

Charlie Crimebuster
COPS RESOURCE CENTER

Resource: Covid-19 Resources For Law Enforcement

www.policefoundation.org

Look under the Resources tag and you will find Coronavirus (Covid-19): Resources for Law Enforcement. They have launched a Real Time Covid-19 Law Enforcement Impact Situational Awareness Dashboard to help law enforcement leadership better access resources. The Dashboard tracks workforce impacts including the number of officers unable to work/placed in off duty status due to possible confirmed exposure and/or due to experiencing symptoms of illness, the number of officers that have been tested and diagnosed, as well as personal protective equipment (PPE) needs and projections.

They offer “Bubbles of Support” in the following areas: Real time Covid-19 Law Enforcement Impact Situational Awareness Dashboard, Law Enforcement and Public Safety Corporate Caring Resource Center, #GotYouCovered Million Masks Campaign for Public Safety in partnership with Azon, Covid-19 FAQs by Law Enforcement, Covid 19 Research Reference Search Tool for First Responders (Created by National Police Foundation & Open Source) and Covid-19 Federal Government Resources/Guidelines for Public Safety Personnel.

Resource: 1st Help www.1sthelp.net/

This website will help you by matching first responders with the appropriate services they may need. They accomplish this by having you fill out a brief questionnaire. This will enable you to find the specific assistance you need including emotional, financial religious and other help. Their website states that they “also provide free informational cards to any individual or department that would like to hand them out to members. The cards bear their logo and the website and are handy reminder that you are never alone.” Contact @bluehelp.org to get them shipped to your department.

Resource: Blue H.E.L.P. www.bluehelp.org *“Honoring the Service of Law Enforcement Officers Who Died by Suicide”*

On their website they state they offer comfort and honor to the families who have lost an officer to suicide. They believe “that officers who suffer emotional injuries should be recognized and their service to the community honored.”

H.E.L.P. stands for the words, H-honor. E-educate. L-lead. P-prevent.

They have a counter, reminding us of how many officers commit suicide each year (228 during 2019). It is a fact that more officers kill themselves than are killed in the

line of duty excluding 9-11. They have been compiling a list of officers lost to suicide and include corrections and federal officers of all duty status. They maintain an "Honor" Wall that specifically honors those that were lost to suicide.

They are an advocate for benefits for those suffering from post-traumatic stress and the web site states that they can get you in touch with other family members that have gone through the same challenges to offer support. You can get more information and or assistance after a suicide loss or have a general inquiry through their "Get In Touch" page.

For more information or assistance go to www.bluehelp.org

Resource: The National Suicide Prevention Hotline

www.suicidepreventionlifeline.org/ Phone 800-273-8255

Note: While this is not an exclusive first responder platform, they are an excellent referral service and can be used personally or as a Law Enforcement Officer you can use this to help those you serve on the street.

Their lifeline provides 24/7 CONFIDENTIAL support for those in distress or in need of help for their loved ones. They provide a national network of local crisis centers that provide FREE and confidential emotional support to people in suicidal crisis or emotional distress 24 hours per day, 7 days a week. They empower individuals by using best practices and building awareness. They recognize that every struggle is different and must be accessed differently. They provide resources for the individual and their loved ones.

Resource: Safe Call Now www.safecallnow.org Phone 206-459-3020

Safe call is described as a 24 hour crisis referral service for those in public safety and their family members. Please note that it is "CONFIDENTIAL comprehensive, 24 hour crisis referral service for all public safety employees, all emergency services personnel and their family members nationwide.

They list on their website passed Legislature law 43.101.425 whereby it is decreed by the Senate and the house that "communications and referral services by employees and volunteers of law enforcement , correctional, firefighting, and emergency services agencies, and all records relating to the communications, **shall be confidential.**"

Their Vision Statement states: "Safe Call Now provides education, healthy alternatives and resources to save lives and put families back together."

Make a Safe Call Now 206-459-3020 *it is really CONFIDENTIAL!*

Resource: Copline www.copline.org/ 1-800-267-5463 **“AN OFFICER’S LIFELINE”**

They describe themselves as a “not for profit dedicated to serving active and retired law enforcement officers **and their loved ones** by providing CONFIDENTIAL 24/7 trained retired officers for callers that are dealing with various stressor law enforcement careers encounter both on and off the job.” They provide a police hotline that is peer supported and 100% confidential that operates 24/7. They are “Cops helping Cops” and know that no one understands Cops better than Cops themselves.

