

# Traumas of Law Enforcement Training

These trainings are  
**FREE!**

Presented by C.O.P.S.



**2022  
Locations  
Announced!**



## Who Should Attend?

Law Enforcement Administrators, Officers and Deputies, Peer Support and Employee Assistance Personnel, Planning and Research, Chaplains, Survivors, and Law Enforcement Spouses

## Curriculum

LODD Preparation, PSOB Benefits, Injured Officer & Disability Issues, Law Enforcement Research Findings, General Orders, Implementing agency liaisons, Peer Support, Surviving the Law Enforcement Career, Stress & Trauma issues, Survivor Support, Police Suicide, Funeral Planning & Protocol, C.O.P.S. Programs & Resources, and personal triumphs

## Presenters

Presenters for this training include Survivors, Law Enforcement Officers, Counselors, and experts in the field of Law Enforcement Trauma and Police Suicide.

## Peer Support

Peer Support will be on site and will be available for anyone that may be impacted by the discussion topics.

Nashville, TN	February 14-16
San Antonio, TX	March 7-9
Sacramento, CA	April 4-6
Wilmington, DE	June 13-15
Grand Rapids, MI	July 11-13
Tampa, FL	August 1-3
Bangor, ME	August 22-24
Omaha, NE	September 19-21
Eugene, OR	October 3-5



**CONCERNSOFPOLICESURVIVORS.ORG**

This project was supported by Cooperative Agreement No. 2020-PS-DX-K002 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Please register the following individuals (up to 4 per agency). Be sure to print legibly; attendance certificates will be printed from this information.

Title \_\_\_\_\_ First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Agency \_\_\_\_\_

Department Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Department Phone \_\_\_\_\_ Department Fax \_\_\_\_\_

Email(s) \_\_\_\_\_

Contact Person at Agency \_\_\_\_\_

Location of Seminar \_\_\_\_\_

Attach a list if more than 4 individuals in your agency are interested. IF SPACE IS AVAILABLE, we will contact them about attending. Registration deadline for each session coincides with that location's hotel deadline unless otherwise noted.

We can't send anyone to "The Traumas of Law Enforcement." However, please send the following information to the individuals listed above:

- Send information about C.O.P.S.
- Send information about handling line-of-duty death.
- Put me on the C.O.P.S. mailing list.

Sign up for the monthly C.O.P.S. email newsletter by visiting the C.O.P.S. website.

**Mail or fax completed registration to:**

Concerns of Police Survivors  
PO Box 3199  
Camdenton, Missouri 65020  
Phone: (573) 346-4911 - Fax: (573) 346-1414

Register online at [WWW.CONCERNSOFPOLICESURVIVORS.ORG](http://WWW.CONCERNSOFPOLICESURVIVORS.ORG)

## STRESS & TRAUMA IN LAW ENFORCEMENT

DAY ONE

8:30 AM - 5:00 PM

(7.5 hours)

**8:30 AM - 8:45 AM**

### **TRAINING INTRODUCTION** *(C.O.P.S. Staff)*

This section will begin with a brief welcoming, introduction of training, and a quick overview of the training materials. Any site-specific welcome speakers will be introduced and allowed a brief moment to welcome the class. Attendees will review the purpose of their provided training materials; reviewing both packet handouts and 21-hour flash drive contents. Daily training timeline and introduction of Stress & Trauma presenter will conclude this section.

**8:45 AM - 10:00 AM**

### **STRESS & TRAUMA PRESENTATION** *(Stress & Trauma Instructor)*

Before experiencing a traumatic event, officers are exposed to a variety of day-to-day pressures and stressors; which affects them in many different ways. This section of the training focuses on these stressors, their impact, and the relation to trauma recovery.

**10:00 AM - 12:00 AM**

### **CREATING RESILIENCE** *(Stress & Trauma Instructor)*

This portion of the training will focus on creating resilience that can help the participants prevent the day-to-day pressures from destroying the very things they work so hard to build. It is essential for their long-term professional and personal well-being and can help build resistance to the effects of trauma.

