

WELLNESS CHECKS BY POLICE

WELLNESS CHECKS BY POLICE: UNDERSTANDING THE PROCESS, BENEFITS, AND CONCERNS

ARE YOU CONCERNED ABOUT A LOVED ONE? HAVE YOU HEARD ABOUT POLICE WELLNESS CHECKS AND WONDERED HOW THEY WORK? THIS COMPREHENSIVE GUIDE DELVES INTO THE WORLD OF WELLNESS CHECKS CONDUCTED BY LAW ENFORCEMENT, EXPLORING THEIR PURPOSE, THE PROCESS INVOLVED, POTENTIAL BENEFITS, AND THE IMPORTANT ETHICAL AND PRACTICAL CONSIDERATIONS SURROUNDING THEM. WE'LL COVER EVERYTHING FROM WHEN TO REQUEST A WELLNESS CHECK TO WHAT HAPPENS DURING AND AFTER THE VISIT, EQUIPPING YOU WITH THE KNOWLEDGE TO MAKE INFORMED DECISIONS.

WHAT ARE POLICE WELLNESS CHECKS?

POLICE WELLNESS CHECKS ARE PROACTIVE MEASURES TAKEN BY LAW ENFORCEMENT TO ASSESS THE WELL-BEING OF AN INDIVIDUAL. UNLIKE EMERGENCY CALLS THAT ADDRESS IMMEDIATE THREATS, WELLNESS CHECKS FOCUS ON INDIVIDUALS WHO MIGHT BE AT RISK DUE TO FACTORS LIKE ISOLATION, MENTAL HEALTH CONCERNS, SUSPECTED SUBSTANCE ABUSE, OR A LACK OF CONTACT WITH FAMILY OR FRIENDS. THESE CHECKS AREN'T ABOUT ARRESTING ANYONE; THEIR PRIMARY GOAL IS TO ENSURE THE PERSON'S SAFETY AND CONNECT THEM WITH NECESSARY SUPPORT SERVICES IF NEEDED.

WHEN SHOULD YOU REQUEST A POLICE WELLNESS CHECK?

DECIDING TO REQUEST A WELLNESS CHECK IS A SERIOUS DECISION. HERE ARE SOME SCENARIOS WHERE IT MIGHT BE APPROPRIATE:

LACK OF CONTACT: YOU HAVEN'T HEARD FROM A LOVED ONE IN AN UNUSUAL AMOUNT OF TIME, AND YOU HAVE LEGITIMATE CONCERNS ABOUT THEIR SAFETY. THIS IS ESPECIALLY CRUCIAL FOR ELDERLY INDIVIDUALS OR THOSE WITH KNOWN HEALTH CONDITIONS.

CONCERNS ABOUT MENTAL HEALTH: IF YOU BELIEVE SOMEONE IS EXPERIENCING A SEVERE MENTAL HEALTH CRISIS, A WELLNESS CHECK CAN HELP CONNECT THEM WITH APPROPRIATE MENTAL HEALTH PROFESSIONALS.

SUBSTANCE ABUSE CONCERNS: IF YOU SUSPECT SOMEONE IS STRUGGLING WITH SUBSTANCE ABUSE AND THEIR SAFETY IS AT RISK, A WELLNESS CHECK CAN BE A VITAL INTERVENTION.

UNUSUAL BEHAVIOR: NOTICEABLE CHANGES IN BEHAVIOR, SUCH AS ERRATIC ACTIONS, SELF-HARM DISCUSSIONS, OR THREATS OF HARM TO OTHERS, CAN WARRANT A WELLNESS CHECK.

RECENT TRAUMATIC EVENT: FOLLOWING A SIGNIFICANT LIFE EVENT LIKE A LOSS OR ACCIDENT, A WELLNESS CHECK CAN PROVIDE REASSURANCE AND OFFER ACCESS TO SUPPORT.

REMEMBER: IT'S ALWAYS BETTER TO ERR ON THE SIDE OF CAUTION. IF YOU HAVE GENUINE CONCERNS, DON'T HESITATE TO CONTACT THE AUTHORITIES.

