Rapids Police Department

Continental Breakfast/Afternoon snacks provided. Lunch on your own!

WATCH FOR REGISTRATION INFO COMING SOON!! \$49.00 per person.

Space is limited to 60 participants and training will be held at Kent County Sheriff's Department.

REGISTER NOW!!



The JOURNEY THROUGH: WOMEN, WARRIORS & WELL-BEING
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- Kent County Sheriff Office
- East Grand Rapids Public Safety
- Grand Rapids Police Department
- Michigan State Police

Registration: \$49.00 per person.
Payable by check or credit card to:
ENCOMPASS, LLC/BTB

Email
mhalland@encompass.us.com

Mail
4829 East Beltline Ave NE
Building #1
Grand Rapids, MI 49525

Fax
616-459-9181

Continental Breakfast/Afternoon snacks provided. Lunch on your own!

Space is limited to 60 participants per training and will be held at Kent County Sheriff's Department.

BACKING the BADGE Introduces New Team Members

BACKING the BADGE is pleased and excited to announce some new additions to our team to better serve our Law Enforcement, Firefighter and First Responder clientele. Our new team members are dedicated to supporting our law enforcement, firefighters and First Responder professionals and their loved ones.

Jim Bottenhorn, MA, LLP – Professional Support Consultant

Jim has over thirty years' experience in the mental health field as a behavioral health therapist and hospital administrator. He has served on various CISM teams since 1990 and has sixteen years' experience as an EAP consultant. Mr. Bottenhorn has



served on management teams of two psychiatric hospitals and has worked in the private, not-for-profit and public sectors in a variety of positions in the behavioral health sector. He maintains a private psychotherapy and consulting practice in which he utilizes new biofeedback technologies that measure Heart Rate Variability to assist clients in building resiliency skills. He is a charter member of the Healthy Kent Suicide Prevention Coalition and the Ottawa Co. Youth Suicide Prevention Coalition. He has extensive training experience in the areas of suicide prevention, anger and stress management and is an authorized trainer of QPR, Question, Persuade, Refer and Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals. Audiences have included police, fire fighters, mental health professionals, nurses, VA clinicians and teachers.



Dennis Potter, LMSW, FAAETS – Professional Support Consultant

Dennis has an extensive background of over 30 years in the field of behavioral health, critical incident stress management, and crisis intervention. For many years he has done extensive work with law enforcement and other first responders. Dennis is a certified ICISF instructor, and was awarded the ICISF Excellence in Training and Education Award in 2011. He has provided CISM training both in the U.S. and internationally. He is a published author and has presented at numerous local, state, national, and international conferences.



Bart Perry - Peer Member and Professional Support Consultant

As a former Firefighter, Battalion Chief and major proponent of a local CISM team, Bart brings his twenty plus years of experience as a department and Critical Incident leader. His passion for supporting first responders has brought him to the Backing the Badge team and he is currently offering individual peer support and organizational consultations. He is a graduate of Davenport College, the National Fire Academy and maintains certifications as a Paramedic & EMS Instructor Coordinator. Chief Perry is recently retired after 31 years 5 months of service with the Grand Rapids Fire Department.

BACKING the BADGE Participates in Recent MACP Winter Conference



BACKING the BADGE team members Alison Brown and Gary Bush participated in the recent Michigan Association of Chiefs of Police Winter Conference held at the Amway Grand in Grand Rapids, Michigan. In addition to having a booth as an exhibitor, BTB also co-sponsored the event with the key-note speaker Heather MacDonald, author of the book "The War on Cops."



BACKING the BADGE had as our drawing a beautiful hand-sketched charcoal rendering of a police officer walking hand in hand with a little girl, done by artist Annie Wakser. Chief John Beam of the Ewart Police Department was the lucky winner of the drawing.



BACKING the BADGE Participates in New Sheriff's School in December for the Michigan Sheriff's Association



BTB Team Members Sara Eklove and Jessi Zielinski presented to 33 new sheriffs at the New Sheriff's School this past December for the MSA. The topic of their session was Resiliency for Law Enforcement. The session was informative and well-received.

**Our Fallen Brothers
and Sisters**

May We Never Forget



Corrections Officer David Weaver, Graterford State Prison, Pennsylvania Department of Corrections. EOW: 09/26/16

Sergeant Rod Lucas, Fresno County Sheriff's Office, California. EOW: 10/31/16.

Deputy Michael Williams, Taylor County Sheriff's Office, Florida. EOW: 10/31/16.

Motor Officer Jorge Sanchez, Miami Police Department, Miami, Florida. EOW: 11/01/16.

Officer Justin Martin, Urbandale Police Department, Urbandale, Iowa. EOW: 11/02/16.

Sergeant Anthony Bemini, Des Moines Police Department, Des Moines, Iowa. EOW: 11/02/16.

Sergeant Paul Tuozzolo, New York Police Department, New York. EOW: 11/04/16.

Officer Cody Brotherson, West Valley City Police Department, West Valley City, Utah. EOW: 11/06/16.

Sergeant Patrick Sondron, Peach County Sheriff's Office, Georgia. EOW: 11/06/16.

Deputy Daryl Smallwood, Peach County Sheriff's Office, Georgia. EOW: 11/08/16

Officer Darrin Reed, Show Low Police Department, Show Low, Arizona. EOW: 11/08/16

Officer Scott Bashoum, Cannonsburg Police Department, Cannonsburg, Pennsylvania. EOW: 11/10/16.