Resource: Cops Alive www.copsalive.com/ 303-940-0411

The mission statement of Cops Alive states “Saving the Lives of the People Who Save Lives.” They provide seminars, information and strategies and tools to help Cops live a happy healthy lifestyle. They provide training and assistance to Cops in building solid relationships and live life “beyond the job.” One of their training programs, “Armor Your Self” is an on site training program “that helps police officers and other law enforcement professionals armor themselves physically, mentally, emotionally and spiritually. They also teach “how to Armor Your Agency” in facing stresses and traumas.

They provide excellent downloads including 10 Minute Roll Call discussion guides you can use in your police training especially getting your officers mentally fit and strong for the job. You can find these discussion guides on their Resource page. Such discussions and downloads include “Law Enforcement Suicide Prevention-Take Charge,” Signs of Excessive Stress and Warning Signs, and How to Recover From Traumatic Stress.

A statement on their web site speaks clearly, “It’s kind of like having a back-up on the job but this is about “Having a Back-Up Plan for Your Life.”

Resource: First Responder Support Network www.frsn.org/ Phone: 415-721-9789

First Responder Support Network (FRSN) helps by providing educational treatment programs for first responders **and their families**. They pride themselves on providing first responders and their families ways to reduce the effects of traumatic stress. One of their key programs consist of a 6 day residential treatment for first responders which is also called The West Coast Post-trauma Retreat. They do provide alongside it a 6 day program for significant others & spouses, otherwise known as (SOS).

The (SOS) training illuminates “secondary or vicarious traumatization experienced by First Responder’s loved ones. These are those who may be experiencing their

own depression or anxiety. Their zeal in helping the support family of First Responders enables their organization to stand out in the support services they provide for those who run to trouble instead of away from trouble.

They provide basic and advanced peer support trainings on such topics as critical incident stress, peer team development and inoculation training.

Resource: Valor www.valorforblue.org/home

The Valor program has been in service for 10 years and boast of training over 64, 000 officers. The program is dedicated to preventing injuries and deaths of law enforcement officer and the people they serve. They work to improve the health and resilience of officers. They share real-life accounts of Officer Survivors and provide a suite of ready-made resources for you and your agency to use. This organization focus appears to prepare officers for the danger and challenges of being “on the job.” They cover physical health, vehicle safety, mental wellness and tactical safety. They provide through their website a Law Enforcement Officer Safety Toolkit whereby Officer Safety is a Top Priority. This tool kit provides access to online training in such subjects as Active Shooter Response Program and a host of other programs to keep the Officer safe and effective on and off duty. Officers who want to stay on the cutting edge of Officer Safety will want to avail themselves to this training. They also provide certificates for their training.

Resource: Badge of Life www.badgeoflife.org/ ***“Building a Better Cop”***

Badge of Life states that their mission is “to educate and train law enforcement about mental health and suicide prevention. They maintain a strong professional board of directors that are all dedicated to “building a better cop.” They provide training material that covers police coaching, proactive health, and PTSD. They help remove the stigma that is attached to police officers seeking the help they need to handle the stresses and traumatic life events they encounter almost on a daily basis. They also have a list of hotlines available on their website for “cops in crisis.”

Resource: Serve & Protect www.serveprotect.org/ 615-373-8000 ***“When 911 NEEDS 911”***

Serve & Protect offers what they call **“a 360 Care Focus which** “provides a completeness that has become our trademark. If a caller to the crisis line is referred to residential care, Serve & Protect is equipped to step in to locate a Chaplain for the family while the spouse is getting treatment. As the first responder approaches release, we work to locate a trauma therapist to help maintain a continuum of care for maximized recovery. In addition we can locate other services like AA or Celebrate Recovery programs or intensive outpatient program in their area. “

The organization partners with Safe Call Now to provide the crisis line available to first responders. After the call, Serve & Protect goes to work to locate resources in the Public Safety Professional area that takes their insurance and specializes in trauma therapy. They vet each referral and offer services to family members as well.

Resource: Treatment Placement Specialists

www.treatmentplacementspecialists.com/first-responders/ Call: 877-540-3935

The Treatment Placement Specialist gives treatment guidance based on the individual needs of officers. It is a part of Acadia Healthcare and is committed to serving First Responders including but not limited to police officers, corrections officers, firefighters, emergency medical technicians and other first responders. They help them navigate the treatment landscape and find the options/help that best meet the officer/family unique needs.

They treat the following disorders. Substance Abuse, Dual Diagnosis, Eating Disorders, PTSD & TRAUMA, Behavioral Health Disorders, Psychiatric Disorders, Developmental Disorders and Memory Disorders. They offer both inpatient treatment and residential treatment including Drug and Alcohol Detoxification.