

CopsAlive.com and

# **The Law Enforcement Survival Institute**

**Present: Single Topic Roll Call Training Sessions**

## **“Prescription for Law Enforcement Stress Management” RC10m**

**Ten Minute Roll Call Training (RC10m)**

**Written by: CopsAlive.com editor John Marx – visit: [www.CopsAlive.com](http://www.CopsAlive.com)**

**Copyright © 2010, Law Enforcement Survival Institute, All Rights Reserved**

## **RC10m = Ten Minute Training for Roll Call** **Instruction Sheet**

The RC10m's are, ten minute, Single Topic Training sessions designed to enable you to provide short but powerful training on a variety of topics in as little as ten minutes. This makes it easier to fit training into busy shift schedules and give officers a chance to discuss important, job related or self improvement topics. I learned this technique from a department store manager, who would hold short, ten to fifteen minute "stand-up" meetings with all her employees right before their store opened every morning. They would gather in a central location, in their case, at the bottom of the main escalators and discuss important topics of the day. Part of the meeting was to discuss their weekly advertising or that of their competitors. They would use some time to recognize the achievements of fellow employees and award accomplishments. Frequently the manager would ask employees to conduct job specific training, and sometimes they would bring in outside trainers like me. It was always a challenge to reduce my topics to ten minutes, but the manager assured me that if I focused on one or two key points I could finish on time and the employees would absorb the information and still have a thirst for more. I found that she was correct and that it stimulated a curiosity in the employees so that some of them would seek out further information on their own. I enjoyed this approach, and found it to be so effective that I now encourage everyone in all of my training sessions to law enforcement and the private sector to try it. The last part of the meeting was a short pep talk by the manager to motivate her employee's right as they opened for that day's business.

I encourage you to try this technique as well. The sessions do not have to be formal and don't have to be led by a supervisor. They are designed to be short discussions in a quick and casual format, conducive to learning and growth. I have designed many preformatted programs based upon topics I feel are important to an officer or department's planning to have safe, happy and healthy careers. I have also created a blank worksheet so that you can use the structure to create your own training sessions on topics that are important to you or your organization.

Each program has these categories: Topic Area, Key Points, Discussion Questions, an Activity, Homework, and Follow-up activities.

**Key Points:** Limit to the most important points for one roll call, cover others tomorrow!

**Discussion Questions:** These should provoke thought about what is important to your team.

**Activity:** This gets everyone involved at their own pace and with their own learning style.

**Homework:** This challenges them to go further on an important topic when they have more time.

**Follow-up:** If people want additional information, this is a source they might use to learn more.

Please experiment with this concept and let me know what you think. I always welcome your feedback!

John Marx, editor of [www.CopsAlive.com](http://www.CopsAlive.com)

**Ten Minute Roll Call Training (RC10m)**

**Written by: CopsAlive.com editor John Marx – visit: [www.CopsAlive.com](http://www.CopsAlive.com)**

**Copyright © 2010, Law Enforcement Survival Institute, All Rights Reserved**

## **LESI RC10m “Roll Call Training in Ten Minutes”**

### **Topic:**

A Stress Management Prescription for Police Officers and other Law Enforcement professionals

### **Key Points:**

1. A career in law enforcement can become very toxic and is surrounded with many dangers both overt and hidden.
2. Researchers have noted that burnout in policing is not all created by the work itself. Describing police burnout as "emotional exhaustion," Jeannie Gaines and John Jermier reported: "it is profoundly affected by departmental context, administrative policy and practice, and the contradictory mandate of police in society." Emotional exhaustion in a high stress organization. Academy of Management Journal, 26(4), 567-586. (1983)
3. "Distress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. Research suggests that stress also can bring on or worsen certain symptoms or diseases." <http://www.webmd.com/balance/guide/effects-of-stress-on-your-body>
4. Statistics indicate that somewhere between 2-6 times more officers kill themselves each year than are killed by the bad guys.
5. It has been argued that police officers are at increased risk for mortality as a result of their occupation. The average age of death for police officer in a 40-year study was 66 years of age.

### **Discussion Questions:**

1. How does stress help you?
2. How does stress negatively affect you personally?
3. What can we as a team do to reduce the negative effects of stress on each other?
4. What could our agency do to assist us in reducing the cumulative effects of a stressful career?

### **Activity:**

The Law Enforcement Survival Institute offers a prescription for law enforcement stress management called "Rx3x". The prescription (Rx) is for stress management activities three times (3x) a day. The Rx3x process calls for a combination of mind and body exercises to reduce and manage excessive stress. The process calls for:

1. A Physical Fitness Workout of 30-45 min each day focused upon building strength and aerobic fitness.
2. A Buffer Workout for Stress Reduction (20-30 min) During the work to home transition time and;
3. A Stress Management Session (20-30 min) later in the day focused upon reducing mental stress.

Try it and see what you think!

**Ten Minute Roll Call Training (RC10m)**

**Written by: CopsAlive.com editor John Marx – visit: [www.CopsAlive.com](http://www.CopsAlive.com)**

**Copyright © 2010, Law Enforcement Survival Institute, All Rights Reserved**

## **A COPSALIVE.COM TEN MINUTE ROLL CALL TRAINING (RC10M)**

### **Homework:**

Read more about this issue at: CopsAlive.com

<http://www.copsalive.com/suggests?rx3x/rc10m>

Consider these articles from the Mayo Clinic website:

"Fitness training: Elements of a well-rounded routine"

<http://www.copsalive.com/suggests?mayo5elements/rc10m>

"Exercise and stress: Get moving to combat stress"

<http://www.copsalive.com/suggests?mayoexercise&stress/rc10m>

"Relaxation techniques: Try these steps to reduce stress"

<http://www.copsalive.com/suggests?mayorelaxation/rc10m>

### **Follow-up:**

Ask everyone to try the Rx3x concept for 2 weeks. At another meeting in two weeks ask for feedback to see if it is helping anyone. Find out why if it is helping. Find out why if it is not helping. Create a "Next Step" for discussions on stress and stress management.

**Ten Minute Roll Call Training (RC10m)**

**Written by: CopsAlive.com editor John Marx – visit: [www.CopsAlive.com](http://www.CopsAlive.com)**

**Copyright © 2010, Law Enforcement Survival Institute, All Rights Reserved**

**LESI RC10m “Ten Minute - Roll Call Training” Worksheet**

**Topic:**

**Key Points:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Discussion Questions:**

- 1.
- 2.
- 3.
- 4.

**Activity:**

**Homework:**

**Follow-up:**

**Ten Minute Roll Call Training (RC10m)**

**Written by: CopsAlive.com editor John Marx – visit: [www.CopsAlive.com](http://www.CopsAlive.com)**

**Copyright © 2010, Law Enforcement Survival Institute, All Rights Reserved**