

The Law Enforcement Survival Institute

Discussion Guide

“The Day The Brotherhood Of Law Enforcement Died”

Prepared for the ILEETA Conference 2015

Content Description

This guide will assist you in leading a discussion on the pro's and con's of a “brotherhood and sisterhood” of law enforcement. It will offer discussion topics on the future of our profession to take back to your agency. We suggest that you utilize a system of emotionally safe, performance driven instruction to promote active audience participation and discussion. This means that you state the rules and define the discussion to be open to all opinions and destructive discussion will not be tolerated. It also means that the facilitator talks for less than 5 minutes at a time and allows the group to set the path for the discussion. The topics listed are meant as a suggested path but you or the group may find another one. You might consider discussing honor, tradition, leadership, influence, service, taking care of our own, bullying, the code of silence, wellness and what we do to relax. This course is about YOUR role in the future of law enforcement so invite people to join in with an open mind and be willing to participate.

What is the brotherhood and sisterhood of law enforcement?

Has it died?

If so, when did it die?

If not, why is it still alive?

Thoughts on when it died

Rodney King

Ferguson

Serpico

Thoughts on why it's still alive

Wellness Coordinator Danny Veith of Denver PD gives a kidney for fellow officer

Examples of retired cops still doing things to take care of other cops: Coach Bob Lindsey, John Marx at CopsAlive.com, ILEETA, Mark Sherwood Live4E, Duane Wolfe, Brain Willis, Safe Call Now, The Pain Behind The Badge, The Blue Wall Of Silence, Badge of Life, In Harm's Way, Serve & Protect First Responder Chaplains, Hunting For Heroes, National Police Suicide Foundation, Fallen Officers Remembered provide Bulletproof Vests to Cops, Armor of God at Vest for Life, John Violanti Ph.D., Jack Digliani Ph.D., Ed.D., Brian Vila Ph.D., Wounded Badge, The Unleashing Respect Project, John Bishop and Glenna Trout Muscles for Charity and millions of others that I can't think of right now.

What is the Thin Blue Line?

So what?

What is the Blue Code of Silence?

What value does it serve?

Some ugly things happened in and to our profession in 2014 what are your thoughts?

Where is our profession going in the future?

Other Topics for Discussion:

Honor, tradition, our police culture, leadership, influence, service, taking care of our own, bullying, wellness and what we do to relax.

Presenters at the International Law Enforcement Educators and Trainers Association (ILEETA) Conference 2015:

John Marx, CPP

John Marx is the Executive Director of The Law Enforcement Survival Institute and founder of CopsAlive.com. He is creator of the training programs: Armor Your Self™, Armor Your Agency™, and True Blue Valor™. John was a police officer for twenty-three years and served as a hostage negotiator for nineteen of those years. He worked as a patrol officer, media liaison officer, crime prevention officer and burglary detective. Also during his career he served as administrator of his city's Community Oriented Governance Initiative through the police department's community policing project. John retired from law enforcement in 2002. When one of his friends, also a former police officer, committed suicide at age 38, John was overcome with sadness and began researching the problems that stress creates for police officers. He decided he needed to do something to help change those problems and he wanted to give something back to the profession that gave him so much. He started a project that has evolved into CopsAlive.com. Put simply, the mission of CopsAlive is to save the lives of the people who save lives! CopsAlive.com gathers information, strategies and tools to help law enforcement professionals plan for happy, healthy and successful careers, relationships and lives. Today, John combines his skills to assist law enforcement professionals and their agencies how to foster wellness and build Tactical Resilience™. He also consults with businesses about improving their communications, security and customer service programs.

Bob "Coach" Lindsey

"Coach" Bob Lindsey retired from law enforcement after 34 years of service. He retired at the rank of Colonel from the Jefferson Parish Sheriff's Office in Louisiana. His career included military service, all sectors of law enforcement and governmental security. The colonel is a graduate of Loyola University in New Orleans, Louisiana and the FBI National Academy. He is best known as "Coach Bob" by countless numbers of police officers and law enforcement trainers throughout the United States and other nations. Since his retirement, he continues to utilize his vast experience to teach other law enforcement trainers. He is a founding member of the American Society of Law Enforcement Trainers, serving on the Board of Directors of that organization for 16 years. He also holds the position of International Instructor Trainer emeritus with Monadnock Lifetime Products. He writes and creates Tactical Tips for PoliceOne.com, and he is a member and contributor to Team

one and ILEETA. Colonel Lindsey has received numerous awards and honors including the ILEETA Outstanding Law Enforcement Trainer of the Year and the Lifetime Achievement award from ASLET. He has received many other honors which are too numerous to mention. Colonel Lindsey was personally trained in Verbal Judo techniques by Dr. George Thompson and now works with the Vistelar Group teaching Verbal Defense & Influence. Bob is on the faculty of The Law Enforcement Survival Institute.

