



BACKING the BADGE

"Serving those that serve us."

(800) 788-8630



BACKING the BADGE

Newsletter Volume 14 February 2018

Welcome to Volume 14 of the BACKING the BADGE Newsletter. The holidays are behind us, and we are in a new year. As always, things are happening, and we have a lot to cover. Let's get started.

[Visit our Website](#)

Another Tragic Event - Are You Ready?

by Gary Bush, Executive Director



The unthinkable has happened again. Our prayers and condolences go out to everyone impacted by the senseless and horrendous slaughter that occurred in Parkland, Florida on February 14th, both to the families and victims and the First Responders. Once again, it has been proven that a tragic event like this can occur anywhere, anytime. Are you, as a First Responder, ready for an event like this? Can anyone ever be "ready?" I don't have an answer to that. These types of events are sadly happening with too much frequency in any given part of the country. I'm not sure that any of us, as First Responders, can ever be "ready" but we can be "prepared." Training and vigilance are two huge tools in our collective toolboxes. As with others in the past, this horrific incident will likely be investigated for months. We should all remain vigilant and be aware that this could happen in any of our "backyards." We may not ever be "ready" but we can be "prepared." BE VIGILANT. BE SAFE.

Our
Deepest
Condolences



BACKING the BADGE **Participates in the MACP Winter** **Conference**

BACKING the BADGE recently participated in the Michigan Association of Chiefs of Police Winter Conference that was held at the Amway Grand in downtown Grand Rapids. BTB Team members Alison Brown, Jessi Zielinski, Sara Eklove and Gary Bush all worked the BACKING the BADGE booth. BACKING the BADGE also co-sponsored the vendors/attendees reception on the first day. We had a drawing and gave away a very nice gun cleaning kit. Deputy Commissioner Matthew Nichols of the Warren Police Department was the lucky recipient. Congratulations!



Burning Embers by Battalion Chief Bart Perry (Retired)

Over the many years that I have been involved with behavioral health, I have found a common "associated stressor" with many responders who I have offered peer support to. That common stressor is "money" or more correctly stated "the LACK of money." Although common for most of us to experience some type of financial shortfall at some point in our adult lives, it is also common for first responders who are suffering from cumulative and/or critical incident stress to attempt to treat and escape that stress through material gratification. The gratification is usually short-lived (I'm told Harley payments in February are no fun!) with the payments and additional stress lasting long after the gratification is gone.

With the New Year we have a new tax law and an improving economy by which most of us should see modest reductions in our taxes and hopefully improving wages and benefits. With the anticipated improvements in our spendable incomes come opportunities to limit or remove the "associated stressors." Pay down debt, start that college 529, start or renew your contributions to your retirement savings.....whatever your stressor, attack it! Those who prepare the most are affected by adversity the least. I'm rooting for you!

Stay low, my friends.

-Bart



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SAVE the DATE

CISM—Group Crisis Intervention, ICISF Certified

Presented by BACKING the BADGE Team Member and ICISF Certified Instructor Dennis Potter



When: Wednesday April 25th and Thursday April 26th, 2018

Times: 8:30 AM until 4:00 PM

Where: Kent County Sheriff's Office, 5th Floor Conference Room in the Administration Building, 701 Ball Avenue NE, Grand Rapids, Michigan 49503

Cost: \$80 per attendee, class materials are provided

Refreshments will be provided, lunch is on your own. Class size is limited to a total of 60. First come, first served.

For registration, call ENCOMPASS Customer Service at (800) 788-8630 or by email at customerservice@encompass.us.com.

Seats Are Filling Up For The Upcoming April CISM Class in Grand Rapids

Seats are filling up for the upcoming Group Crisis Intervention Course presented by BTB Team Member and ICISF Certified Instructor Dennis Potter. This course is open to any First Responders to include law enforcement, firefighters and paramedics. We currently have 28 seats still available. If interested, please contact ENCOMPASS Customer Service at (800) 788-8630 or by email at customerservice@encompass.us.com. Looking forward to seeing you there!



Steve Darling Completes EMDR Training

BACKING the **BADGE** Team Member Steve Darling recently successfully completed EMDR training. EMDR stands for Eye Movement Desensitization and Reprocessing.

Says Steve; "The statistics related to mental illness and law enforcement suicides are staggering. According to the National Alliance on Mental Illness; (NAMI)

1 in 5 individuals in the U.S. will face a mental health condition this year.

Almost 1 in 4 police officers has thoughts of suicide at some point of their life.

7 to 19 percent of police officers have symptoms of PTSD, compared to 3.5 percent among the general public.

More police die by suicide than by homicide: the number of police suicides is 2.3 times that of homicides."

EMDR trainer Roger Solomon says, "EMDR therapy is guided by the Adaptive Information Processing model. This model posits that present problems are the result of past distressing memories that have become "frozen" or stuck in the brain, which includes the images, thoughts, beliefs, feelings and sensations, thus becoming maladaptively stored in the brain. When there is a reminder, either external or internal, this maladaptively stored information gets triggered and is experienced in the present,

Based on that premise, EMDR seeks to help people effectively adapt to their lives once trauma has occurred. EMDR gives those who suffer from trauma the possibility of reprocessing traumatic memories, so that the memories are able to become "unstuck" and processed in a way that the traumatized person is able to understand."

For further information on EMDR, see the links below.

[What is EMDR](#)

[Your Eyes May Be Key to Healing Your Mind](#)

[Mental Illness in the Law Enforcement Community](#)

BADGE and BALANCE: Helpful Hints by Dr.

Alison Brown

This is a great time of year to consider making one or two financial changes in your favor. Consider having a small amount deducted from your check for a "rainy day" or another goal. A small change like this helps you to feel more in control of your financial well-being.