THE PROCESS OF A POLICE WELLNESS CHECK: WHAT TO EXPECT

THE PROCESS TYPICALLY BEGINS WITH A PHONE CALL TO YOUR LOCAL POLICE DEPARTMENT'S NON-EMERGENCY LINE. BE PREPARED TO PROVIDE THE FOLLOWING INFORMATION:

THE INDIVIDUAL'S FULL NAME AND ADDRESS: ACCURATE DETAILS ARE CRUCIAL FOR THE OFFICERS TO LOCATE THE PERSON EFFICIENTLY.

YOUR RELATIONSHIP TO THE INDIVIDUAL: THIS HELPS OFFICERS UNDERSTAND YOUR LEVEL OF CONCERN AND THE CONTEXT OF THE SITUATION.

SPECIFIC REASONS FOR YOUR CONCERN: CLEARLY EXPLAIN THE REASONS WHY YOU BELIEVE A WELLNESS CHECK IS NECESSARY, INCLUDING ANY UNUSUAL BEHAVIORS OR EVENTS THAT LED YOU TO CONTACT THE POLICE.

CONTACT INFORMATION: PROVIDE YOUR PHONE NUMBER AND ANY OTHER RELEVANT CONTACT INFORMATION SO OFFICERS CAN UPDATE YOU ON THE SITUATION.

ONCE THE REQUEST IS RECEIVED, OFFICERS WILL TYPICALLY VISIT THE INDIVIDUAL'S ADDRESS TO ASSESS THEIR WELL-BEING. THE INTERACTION BETWEEN THE OFFICERS AND THE INDIVIDUAL WILL VARY DEPENDING ON THE CIRCUMSTANCES, BUT GENERALLY AIMS TO BE NON-CONFRONTATIONAL AND SUPPORTIVE.

BENEFITS OF POLICE WELLNESS CHECKS

WHILE THERE CAN BE DRAWBACKS, THE POTENTIAL BENEFITS OF POLICE WELLNESS CHECKS ARE SIGNIFICANT:

EARLY INTERVENTION: THEY OFFER A CHANCE TO IDENTIFY AND ADDRESS POTENTIAL ISSUES BEFORE THEY ESCALATE INTO CRISES.

CONNECTION TO RESOURCES: OFFICERS CAN CONNECT INDIVIDUALS WITH NECESSARY SUPPORT SERVICES, INCLUDING MENTAL HEALTH PROFESSIONALS, SUBSTANCE ABUSE TREATMENT CENTERS, AND SOCIAL SERVICES.

PEACE OF MIND: FOR CONCERNED FAMILY AND FRIENDS, A WELLNESS CHECK CAN PROVIDE VALUABLE REASSURANCE ABOUT THEIR LOVED ONE'S SAFETY.

PREVENTING TRAGEDY: IN SOME CASES, WELLNESS CHECKS CAN PREVENT TRAGIC OUTCOMES, SUCH AS SUICIDE OR ACCIDENTAL OVERDOSE.

POTENTIAL DRAWBACKS AND ETHICAL CONSIDERATIONS

IT'S CRUCIAL TO ACKNOWLEDGE THAT WELLNESS CHECKS ARE NOT WITHOUT POTENTIAL DRAWBACKS:

PRIVACY CONCERNS: THE INDIVIDUAL MIGHT FEEL THEIR PRIVACY HAS BEEN VIOLATED, ESPECIALLY IF THEY DON'T WELCOME THE INTERVENTION.

POTENTIAL FOR MISUNDERSTANDING: MISCOMMUNICATION BETWEEN THE PERSON BEING CHECKED AND THE OFFICERS CAN LEAD TO UNNECESSARY ESCALATION.

RESOURCE STRAIN: POLICE DEPARTMENTS HAVE LIMITED RESOURCES, AND FREQUENT UNFOUNDED WELLNESS CHECKS CAN STRAIN THEIR CAPACITY TO RESPOND TO OTHER EMERGENCIES.

POWER DYNAMICS: THE INTERACTION BETWEEN A POLICE OFFICER AND A VULNERABLE INDIVIDUAL INHERENTLY INVOLVES A POWER IMBALANCE, WHICH NEEDS CAREFUL CONSIDERATION.