Resources for Additional Information on the Issues:

Leadership Integrity: How to Get It, How to Keep It, and Why It Matters - Police Chief Magazine January 2015
Brian D. Fitch, PhD, Lieutenant, Los Angeles County, California, Sheriff's Department
http://www.policechiefmagazine.org/magazine/index.cfm?fuseaction=display&article_id=3607&issue_id=12015

Group Socialization and Cohesion in Policing - Police Chief Magazine January 2015
Adam Fouche, Lieutenant, University of Georgia Police Department, Athens, Georgia
http://www.policechiefmagazine.org/magazine/index.cfm?fuseaction=display&article_id=3608&issue_id=12015

Code of Silence: Fact or Fiction? by: Craig E. Ferrell Jr., Deputy Director, Administrative General Counsel, Houston Police Department, Houston, Texas - Police Chief Magazine January 2015
http://www.policechiefmagazine.org/magazine/index.cfm?fuseaction=display_arch&article_id=148&issue_id=112003

The Cost of Breaking the Code of Silence by: Michael Quinn Ethics Contributor to Officer.com on Nov 28, 2006
<http://www.officer.com/article/10250500/the-cost-of-breaking-the-code-of-silence>

Police Suicide: Are You at Risk? By Orlando Ramos, Ph.D. - FBI Law Enforcement Bulletin May 2010
<http://leb.fbi.gov/2010/may/perspective-police-suicide-are-you-at-risk>

Changing Police Subculture By Mark Malmin - FBI Law Enforcement Bulletin April 2012
<http://leb.fbi.gov/2012/april/changing-police-subculture>

Revolutionizing Policing Through Servant-Leadership and Quality Management By Bill Gardner and John Reece, Ph.D - FBI Law Enforcement Bulletin June 2012
<http://leb.fbi.gov/2012/june/revolutionizing-policing-through-servant-leadership-and-quality-management>

Peer to Peer Accountability by: By Jennifer Bills, Ke Ching-Chung, Roy Heringer, and Dave Mankin - FBI Law Enforcement Bulletin June 2009
<http://leb.fbi.gov/2009-pdfs/leb-august-2009/view> pg. 14

Spirituality: An Invisible Weapon For Wounded Warriors by: FBI Special Agent Samuel L. Feemster M.Div. J.D. - FBI Law Enforcement Bulletin January 2009
<http://leb.fbi.gov/2009-pdfs/leb-january-2009/view>

Beyond Survival - The entire issues of the FBI Law Enforcement Bulletin May 2009
<http://leb.fbi.gov/2009-pdfs/leb-may-2009/view>

Find the article: “Civil Rights Investigations of Local Police: Lessons Learned” from the PERF Critical Issues In Policing Series at this link:

http://www.policeforum.org/assets/docs/Critical_Issues_Series/civil%20rights%20investigations%20of%20local%20police%20-%20lessons%20learned%202013.pdf

“**Make it Safe**” is a initiative created by Police Psychologist Jack Digliani that encourages all in law enforcement to make it safe for officers to ask for psychological support.

You can read an article about it on CopsAlive.com here: <http://www.copsalive.com/make-it-safe/>

Visit this link to download a “Make It Safe” program description sheet.

<http://www.copsalive.com/suggests?makeitsafeflyer/ileeta2015>

Police Psychologist Jack Digliani’s **Proactive Annual Check-In** Concept

The Proactive Annual Check In (PAC) provides police officers and other agency employees with a confidential setting within which to share information about current life circumstances. It is a proactive program designed to offer a positive exchange of thoughts, ideas, and information between your personnel and a police psychologist or other mental health professional.

Learn more at Jack’s website at this link: <http://www.copsalive.com/suggests?jdcom/ileeta2015>

You can download a poster of Jack Digliani’s Proactive Annual Checkin concept at this link:

<http://www.copsalive.com/suggests?checkinpdf/ileeta2015>

Chief’s Lead The Way

A program created by Marla Friedman Psy.D., P.C.

Director of Investigations, Licensed Psychologist

Co-Chair of Police Psychological Services Section

of the Illinois Association of Chiefs of Police in 2014

For more information: visit Marla on LinkedIn at: www.linkedin.com/pub/marla-friedman-psy-d-p-c/6b/a27/542

Proactive Peer Support

Proactive peer support as more than just having a list of employees who you can contact if you are having problems. The very nature of being proactive means that the peer support team would have members on all shifts, and in all areas of the department. The team members should be charged with being visible and available to employees who might need support, as well as preemptively touching base with employees they are concerned about before their issues become crises. Police Psychologist Jack Digliani, Ph.D., Ed.D. in his Police & Sheriff Peer Support Team Training Manual has written: “The availability of EAP and health plan psychological counseling for police officers represents a significant advancement in the delivery of counseling services. However for officers, EAPs and health plan counseling, although helpful, appear insufficient. They are helpful in that they are utilized by some officers who might not otherwise seek assistance. They are insufficient in that despite their availability, they do not and cannot meet the needs of many police officers. Peer support teams occupy a support niche that cannot be readily filled by either an EAP, health plan provisions, or a police staff psychologist. If an agency wants to do the best it can to support its officers, a peer support team is necessary”.

