



Course Title: Law Enforcement Family

Course Number: B-8

Class Time: 1.5 Hours

By

Chaplain Jim Crowley

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*Training Objectives Materials/Feedback!

The goals of instruction in the B-8 Law Enforcement Family Core Training Course are to provide the student with:

This is a Basic Course providing Entry Level Training!

*Provide an understanding of the particular stresses of the law enforcement family

*Provide an understanding of the prominent issues within the law enforcement family such as divorce, communication, real and imagined abandonment issues and control at home

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*Training Objectives

- *Provide an understanding of the impact of drugs and alcohol on the family
- *Provide an understanding of stresses which sometimes may be released by anger or violence
- *Provide an understanding of why the demands of the job differ from the private sector
- *Provide an understanding of fears of both the officer and family members that result from the job

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*Provide an understanding of the conflicting roles of the job versus the family

*Provide an understanding of where law enforcement officers can go for help

*Exchange Insights !

*Training Objectives

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*Who is the Law Enforcement Family?

- Officers
- Administration
- Employees
- Department volunteers
- Families
- Retirees

*_____ is often the Common Denominator for membership in the Family!

***L.E. Family Defined**

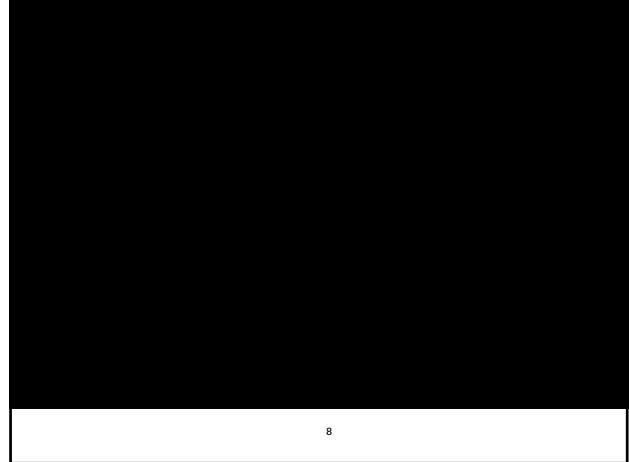
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Chaplains need to be
evitcaorP
in supporting the
families of
law enforcement
officers!

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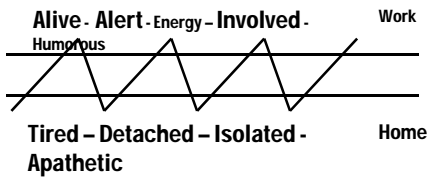
Relationships Training Relationships

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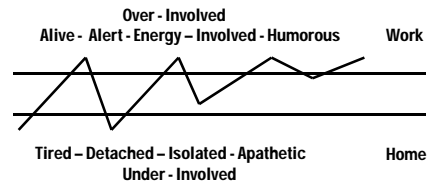
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The Biological Rollercoaster



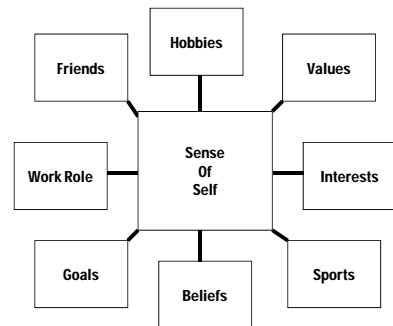
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The Biological Rollercoaster

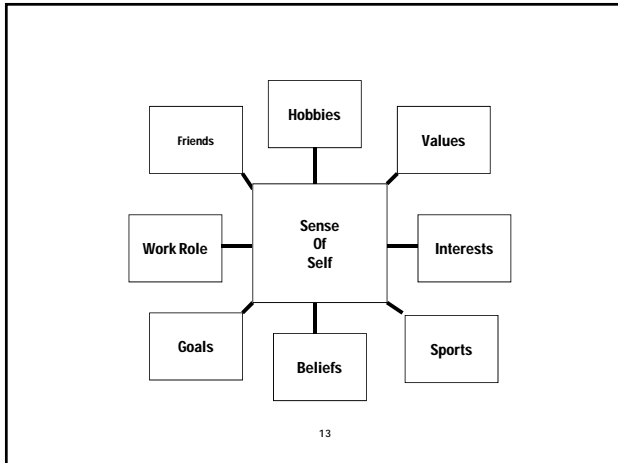


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**There is often little in common
between life at work and life
at home.**



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* The Law Enforcement Family

Challenges

- Family disruption due to rotating shifts
 - Child care issues
 - Holidays
 - Children's events
- Unpredictable work environment
 - Fear of injury or death
- Job related personal change and family relationships
 - Officers exposure to crisis and tragedy
 - The longer they are on the job, the greater risk they have of changing attitudes and personality

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* The Law Enforcement Family

Challenges (Continued)

- Community expectations and demands
 - Officers are held to a higher standard
 - Neighbors and friends see them as an officer
 - They are asked to take care of neighborhood problems
- Intrusion into family life
 - It is easy to take the job home