Deputy Dennis Wallace, Stanislaus County Sheriff's Office, California. EOW: 11/13/16.

Deputy Justin White, Newton County Sheriff's Office, Georgia. EOW: 11/15/16.

Border Patrol Agent David Gomez, U.S. Customs and Border Protection, El Paso, Texas. EOW: 11/16/16.

Deputy Commander Patrick Carothers, U.S. Marshal Service, Georgia. EOW: 11/18/16.

Detective Benjamin Marconi, San Antonio Police Department, San Antonio, Texas. EOW: 11/20/16.

Deputy Eric Oliver, Nassau County Sheriff's Office, Florida. EOW: 11/22/16.

Trooper Eric Ellsworth, Utah Highway Patrol, Utah. EOW: 11/22/16.

Officer Collin Rose, Wayne State University Police Department, Michigan. EOW: 11/23/16.

Trooper Cody Donahue, Colorado Highway Patrol, Colorado. EOW: 11/25/16.

Officer Reginald Gutierrez, Tacoma Police Department, Tacoma, Washington. EOW: 11/30/16.

Trooper Frankie Williams, New Jersey State Police, New Jersey. EOW: 12/05/16.

Deputy Ryan Thomas, Valencia County Sheriff's Office, New Mexico. EOW: 12/06/16.

Officer Nicholas Smarr, Americus Police Department, Americus, Georgia. EOW: 12/07/16.

Officer Jody Smith, Georgia Southwestern State University, Americus, Georgia. EOW: 12/08/16.

Correctional Officer Lisa Mauldin, Miller County Sheriff's Office, Arkansas. EOW: 12/18/16.

Vehicle Enforcement Inspector Benita Benton, Kentucky State Police, Kentucky. EOW: 12/21/16.

Trooper Landon Weaver, Pennsylvania State Police, Pennsylvania. EOW: 12/30/16

Detective Chad Parque, North Las Vegas Police Department, Nevada. EOW: 01/07/17.

Sergeant Debra Clayton, Orlando Police Department, Florida. EOW: 01/09/17.

Deputy Norman Lewis, Orange County Sheriff's Office, Florida. EOW: 01/09/17.

Detective Steven McDonald, New York Police Department, New York. EOW: 01/10/17.

Chief Randall Gibson, Kalama Police Department, Washington. EOW: 01/10/17.

Detective Jerry Walker, Little Elm Police Department, Texas. EOW: 01/17/17.

Sheriff Steve Ackerman, Lea County Sheriff's Office, New Mexico. EOW: 01/17/17.

Deputy Colt Allery, Rolette County Sheriff's Office, North Dakota. EOW: 01/18/17.

Officer Raymond Murrell, Bloomington Police Department, Illinois. EOW: 01/19/17.

Officer Michael Louviere, Westwego Police Department, Louisiana. EOW: 01/20/17.

Officer Gerardo Silva, Redwood City Police Department, California. EOW: 01/20/17.

Officer Lawrence Forrest III, Wadley Police Department, Georgia. EOW: 01/23/17.

Officer David Fahey, Cleveland Police Department, Ohio. EOW: 01/24/17.

Officer Nathan Graves, Sac and Fox Tribal Police Department, Oklahoma. EOW: 01/24/17.

Deputy Chief James Molloy, New York Police Department, New York. EOW: 01/30/17.

Transit Officer Scott Von Lankin, Regional Transportation District, Denver, Colorado. EOW: 01/31/17.

Officer Eric Mumaw, Nashville Police Department, Tennessee. EOW: 02/02/17.

Sergeant Steven Floyd, Delaware Department of Corrections, Delaware. EOW: 02/02/17.

Sergeant Greg Meagher, Richmond County Sheriff's Office, Georgia. EOW: 02/05/17.

Sergeant Joseph Cox, Allen County Sheriff's Office, Indiana. EOW: 02/12/17.

Major Jay Mummelaar, Goldsboro Police Department, North Carolina. EOW: 02/16/17.

Officer Keith Boyer, Whittier Police Department, California. EOW: 02/20/17.



K9 Jardo, Boise City Police Department, Boise City, Idaho. EOW: 11/16/16

K9 Forrest, Volusia County Sheriff's Office, Florida. EOW: 11/22/16.

K9 Thor, Wethersfield Police Department, Wethersfield, Connecticut. EOW: 11/22/16.

K9 Payne Hunt, Pembroke Police Department, Pembroke, North Carolina. EOW: 11/28/16.

K9 Ranger, Forest Lake Police Department, Minnesota. EOW: 02/08/17.

Mounted Patrol Horse Zeus, Santa Ana Police Department, California. EOW: 02/15/17.

Badge and Balance: Helpful Hints by Dr. Alison Brown

Law enforcement provides a demanding pathway to help others, day in and day out, and yet, underneath it all, is a human being. The same qualities that propelled you to go into law enforcement, are the same qualities that can lead to burnout. If you struggle with a loss of motivation, engagement, sense of purpose or feel exhausted – pay attention and invest in your own wellness.



Avoid perfectionism. Do not isolate. Engage in a hobby that you enjoy. Reduce your expectations at work and at home. Remember to 'pay yourself first' so that you have the energy to fully participate in your own life, create an inner sense of satisfaction and calm in order to help in the lives of others.



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

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