Visit this link to download Police Psychologist Jack Digliani’s Police & Sheriff Peer Support Team Training Manual

<http://www.copsalive.com/suggests?diglianimanual/ileeta2015>

Visit this link to download a free copy of our CopsAlive.com 10 Minute Roll Call Discussion Guide “Law Enforcement Suicide Prevention – Take Charge”

<http://www.copsalive.com/suggests?officersuicideprev/ileeta2015>

Visit this link to download “Signs Of Excessive Stress & Warning Signs” excerpted from Jack Digliani’s Police & Sheriff Peer Support Team Training Manual

<http://www.copsalive.com/suggests?warningsigns/ileeta2015>

Visit this link to download Information on “How To Recover From Traumatic Stress” excerpted from Jack Digliani’s Police & Sheriff Peer Support Team Training Manual

<http://www.copsalive.com/suggests?recoverfromtraumaticstress/ileeta2015>

Visit Police Psychologist Jack Digliani’s website which is loaded with great resources here:

<http://www.copsalive.com/suggests?jdcom/ileeta2015>

If you, or someone you know, are in crisis or need help call “Safe Call Now” 1-206-459-3020 or visit their website at this link:

<http://www.copsalive.com/suggests?safecallnow/ileeta2015>

Visit this link to download our CopsAlive.com 10 Minute Roll Call Discussion Key “The Police PTSD Paradox”

<http://www.copsalive.com/suggests?rc10mptsdparadox/ileeta2015>

Visit this link to download our CopsAlive.com 10 Minute Roll Call Discussion Key “Rx3x” 3x Prescription for Stress Management in Law Enforcement

<http://www.copsalive.com/suggests?rx3xrc10m/ileeta2015>

Read the Story of “Rx3x – A Prescription for Stress Management in LE” on CopsAlive.com by

<http://www.copsalive.com/suggests?rx3x/ileeta2015>

Find information about our Law Enforcement Survival Institute Armor Your Self™ Training Program at this link: <http://www.copsalive.com/suggests?armoryourself/ileeta2015>

Visit this link to learn about all the training offered by The Law Enforcement Survival Institute.

<http://copsalive.com/suggests?lesi/ileeta2015>

Visit <http://www.CopsAlive.com/resources> for all these and many more resources to help you and your organization become resilient and survive the rigors of this career.

Articles Written by Duane Wolfe on PoliceOne.com

The Day I Put A Gun To My Head

<http://www.policeone.com/health-fitness/articles/6051104-The-day-I-put-a-gun-to-my-head/>

How To Care For The Warrior Within

<http://www.policeone.com/health-fitness/articles/6603326-How-to-care-for-the-warrior-within/>

3 Areas To Work On To Improve Police Performance

<http://www.policeone.com/Officer-Safety/articles/8116566-3-areas-to-work-on-to-improve-police-performance/>

The True Blue Valor Pledge

On My Honor I Pledge:
To Uphold The Code of True Blue Valor
First I Will Do No Harm
I Am A Protector, Not a Bully
I Will Treat My Coworkers with Respect and Dignity
Because We Are All One Family
I Will Not Look The Other Way When a Peer is in Crisis
I Will Offer Support and Encouragement When Needed
I Will Take Charge and Intervene When Necessary
I Will Protect and Serve My Country, Community, Family and Peers
I will Support and Encourage My Brothers and Sisters in Law Enforcement
I Do All of This Because:
I “Walk My Talk”
and I say:
“We Take Care of Our Own”
and On My Watch
“No One Gets Left Behind”

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Learn more at: www.TrueBlueValor.com

“In Valor There Is Hope”
Gaius Cornelius Tacitus
Roman Senator, Governor, Consul and Historian

I Dream A World

By Langston Hughes

I dream a world where man
No other man will scorn,
Where love will bless the earth
And peace its paths adorn
I dream a world where all
Will know sweet freedom's way,
Where greed no longer saps the soul
Nor avarice blights our day.
A world I dream where black or white,
Whatever race you be,
Will share the bounties of the earth
And every man is free,
Where wretchedness will hang its head
And joy, like a pearl,
Attends the needs of all mankind-
Of such I dream, my world!

Source: <http://www.learningfromlyrics.org/langston.html> Web accessed 2-1-15

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www.LawEnforcementSurvivalInstitute.org and www.CopsAlive.com