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* The Law Enforcement Family

Altruism to Cynicism

- Altruism
 - "unselfish concern for the needs or interests of others, providing gratification vicariously or from other's responses"
- Cynicism
 - "An attitude of scornful or jaded negativity, especially a general distrust of the integrity or professed motives of others"

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* The Law Enforcement Family

Altruism to Cynicism

- Why does this happen in law enforcement?
 - Officers deal with the extremes of life
 - They rarely see completing of a work project
 - They deal with the same 6-20% of society
 - They often do not get organizational support
 - They are constantly under a microscope
 - In-grouping - they hang with other officers
 - They tend to be paranoid and distrustful
 - They tend toward self-medication

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* Personal Causes of Stress

- Personal beliefs that conflict with reality.
- Disappointment and loss of interest in the job.
- Performing worse than personal expectations.
- Excessive desire to do a perfect job.
- Excessively high personal standards and goals.
- Willingness to take serious or dangerous risks.
- Driven toward immediate satisfaction.
- Excessive detail orientation.
- High need to be in control.
- High need for exciting activity. Easily bored.
- Strong need to be needed and to rescue others.

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* Family-Related Causes of Stress

- ☛ Death, serious illness, accidents, moves, changes in the environment, damage to home.
- ☛ Family conflict and poor communications.
- ☛ Differences in values, needs and goals.
- ☛ Child rearing issues especially with special physical or mental needs.
- ☛ Important decisions made without the approval of family members.
- ☛ Financial difficulties.
- ☛ Differences or inequalities in household responsibilities and procedures.

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Work-Related Causes of Stress

- ☛ Administrative hassles and poor leadership.
- ☛ Demanding bosses or too many bosses.
- ☛ Poor internal communication.
- ☛ Conflict with colleagues.
- ☛ Shift work or work overload.
- ☛ Low pay and poor advancement.
- ☛ No or limited health and other benefits.
- ☛ Uncertain job future or uncertain requirements.
- ☛ Frustrating contacts with the public.
- ☛ Personal danger and responsibility for others.

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* Traumatic Stress “Terrible Ten”

- ☛ Line of duty death.
- ☛ Serious injury to an operation person.
- ☛ Suicide of a colleague.
- ☛ Killing or wounding a colleague or innocent person.
- ☛ Disaster work.
- ☛ Events with extreme personal threat.
- ☛ Deaths or serious injuries to children.
- ☛ Knowing the victim personally.
- ☛ Events with excessive media coverage.
- ☛ Any unusual or extremely stressing event.

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* Medication

- Alcohol
- Impulsiveness
- Anger
- Caffeine
- Tobacco
- Prescribed
- Non-prescribed
- Workaholic
- Authority Complex

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Relationships
Training
Relationships

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**Family survey
of officers and spouses
Question?
How can chaplains support
families of Law Enforcement officers?**

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Q: Have you been supported by a Chaplain?

■ **POSITIVES**

- Initiated a spousal support group
- Offered their offices for meetings
- Supported through marital & spiritual struggles
- He was a **good listener** & was sympathetic!
- Great support & comfort when my husband died
- He helped me with funeral arrangements and contacted me for several weeks afterwards.
- Verbal encouragement, being undivided
- Retreats
- Helped paint my house
- Being there for us - being out there with us, and not waiting for us to come to you!

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Q: Have you been supported by a Chaplain?

■ **NEGATIVES**

- Incorporate spouses in the Chaplaincy program.
- Our chaplains are sworn officers and think like an officer.
- They do not always understand the pressures and stresses of the law enforcement family.
- Chaplains do not know what it looks like to be a spouse.
- Visit outside a traumatic incident -- just stop by for a chat.
- We call for them and they either never show up or come after we no longer need them.
- They only come for the big stuff.

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Q: Are there things you would like your chaplain to do?

- Conduct family critical incident debriefings during critical incidents
- Deal with family issues
- Family & marriage workshops
- Marriage & family stress issues
- Interaction groups for wives (spouses)
- Ongoing couple groups
- Workshops on the "changing" or "evolving" characteristics of the police officer due to the job
- Conferences that provide opportunities to build relationships
- Peer support programs, especially related to stress
- Home visits
- Bible studies
- Prayer before each shift with those officers who request it

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*** My Heart for
Chaplaincy**

It is a Culture -

It is a Calling -

It Mandates Compassion -

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***References:**

- International Critical Incident Stress Foundation: Stress Management for the Trauma Service Provider by Rachel E. Kaul, LCSW, CTS and Victor Welzant, Psy.D.
- Psychological Body Armor by George S. Everly, Jr., Ph.D., ABPP
- Stress Management for Emergency Personnel by Chevron Publishing Corporation
- Stress Management for Dummies by Allen Elkin, Ph.D.
- ICPC Training Materials
- 21 years of Chaplain Experiences

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*References:

* **The First 48 Hours** – Cisney & Ellers

The Insider - Petersen & Shamy

Emotional Survival for Law Enforcement – Gilmartin

Take Up the Shield - Miano

I Love a Cop - Kirschman