



Central Oregon Public Safety Chaplaincy

Serving the Hearts and Minds of Central Oregon's First Responders

www.copchaplain.com

October 2017

The Beat

Healing Lessons!

I'm not a surgeon and I have never received any formal Medical Training. My first influence of a Doctor on my life was from Dr. Gillespie when I was 4 or 5 I fell off of a chain length fence while throwing dirt clods at some kids and had to have my finger sewed up and on! I wanted to be a Doctor after that! I've received stitches to my head during my life and have received care for physical and emotional injuries.

Recently, I experienced what can happen when you try and pull a Brodhead out of an archery target improperly. My son Michael was with me and

after the bleeding stopped we engaged our medical training with a swift coat of superglue! It kept the blood from going all over and made it look like nothing was wrong!

Following a couple of days I noticed that it appeared that the healing was happening on the outside but was still pretty sore on the inside. Like Emotional healing physical healing needs to be accomplished from the inside out. Sometimes we get in a hurry and just want the outside to look like nothing is wrong but the infection suggests otherwise.

I continue to learn that all the superglue in the world won't

allow the pain of loss and stress injury to go away. It takes time and a concerted effort to allow the healing to begin on the inside.

Walking with our First responders illuminates the many stress injuries that we can experience.

My prayer is that we all will experience the opportunity for self-care so that we can heal from the inside out. Don't forget your superglue!

Blessings,

Padre

Assisting Individual in Crisis AND Group Crisis Intervention Course

October 18-20, 2017

8:00 AM to 5:00 PM each day

Course Location: Mid-Columbia Fire and Rescue

1400 W. 8th Street, The Dalles, Oregon

Cost of the Course: \$250.00

This **THREE DAY** course combines the Individual Crisis Intervention & Peer Support AND Group Crisis Intervention material. **Participants must attend all three days.**

Instructors for this course will be Chaplains Jim Crowley and Mike Dismore.

To see if there is room in the class and for information or questions contact Mike Dismore at 541-788-3364 or mjdismore@gmail.com

The Central Oregon Public Safety Chaplaincy is a Public Benefit non-profit organization with a volunteer board of members from the community, law enforcement agencies, emergency services agencies, clergy, and professionals that meet monthly to assist the chaplains in accomplishing ministry for our law enforcement and emergency services families.

While in contact with the community, it is our mission to care for the troubled and those who have endured loss; those who have been victimized by events and tragedy that have left them abandoned, helpless and without hope.

Help Bring Calm To Chaos – Offering a safe place and safe relationship to the First Responders of Central Oregon. Offering help and assistance to those in crisis and facing traumatic circumstances.

Emergency Services – Chaplains are available for on-scene support for all crisis intervention and assistance when needed.

Death Notifications – often the Departments and Agencies in Central Oregon call upon us to help convey the news of the death of a loved one to family and friends.

Training Others – we have assisted starting Chaplaincy Programs in a number of other Oregon Counties and Cities.

Hospital and Home Visits – to assist in healing and support ministry.

Providing Critical Incident Debriefing and Defusing – following a critical incident or traumatic event, for officers, emergency services personnel, and the community.

Officer Training and Public Awareness – to help the officer and emergency services personnel and their family members maintain healthy relationships to enhance their careers.

Training – we offer monthly training and specialized training to our chaplains and to the emergency service personnel of our communities.

Ride-alongs – with officers and emergency services personnel, encouraging and establishing trust, identifying with their daily pressures and responsibilities.

Officiating Services – celebrating with officers and emergency services personnel and their families in Wedding Celebrations, Vow Renewals, and Baby Dedications. Providing pre- and post-marriage counseling and officiating at funeral services, for officers, emergency services personnel, and our communities.

Search & Rescue – Chaplains are there to assist the Search & Rescue teams as they are called upon for missions, rescues, searches, evacuations, and recoveries.

Disaster Services – a number of our chaplains have assisted with events across the country.

Confidential and Personal Counseling – to police officers and emergency services personnel, their families and the community.

Critical Incident Stress Management – our Chaplains provide a wide range of services helping others deal with traumatic incidents.

News & Events

- **COPC Chaplains Training** – First Tuesday each month from 0900-1200 hours usually at the COPC office in Bend.

- **COPC Board Meeting** – Second Thursday each month at the COPC office.

- **DCSO Corrections** – Chaplains Crowley, Dismore, Jemes, and Michalek continue to meet weekly for lunch with the Corrections Family.

Prayer Requests

- Marriages of our Fire, Law Enforcement and Dispatch families. Our Chaplains meet weekly with officers, firefighters and dispatchers that request our assistance and prayers for their families.

- Covering of His Grace, Wisdom and Protection on our chaplains, agencies and families.

- There are many First Responder Families facing illnesses, surgery, and other physical ailments. Keep them and their families in prayer.