**12:00 PM - 1:00 PM - LUNCH**

**1:00 PM - 3:00 PM**

### **INJURED OFFICER: LIFE & MARRIAGE AFTER A CRITICAL INCIDENT** *(Injured Officer Presenter)*

This segment of the training will give personal insight into traumatic incidents. Participants will hear one officer's account of a traumatic incident. Officers chosen for this section will have either been involved in an officer involved shooting or other significant event that would be an extreme stressor to an officer. Participants will acquire insight into coping strategies that helped make the transition back from the traumatic stress associated with the incident and back into active duty. Also, through the unique perspective of the spouse, participants will learn about the negative and adverse effects this experience has on relationships, home life, and marriage and strategies that worked for them in moving forward.

**3:00 PM - 4:00 PM**

### **THE IMPACT, SIGNS, AND SYMPTOMS OF TRAUMA** *(Stress & Trauma Instructor)*

This portion of the training will focus on trauma and critical incidents, what they are, common reactions, signs and symptoms and the effect these incidents can have on officers, their families, and the agency.

**4:00 PM - 5:00 PM**

### **KEYS TO RECOVERING FROM TRAMATIC EVENTS** *(Stress & Trauma Instructor)*

This portion of the training will focus on the importance of providing support for affected officers, surviving families and agencies. It will also address some of the keys to recovering from a traumatic event, the role of crisis intervention, access to psychological services, the value of peer support and the importance of agencies preparation.

## IMPACTS OF LINE-OF-DUTY DEATHS

### DAY TWO

8:30 AM - 5:00 PM

(7.5 hours)

#### 8:30 AM – 8:45 AM

##### **GOALS & OBJECTIVES** *(Lead Instructor - C.O.P.S. Presenter)*

This section will begin with the overview of the daily training topics by reviewing the goals and objectives. General Orders will be explored in details and examples will be provided.

#### 8:45 AM - 9:00 AM

##### **C.O.P.S. ORGANIZATION** *(Lead Instructor - C.O.P.S. Presenter)*

This segment of the training briefly explores the C.O.P.S. Organization. The C.O.P.S. Services video will be shown. Explanation of resources and services will be provided and reviewed. Participants will be given a copy and explanation of C.O.P.S. growth and statistics.

#### 9:00 AM-10:00 AM

##### **IMPACTS OF LODD** *(Lead Instructor - C.O.P.S. Presenter)*

This segment of the training explains the need for the care of surviving family members immediately after a line-of-duty death and in the future through C.O.P.S. Also, presenter will share their own personal story, and survivor experience and will relate their story and/or stories of other survivors to the training topics in the upcoming session.

This portion reports the findings of studies on the survivor's level of distress after a line-of-duty death and the issues that need to be addressed from a survivor's perspective. This portion of the training will point out important statistics regarding law enforcement issues and the concerns that may surround the family members of a fallen officer. The importance of pre-planning for a LODD will be discussed from a family member perspective and the financial diary will be presented.

Participants will explore Below 100 Organization; reviewing 5 Tenets, being proactive and measure to ensure safety; supporting topic with handouts, website link, and articles.

#### 10:00 AM - SURVIVOR PANEL *(Lead Instructor - C.O.P.S. Presenter)*

Survivors from around the area come in and tell the story of their death notification, what the agency did to help them and what they would have liked to have them do. Survivors will also be available for questions from the attendees. *Presenters will lead discussion after the Survivors Panel, before the participants break for lunch.*

#### 12:00 PM - 1:00 PM - LUNCH

## **1:00 PM – 5:00 PM AGENCY & CO-WORKER SUPPORT**

### **HOSPITAL & FAMILY ASSISTANCE** *(Lead Instructor - Law Enforcement Presenter // C.O.P.S. Presenter is secondary and available to provide examples.)*

This segment explores the importance of proper procedures the agency uses while assisting at the hospital. Presenter will explore examples and give insight to suggested hospital protocol; along with ways to support the survivors during this time.

