



# ***The 24/7: Emotional & Physical Survival for Criminal Justice Professionals***

## **I. Introduction**

**1 Hour**

### **A. Opening**

- 1) Pledge of Allegiance
- 2) Fallen Officer Memorial
- 3) Instructor Introduction
- 4) Disclaimers
- 5) Course Introduction

### **B. Professional & Lifestyle Realities**

- 1) Stress
- 2) Training
- 3) 24/7: living life as a criminal justice professional
- 4) Personal responsibility

#### **Objectives:**

- Identify the real hazards inherent in law enforcement
- Analyze current, past and extraordinary events that impact training and behavioral protocols
- Recognize character traits that impact success and/or failure
- Examine how tactics and mindset shape and define an officers career

## **II. Facing the Onslaught**

### **A. Who You are Versus How You are Portrayed**

- 1) Media Bias & Attacks
- 2) Activist Agendas
- 3) Political Impact
- 4) Command Level Responsibilities
- 5) The Statistical Realities

### **B. The Effect on the Profession**

- 1) Recruitment & Retention Crisis
- 2) On-Duty Activity or Lack Thereof
- 3) Mission Confusion
- 4) Community Impact: The Real Victims

#### **Objectives:**

- Address what the media and activist characterization of the profession and its members is doing overall to the profession
- Discuss the political backlash and how it impacts officer morale
- Examine how command response effects an officer's state of mind
- Analyze actual statistics concerning officer use of force and compare that to the myths and inaccurate portrayals of police officers

- Examine the impact of low morale on how that pertains to recruiting new officers for your agency and retention of veteran officers
- Address that the result of low morale, fear of executing the organization's Mission negatively impact innocent citizens

### **III. Emotional, Physical and Career Survival**

**2.50 Hours**

#### **A. Expectations and Preparation**

- 1) Witnessing the tragedies
- 2) Dealing with the anger
- 3) Accepting the limits
- 4) Experiencing violence

#### **B. Personality Changes**

- 1) Maintaining outside lives
- 2) Coping with stress
- 3) Law enforcement personality traits

#### **C. Physical Well-Being**

- 1) Leading Causes of Deaths
- 2) Sleep
- 3) Physical Exercise
- 4) Nutrition

#### **Objectives:**

- Recognize, identify and learn from the 24/7 realities of law enforcement
- Outline the need for both physical and emotional health
- Discuss avenues for helping yourself and others
- Define what happens to the human body while under stress both physically and mentally

### **IV. The Effects on Our Home Life**

**2.50 Hours**

#### **A. The Myth of "The Magic Switch"**

1. Transitioning from Officer to off duty
2. What we take home with us
3. Withdrawing
4. Overtaking/Controlling

#### **B. Relationships**

1. Spouses/Significant other
2. Children
3. Extended Family/Friends
4. Supervisors
5. Co-workers

#### **Objectives:**

- Understanding our professional life effects our personal life
- Outline the issues we take home with us
- Discuss different reactions to what we are exposed to during a shift

### **V. Our Inner Critic 1.00 Hours**

#### **A. Priority Guilt**

- 1) Missing off duty milestones
- 2) Overcompensating because of guilt
- 3) Blending your family with your blue family

## **B. Trying Too Hard**

- 1) Doing it all
- 2) Having it all
- 3) Being all

### **Objectives:**

- Awareness of our self-imposed guilt and how to manage it
- Understanding the burdens we put on ourselves
- Recognizing who we are and what our realistic needs are
- Discuss the not playing a role someone else expects of you

## **VI. Fallout from the Demands of Our 24/7 Profession**

**2.00 Hours**

### **A. Implications**

- 1) Depression
- 2) Divorce Rate
- 3) Addiction
- 4) Suicide Rate
- 5) Providing Resources

### **B. Managing the Mindset**

- 1) Self-awareness
- 2) Embracing our strong professional presence
- 3) Be a victor not a victim
- 4) Case Studies

### **C. Emotional Intelligence**

- 1) Personal time management
- 2) Controlling financial well-being
- 3) Deciding to survive
- 4) Officers legacy

### **Objectives:**

- Recognize the implications of the demands of our profession
- Discuss Attributes of a successful personal and professional life
- Identify resources available for emotional wellness