WORKING WITH LAW ENFORCEMENT EFFECTIVELY

TO MAXIMIZE THE POSITIVE IMPACT OF A WELLNESS CHECK, CONSIDER THE FOLLOWING:

BE CLEAR AND CONCISE: WHEN CONTACTING THE POLICE, CLEARLY EXPLAIN YOUR CONCERNS AND PROVIDE ALL RELEVANT INFORMATION.

BE HONEST AND TRUTHFUL: PROVIDING ACCURATE INFORMATION IS CRUCIAL FOR OFFICERS TO ASSESS THE SITUATION EFFECTIVELY.

RESPECT THE PROCESS: UNDERSTAND THAT POLICE OFFICERS HAVE A JOB TO DO, AND BE RESPECTFUL OF THEIR PROCEDURES.

FOLLOW UP: AFTER THE WELLNESS CHECK, FOLLOW UP WITH YOUR LOVED ONE AND ANY SUPPORT SERVICES THEY MAY HAVE BEEN CONNECTED WITH.

CONCLUSION

POLICE WELLNESS CHECKS ARE A VALUABLE TOOL FOR ADDRESSING CONCERNS ABOUT THE WELL-BEING OF INDIVIDUALS AT RISK. WHILE THEY ARE NOT A PERFECT SOLUTION, THEY OFFER A VITAL BRIDGE BETWEEN CONCERNED INDIVIDUALS AND THE RESOURCES NEEDED TO SUPPORT THOSE IN NEED. BY UNDERSTANDING THE PROCESS, BENEFITS, AND LIMITATIONS OF THESE CHECKS, WE CAN WORK COLLABORATIVELY TO PROMOTE SAFETY AND WELL-BEING WITHIN OUR COMMUNITIES. REMEMBER, RESPONSIBLE USE AND OPEN COMMUNICATION ARE CRUCIAL TO MAXIMIZING THE POSITIVE IMPACT OF POLICE WELLNESS CHECKS.

FAQs

1. WHAT IF THE PERSON REFUSES TO COOPERATE WITH THE OFFICERS DURING A WELLNESS CHECK? OFFICERS WILL

TYPICALLY ATTEMPT TO DE-ESCALATE THE SITUATION AND ASSESS THE INDIVIDUAL'S CONDITION. HOWEVER, IF THERE IS A GENUINE RISK TO THE INDIVIDUAL OR OTHERS, THEY MAY NEED TO TAKE FURTHER ACTION.

1. IS THERE A COST ASSOCIATED WITH A POLICE WELLNESS CHECK? No, POLICE WELLNESS CHECKS ARE TYPICALLY A FREE SERVICE PROVIDED BY LAW ENFORCEMENT.

1. HOW LONG DOES IT TAKE FOR OFFICERS TO RESPOND TO A WELLNESS CHECK REQUEST? RESPONSE TIMES VARY DEPENDING ON FACTORS LIKE THE URGENCY OF THE SITUATION AND THE AVAILABILITY OF OFFICERS.

1. CAN I REQUEST A WELLNESS CHECK ANONYMOUSLY? WHILE IT'S HELPFUL FOR OFFICERS TO HAVE YOUR CONTACT INFORMATION, YOU CAN GENERALLY REQUEST A WELLNESS CHECK WITHOUT PROVIDING YOUR PERSONAL DETAILS.

1. WHAT HAPPENS IF THE PERSON IS FOUND TO BE OKAY? OFFICERS WILL TYPICALLY DOCUMENT THE VISIT AND INFORM THE PERSON WHO REQUESTED THE CHECK THAT THE INDIVIDUAL IS SAFE. NO FURTHER ACTION IS USUALLY TAKEN UNLESS A SERIOUS ISSUE IS UNCOVERED.

