

Current Events

Health and Wellness



Making Healthy Choices as Law Enforcement Officers

Law enforcement does have a culture of family. But it can also foster a culture of avoidance and dependency. Many officers are taught and expected to be able to “fix” every problem. They are to confront the difficult side of society, yet make it to their kids’ T-ball games on time, with smiles on their faces. Learning how to deal with the stress of the job while maintaining a functioning personal life is a skill many officers must learn. [Read more](#)

Sleep



How Much Does Inadequate Sleep Affect You?

What are the effects of lack of sleep on the body, and how can it change your ability to function cognitively and physically as a law enforcement officer? A study has shown that not sleeping for 17 hours impaired a person’s motor skills as having a 0.05 percent blood alcohol content (BAC). Not sleeping for 24 hours is equivalent to a BAC level of 0.10 percent. This level of deprivation impairs speech, balance, coordination, and mental judgment. [Read more](#)



Officer Safety

[PODCAST: Domestic Scenes Most Dangerous for Officers](#)

Houston's Morning News with Matt Patrick welcomed Michael Keith of the National Law Enforcement Officers Memorial Fund to discuss the highest risk for cops when they arrive at a scene. Domestic issue calls are the most dangerous for law enforcement. This interview explains why. [Read more](#)



Crisis Intervention

[Madison Police Officers Defuse Suicide-by-Cop Attempt](#)

Madison, Wisconsin, police officers, responding to a domestic dispute, were successful in defusing an incident through de-escalation techniques. When the officers arrived, the subject stated that he wanted the officers to shoot him. Officers were able to build a rapport with him and resolve the situation peacefully. [Read more](#)



Technology

[How Social Media Helped/Hurt Police Officers During Dallas Ambush and Other Crises](#)

This article examines how social media can help and hurt law enforcement agencies in crisis situations. Departments try to release as much information as possible, without jeopardizing officers and the community's safety by disclosing key information about ongoing investigations. At the same time, departments face many challenges in trying to control the messages and neutralizing false or inaccurate information from many different sources. [Read more](#)

Register for
Training

- [VALOR Essentials | September 14–16, 2016 | Wilmington, Delaware](#)
- [VALOR Essentials | September 20–22, 2016 | Dearborn, Michigan](#)
- [VALOR Essentials | October 4–6, 2016 | Wichita, Kansas](#)

Save the Date:

- 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 Essentials | December 2016 | Niagara University, New York
- VALOR Essentials | January 2017 | Miami, Florida
- VALOR Essentials | January 2017 | Georgetown, Texas
- VALOR Essentials | February 2017 | Albuquerque, New Mexico
- VALOR Essentials | March 2017 | Montgomery, Alabama

New on
valorforblue.org



Spotlight on Safety

Spotlight on Safety—Survive and Thrive

This Spotlight on Safety, **Survive and Thrive**, provides resources to help law enforcement officers recover from critical incidents. Resources include printable posters, an officer's survival story, and other materials. In addition, VALOR has a variety of subject-matter experts in this field and is available to assist officers and agencies that have experienced a critical incident.



The Bureau of Justice Assistance VALOR Initiative Webinar recording, Responding to an Active Shooter Event: First Officer Considerations, is available on the secure side of the VALOR Web Portal.

During this Webinar, leading experts from the Advanced Law Enforcement Rapid Response Training (ALERRT) Program discussed:

- Statistics of active shooter events
- Risks associated with response to active shooter events
- ALERRT best practices for the first officer arriving on the scene
- Considerations for off-duty officers

This BJA-funded Webinar is designed for sworn law enforcement officers and executive-level law enforcement. It is available to you on the VALOR Web Portal at no cost.

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This project was supported by Grant No. **2013-MU-BX-K001** awarded by the Bureau of Justice Assistance, Office of Justice Programs. The opinions, findings, and conclusions or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.

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