### **LIAISON OFFICER** *(Lead Instructor - Law Enforcement Presenter // C.O.P.S. Presenter is secondary and available to provide examples.)*

This section takes an in-depth look at the liaison officer in the agency. Procedures and recommendations will be provided to the participants regarding assigning liaison officers, and providing support for liaison officers. The participants will explore what to do and what not to do as the liaison officer. The participants will be given examples and recommendations for agencies and officers regarding the liaison officer.

### **FUNERAL PLANNING** *(Lead Instructor - Law Enforcement Presenter // C.O.P.S. Presenter is secondary and available to provide examples.)*

This section encourages the efforts an agency should take to provide support during the wake and the funeral; and overall funeral protocol. Participants will review funeral rituals, rights, and customs. Participation in funerals regarding children will be explored. Also, this portion will review funeral protocol for suicide and Non-LODD. Participants will learn best practices for memorials and fundraisers.

### **CO-WORKERS SUPPORT** *(Lead Instructor – Law Enforcement Presenter)*

During this segment participants will review the importance of support within the agency. Participants will learn ways to ask for help and promote peer support. This section will review choosing counselors, appropriate debriefing, and other mechanisms of support. Survivors guilt and other normal co-worker reactions to expect will be explored. Examples and resources will be provided to the participants.

### **TRIAL SUPPORT** *(Lead Instructor - Law Enforcement Presenter // C.O.P.S. Presenter is secondary and available to provide examples.)*

This section touches on the importance of department support for the family and the co-workers. Information in this portion will differentiate awaiting trial and during trial.

### **SURVIVOR BENEFITS** *(Lead Instructor - C.O.P.S. Presenter)*

This portion of the training gives detailed instructions and examples of the proper forms on how to file state and federal benefits for line-of-duty death survivors, details on the benefits for survivors, and the eligibility requirements, as well as C.O.P.S. willingness to assist in this process.

## **5:00 PM - TRAINING DISMISSAL**

**LAW ENFORCEMENT BENEFITS**  
**POLICE SUICIDE**  
**SELF-CARE & WRAP-UP**  
**DAY THREE**  
**8:30 AM – 3:30 PM**  
*(6 hours)*

**8:30 AM - 9:45 AM**

**Survivors of Blue Suicide (SBS)** *(Lead Instructor - Law Enforcement Presenter/SBS Survivor)*  
Survivors of Blue Suicide Foundation, Inc. (SBS) addresses the emotional and psychological needs, that arise from the loss of a loved one by suicide in the law enforcement profession. In this portion of the training, participants will learn how the family and co-workers of any active or retired law enforcement officer who has died by suicide, in the United States and its territories, may use the services of SBS. Also, an SBS Survivor may be present to give a personal account.

**9:45 AM - 11:30 AM**

**POLICE SUICIDE AWARENESS & PREVENTION** *(Police Suicide Instructor)*  
Participants in this class will gain an awareness of the national problem of police suicide within our law enforcement families, why it occurs, how to recognize the signs, and what to do to prevent it from occurring.

**11:30 AM - 12:30 PM - LUNCH**

**12:30 PM - 3:00 PM - POLICE SUICIDE – Continued** *(Police Suicide Instructor)*

**3:00 PM - 3:20 PM**

**SELF-CARE & WELLNESS WRAP UP** *(Lead Instructor – Law Enforcement Presenter)*  
During this time participants will review the goals and objectives from the training. The participants will be given information related to continuing their self-care. This section allows for the participants to interact with presenters during a brief questions and answer review.

**3:20 PM - 3:30 PM**

**C.O.P.S. WRAP UP** *(C.O.P.S. Staff)*  
This section will be a training wrap up that provides the participants with information to gain additional resources and support. Participants will view a brief conclusion video that highlights services and programs available to them. In addition, C.O.P.S. will recognize training sponsors for each training location.

**3:30 PM - TRAINING DISMISSAL**