📖 **Wellness checks by police:** POWER Konstantinos Papazoglou, Daniel M. Blumberg, 2019-11-14 Power: Police Officer Wellness, Ethics, and Resilience collectively presents the numerous psychic wounds experienced by peace officers in the line of duty, including compassion fatigue, moral injury, PTSD, operational stress injury, organizational and operational stress, and loss. Authors describe the negative repercussions of these psychic wounds in law enforcement decision-making, job performance, job satisfaction, and families. The book encompasses evidence-based strategies to assist law enforcement agencies in developing policy programs to promote wellness for their personnel. The evidence-based techniques presented allow officers to get a more tangible and better understanding of the techniques so that they apply those techniques when on and off-duty. With forewords authored by Dr. John Violanti (Distinguished Police Research Professor) and Dr. Tracie Keese, Vice President of the Center of Policing Equity, this book is an excellent resource for police professionals, police wellness coordinators, early career researchers, mental health professionals who provide services to law enforcement officers and their families, and graduate students in psychology, forensic psychology, and criminal justice. - Platinum Award Winner 2019, Homeland Security Awards - American Security Today - Provides reader with evidence-based strategies to promote officer wellness - Covers compassion fatigue, moral injury, PTSD, operational stress, and more - Written by established scholars and professionals from a law enforcement context

wellness checks by police: *Emotional Survival for Law Enforcement* Kevin M. Gilmartin, 2021 This book is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over the course of their careers. These assaults can transform idealistic and committed officers into angry, cynical individuals, leading to significant problems in both their personal and professional lives.

wellness checks by police: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical

guide to 200 difficult professional conversations—featuring all-new advice! There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

wellness checks by police: Roll Call Bobby Kipper, Joe St. John, 2021 Written by two seasoned law enforcement professionals, Bobby Kipper and Joe St. John, *Roll Call* is a Christian Spiritual Guide for other law enforcement professionals. Police work is a stressful and often dangerous job that puts a burden on the individual that most people will never understand. It also forces the police officer to see the world in a very real light and that light is not always positive. Kipper and St. John understand the challenges to staying spiritual in an often-harsh world. It is easy to lose focus on a loving and caring God in the midst of turmoil. It is easy to lose hope when a person sees so much hopelessness. *Roll Call* is as an easy-to-carry book that an officer can read in these troubling times. During a break from all the chaos, the officer can read a quick chapter and refocus on a loving God and the peace of Jesus. *Roll Call* is a “no-nonsense” book that places the Christian Faith in the forefront of the officers’ lives. In these drastic times of today and with the problems facing law enforcement, there is no better time for the faith community to have a police “Roll Call.”

wellness checks by police: The Crime Data Handbook Laura Huey, David Buil-Gil, 2024-04-30 Crime research has grown substantially over the past decade, with a rise in evidence-informed approaches to criminal justice, statistics-driven decision-making and predictive analytics. The fuel that has driven this growth is data – and one of its most pressing challenges is the lack of research on the use and interpretation of data sources. This accessible, engaging book closes that gap for researchers, practitioners and students. International researchers and crime analysts discuss the strengths, perils and opportunities of the data sources and tools now available and their best use in informing sound public policy and criminal justice practice.

wellness checks by police: Woman's Welfare , 1905

wellness checks by police: Proud Police Wife Rebecca Lynn, 2021-11-02 Hope for Today Strength for Tomorrow When your husband is a police officer, you experience a unique set of challenges and fears that others may not understand. Rest assured that you can still find peace and joy every day with God by your side. *Proud Police Wife* is the perfect resource for any police wife or future wife in need of hope, encouragement, comfort, and strength. Each devotion includes • applicable Scriptures, • relatable stories, • empowering action steps, and • uplifting prayers. Strengthen your relationship with God and gain confidence in your role as the heart behind the badge. Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord. Psalm 27:14 NLT

wellness checks by police: *Norman Hall's Police Exam Preparation Book* Norman Hall, 2003-04 Annotation Guaranteed methods to score 80% to 100% or your money back.

wellness checks by police: *Making Sense of Psychiatric Diagnosis* Ashley L. Peterson, 2019-09-09 Making Sense of Psychiatric Diagnosis aims to cut through the misinformation, stigma, and assumptions that surround mental illness and give a clear picture of what mental illness really is. The book pairs diagnostic criteria and descriptions for a variety of mental illnesses in the DSM-5 with nineteen first-hand narrative accounts of what it's like to live with those conditions. The book is also infused with the author's own experience as a mental health nurse and person living with depression. With the fusion of diagnostic information, clinical experience, and lived experience, this book offers a unique, well-rounded perspective on the reality of mental illness.

