



VALOR Digital Dispatch provides officer safety-related articles, resources, upcoming VALOR trainings, new resources added to the VALOR Web Portal, and research that are relevant for the law enforcement community. The Dispatch is provided to all members of the VALOR Web Portal, [www.valorforblue.org](http://www.valorforblue.org). We encourage you to share this e-mail with other members of the law enforcement community.

Contact [valor@iir.com](mailto:valor@iir.com) to submit an article for consideration in the VALOR Digital Dispatch.

## Current Events



### Mental Preparedness

#### [Mental Preparedness Training](#)

Law enforcement personnel face challenging work and experience numerous critical incidents over the course of their careers. Officers have to resolve such situations effectively and often respond first to the scene, thus also requiring them to give emotional and physical support to victims of crimes. Studies in law enforcement have found that compared with civil service workers, officers had significantly elevated levels of cortisol (a hormone related to stress), body mass, depressive symptoms, cardiovascular disease, and early mortality related to long-term exposure to severe stressful incidents. [Read more](#)



## Training

### [Trainings Vital to Police Department](#)

In any job, ongoing training is important to keep your skills up to date. Police work is no different. The training component of a police department, as with many organizations, is extremely critical, especially for building trust and partnerships and adding credibility and legitimacy to the organization. Training helps officers be prepared, helps shape the culture of the department, enhances morale, and increases job satisfaction, thus helping with retention. [Read more](#)



## Active Shooter

### [Active Shooter Incidents in the United States in 2014 and 2015](#)

The Federal Bureau of Investigation (FBI) has released an analysis of 2014 and 2015 active shooter incidents. Each year has identified 20 incidents, and information was provided to advance available research and assist federal, state, local, tribal, and campus law enforcement officers; other first responders; corporate leaders; and educators in their efforts to prevent, prepare for, and respond to active shooter incidents. [Read more](#)



## De-Escalation

### [“When Not to Shoot”: Lawmakers Endorse Police Training Aimed at De-Escalating Violent Confrontations](#)

A bill that would give Utah law enforcement officers virtual training in crisis situations won a unanimous endorsement Monday from the House Law Enforcement and Criminal Justice Committee. The training is geared towards helping officers recognize what they can do to avoid violent confrontations before a situation escalates. Simulations include scenarios such as hostage situations or movie-theater shootings and teach “when not to shoot.” [Read more](#)



## Vest Wear

### [Sheriff: Detective Shot Is Recovering—Narcotics Detective Shot by 19-Year-Old in Front of Son During Traffic Stop](#)

An off-duty Jacksonville, Florida, sheriff’s detective was shot three times during a traffic stop. The detective put on his bullet-resistant vest in his unmarked police car as he stopped the car. The suspect immediately got out of his car and opened fire, hitting the detective in the head, the upper body, and the hand. The detective was in critical but stable condition and was alert at a hospital. [Read more](#)

# Register for Training

- [VALOR Essentials | June 21–23, 2016 | St. Louis, Missouri](#)
- [VALOR Conference | June 28–30, 2016 | Indianapolis, Indiana](#)
- [VALOR Essentials | July 12–14, 2016 | Belle Chasse, Louisiana](#)
- [VALOR Essentials | July 20–22, 2016 | Harlingen, Texas](#)
- [VALOR Conference | August 2–4, 2016 | Raleigh, North Carolina](#)
- [VALOR Essentials | August 16–18, 2016 | Nashville, Tennessee](#)
- [VALOR Essentials | August 30 – September 1, 2016 | Billings, Montana](#)

## Save the Date!

- VALOR Essentials | August 2016 | Camden, New Jersey
- VALOR Essentials | September 2016 | Wilmington, Delaware
- VALOR Essentials | September 2016 | Detroit, Michigan
- VALOR Conference | October 2016 | Wichita, Kansas
- VALOR Essentials | October 2016 | Milwaukee, Wisconsin
- VALOR Essentials | November 2016 | Hartford, Connecticut
- VALOR Essentials | November 2016 | Kansas City, Missouri
- VALOR Essentials | November 2016 | Parma, Ohio
- VALOR Conference | January 2017 | Miami, Florida
- VALOR Essentials | January 2017 | Georgetown, Texas
- VALOR Essentials | February 2017 | Albuquerque, New Mexico

# New on [valorforblue.org](http://valorforblue.org)



## VALOR Voices Podcast

### [Professional Policing in the 21st Century](#)

A new VALOR Voices podcast is now available on the VALOR Web Portal. This episode focuses on professionalism in law enforcement. Lieutenant Roy Alston (with the Dallas, Texas, Police Department) shares his thoughts on what makes a professional and discusses pertinent issues that law enforcement agencies face to increase community relations and trust.



## VALOR Webinar Professionalism in Law Enforcement

In case you missed it, the BJA VALOR Webinar: Professionalism in Law Enforcement recording has been placed on the [VALOR Online Training page](#).

During this Webinar, officers learned from subject-matter experts about:

- Attributes of a profession.
- Characteristics of a modern law enforcement professional.
- The importance of and meaning behind the law enforcement oath.
- Factors that affect an officer's engagement at work.
- The importance of officer engagement in enhancing officer safety, health, and wellness, which is integral in creating an EXTRAordinary law enforcement organization.



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