wellness checks by police: *Force Under Pressure* Lawrence N. Blum, 2001-08 In Force Under Pressure, Dr. Lawrence Blum, who has devoted his life's work to the survival and wellness of those who serve, describes the sources of danger, injuries, and victory to police officers in a down-to-earth, readable style. Blum argues that there are missing ingredients in the training and socialization of police officers. These ingredients include techniques and tools to condition the officer's decision-making and concentration during conditions of emergency; internal controls necessary to maintain the will to survive; and aids that will prevent officers being defeated by any threat. Distressing and/or disturbing physical and psychological reactions are common in a police officer's workday, and the officer must be prepared for them. Blum's work has uncovered many of the casues of compromise to officer safety and wellness, and he contends that police officers will be well prepared to cope with unanticipated or rapidly changing encounters if they possess the right tools and the know-how to command and control field encounters and life's pressures. Here Blum provides practical tools for survival in law enforcement, by combining his clinical knowledge with true stories of police officers for an attention-grabbing and informative book.

wellness checks by police: *The Maltreated Child* Jan Carter, 1974

wellness checks by police: *Big Crime and Big Policing* Tonita Murray, Elizabeth Kirley, Stephen Schneider, 2024-07-05 Following money over national borders, banking systems, casinos, and free trade zones, as well as the world of the corrupt elites, Big Crime and Big Policing brings new scholarly and practical insights into our understanding of the interplay of money, crime, and policing on the grand scale. In this wide-ranging volume, a mixed group of scholars and practitioners aim to show how money dictates the scope and nature of financial and corporate crimes, and the impact of these crimes on national economies, social institutions, and communal well-being alike. The book examines how the combined efforts of governments and international organizations fail to stop financial crime at its source and, despite apparently generous human and financial resources, police and law enforcement efforts ultimately fall short of defeating big crime and of meeting public safety needs. International in scope, Big Crime and Big Policing provides fresh reflection on a significant problem of our age, one that demands greater attention from governments and the public.

wellness checks by police: *On Property* Rinaldo Walcott, 2021-02-02 Nominated for the Heritage Toronto Book Award • Longlisted for the Toronto Book Awards • A Globe and Mail Book of the Year • A CBC Books Best Canadian Nonfiction of 2021 From plantation rebellion to prison labour's super-exploitation, Walcott examines the relationship between policing and property. That a man can lose his life for passing a fake \$20 bill when we know our economies are flush with fake money says something damning about the way we've organized society. Yet the intensity of the calls to abolish the police after George Floyd's death surprised almost everyone. What, exactly, does abolition mean? How did we get here? And what does property have to do with it? In On Property, Rinaldo Walcott explores the long shadow cast by slavery's afterlife and shows how present-day abolitionists continue the work of their forebears in service of an imaginative, creative philosophy that ensures freedom and equality for all. Thoughtful, wide-ranging, compassionate, and profound, On Property makes an urgent plea for a new ethics of care.

wellness checks by police: *Spiritual Survival for Law Enforcement* Cary A. Friedman,

2005-06-15 This book is designed to provide spiritual fortification for officers who are faced with a barrage of experiences in the course of their careers which challenge their most deeply held personal beliefs. It comes with exercises, tools, and insights to restore inner peace and clarity.

wellness checks by police: Your Consent Is Not Required Rob Wipond, 2023-01-24 Asylums are supposed to be in the past. However, though the buildings were closed, many of the practices lived on. In fact, more law-abiding Americans today are being involuntarily committed and forcibly treated “for their own good” than at any time in history. In the first work of investigative journalism in decades to give a comprehensive view into contemporary psychiatric incarceration and forced interventions, *Your Consent Is Not Required* exposes how rising numbers of people from many walks of life are being subjected against their will to surveillance, indefinite detention, and powerful tranquilizing drugs, restraints, seclusion, and electroshock. There’s a common misconception that, due to asylum closures, only “dangerous” people get committed now. But forced psychiatric interventions today occur in thousands of public and private hospitals, and also in group and long-term care facilities, troubled-teen and residential treatment centers, and even in people’s own homes under outpatient commitment orders. Intended to “help,” for many people the experiences are terrifying, traumatizing, and permanently damaging. Driven partly by individuals’ genuine concerns for the “mental health” of others, and partly by institutions entangled with goals of power, profit, and social control, psychiatric coercion is increasingly used to: manage school children and the elderly quell family conflicts police the streets control people in shelters, community living, and prisons fraudulently increase hospital profits “resolve” workplace disagreements detain protesters and discredit whistleblowers Thoroughly researched, with alarming true stories and hard data from the US and Canada, Rob Wipond’s *Your Consent Is Not Required* builds an unassailable case for greater transparency, vigilance, and change.

wellness checks by police: *Unleashing the Power of Unconditional Respect* Jack Colwell, Charles Huth, 2010-06-16 Every day, police officers face challenges ranging from petty annoyances to the risk of death in the line of duty. Coupled with these difficulties is, in some cases, lack of community respect for the officers despite the dangers these men and women confront while protecting the public. Exploring issues of courage, integrity, leadership, and character

wellness checks by police: *Good Cop, Good Cop* Brian Casey, 2018-09

wellness checks by police: *The Psychology of Police Deadly Force Encounters* Laurence Miller, 2020-02-11 *The Psychology of Police Deadly Force Encounters: Science, Practice, and Police* is a fascinating look into the reality of police work. The author integrates noted theories into a “street-wise” understanding of being a police officer. The focus of this book is on the use of deadly force by officers—a topic of considerable importance. The author discusses the psychosocial aspects of deadly force use, stemming from the individual officer, the situation, organizational influences, and the police culture. Expanding further into social issues, the controversial topic of race and use of deadly force is discussed. This depiction looks at both sides—that of racial victimization and that of the police—which helps to provide a rather unique perspective on this important issue. Of interest, the author breaks down the different dimensions of cognition as a factor in decision making among police, including the perception of the situation, the action taken depending on that perception, and the role of present and past memory. This will make for a useful training topic to alert officers to the cognitive processes that go into deadly force use—processes that they have the control to change to make a better decision. Next, the book delves into the biological factors that may be involved in police decision making—again where deadly force is involved. The various negative psychological impacts that a deadly force situation may bring about are identified and explained. This book will be useful as a tool for both law enforcement practitioners and researchers to better understand the intricacies of deadly force by the police. For researchers, the book has a multitude of references available for further exploration. It will prove to be a useful guide and reference volume for police managers and supervisors, mental health clinicians, investigators, attorneys, judges, law enforcement educators and trainers, rank and file police officers, including expert witnesses.

wellness checks by police: *The Crazy Lives of Police Wives* Carolyn Whiting, Carolyn LaRoche,

2014-04-23 A Police Officer's calling in life is to serve and protect, and he would willingly lay down his life for all. If he would do that for a stranger, imagine all that he would do for his wife. Our law enforcement husbands are our heroes, we love them dearly and we wouldn't trade them for the world, but being a Law Enforcement Officer's wife comes with its own set of challenges. Law enforcement wives from across North America share communal advice, wisdom, experience, insight and laughter with fellow LEO wives. We offer a peek into our world, the heart of the badge, to our husbands, families, friends and neighbors. *** To further the mission of the book, author proceeds are donated to police related charities

wellness checks by police: Forensic Psychology, Crime and Policing Karen Corteen, Rachael Steele, Noel Cross, Michelle McManus, 2023-04 A key resource for students, academics and practitioners, this concise guide brings together various concepts vital to the theoretical, policy and practical debates on forensic psychology and its relationship with crime and policing. Covering issues such as criminal behaviour, police decision making and crime scene investigation, each entry provides a succinct overview of the topic, together with an evaluation of the emerging issues. The text includes: - associated concepts and further reading from research and practice; - references and glossary. Accessible and comprehensive, this book is the go-to guide for those getting to grips with the relationships between forensic psychology, crime and policing.

wellness checks by police: Health, Safety, and Wellness Program Case Studies in Law Enforcement Joseph B. Kuhns, Edward R. Maguire, Nancy R. Leach, 2015-10-27 In this publication, the Major Cities Chiefs Association and the U.S. Department of Justice's Officer Safety and Wellness (OSW) Group present four recent case studies that serve as models for safety, health, and wellness programs focused on the physical and psychological health of officers. The OSW Group conducted site visits, assessed programs, and questioned participants to identify practical strategies for reducing the incidence of diabetes, promoting physical fitness, providing rehabilitation services, and addressing other health issues.

wellness checks by police: Hold the Line Michael Fanone, John Shiffman, 2023-09-12 From a twenty-year police veteran and former Trump supporter who nearly lost his life during the insurrection of January 6th, this instant New York Times bestseller is also an urgent warning that "offers a stark message for this uncertain moment, making crystal clear the urgency and importance of defending our precious democracy" (Nancy Pelosi). When Michael Fanone self-deployed to the Capitol on January 6, 2021, he had no idea his life was about to change. When he got to the front of the line, he urged his fellow officers to hold it against the growing crowd of insurrectionists—until he found himself pulled into the mob, tased until he had a heart attack, and viciously beaten with a Blue Lives Matter flag as shouts to kill him rang out. Now, Fanone is ready to tell the full story of that infamous day, along with exploring our country's most critical issues as someone who has had firsthand experience with many of them. A self-described redneck who voted for Trump in 2016, Fanone's closest friend was an informant—a Black, transgender, HIV-positive woman who has helped him mature and rethink his methods as a police officer. With his unique insight as an undercover detective and intense desire to do the right thing no matter the cost, Fanone provides a nuanced look into everything from policing to race to politics in a way that is accessible across all party lines. Determined to make sure no one forgets what happened at the Capitol on January 6th, Fanone has written a timely and "important" (Kirkus Reviews) call to action for anyone who wants to preserve our democracy for future generations.

wellness checks by police: The Violent Person at Work Laurence Barton, 2020-04-10 Stalking. Sexual harassment. Mass shootings. Employers are increasingly expected to have a plan to identify and manage threats posed by employees in the workplace. But how do you manage the violent person at work? In his authoritative new guide, Laurence Barton draws on over 30 years' experience as the world's leading threat assessor to outline how to prevent, manage and mitigate workplace violence. He shows businesses and organizations of all sizes how to navigate new privacy laws, different management structures and legal considerations in order to take straightforward, practical steps to minimize and ultimately prevent risk. *The Violent Person at Work* is an invaluable new

handbook for businesses and HR, legal and security professionals worldwide.

wellness checks by police: A Brief History of Stigma Ashley L. Peterson, 2021-11-08 Stigma can have a huge impact on the lives of people living with mental illness. That needs to change, but how can we make it happen? *A Brief History of Stigma* explores the past and present of stigma to give a solid basis to examine strategies to reduce stigma and critically evaluate their effectiveness. It also incorporates the author's experiences as a former mental health nurse living with a chronic mental illness. The book is divided into three parts. Part I explores what exactly stigma is, including relevant sociological theory and common stereotypes. Part II looks at some of the contexts in which stigma can occur, including the media and health care. Part III explores different stigma reduction strategies and what the research has to say about their effectiveness. You'll likely be surprised to learn how ineffective certain commonly used strategies are when it comes to changing public attitudes. This book is for anyone who's interested in understanding stigma and making the world a better place for people with mental illness. Together, we can create positive change!

wellness checks by police: POLICE TRAUMA John M. Violanti, Douglas Paton, 1999-01-01 The police fight a different kind of war, and the enemy is the police officer's own civilian population: those who engage in crime, social indignity, and inhumane treatment of others. The result for the police officer is both physical and psychological battering, occasionally culminating in the officer sacrificing his or her life to protect others. This book focuses on the psychological impact of police civilian combat. During a police career, the men and women of police agencies are exposed to distressing events that go far beyond the experience of the ordinary citizen, and there is an increased need today to help police officers deal with these traumatic experiences. As police work becomes increasingly complex, this need will grow. Mental health and other professionals need to be made aware of the conditions and precipitants of trauma stress among the police. The goal of this book is to provide that important information. The book's perspective is based on the idea that trauma stress is a product of complex interaction of person, place, situation, support mechanisms, and interventions. To effectively communicate this to the reader, new conceptual and methodological considerations, essays on special groups in policing, and innovative ideas on recovery and treatment of trauma are presented. This information can be used to prevent or minimize trauma stress and to help in establishing improved support and therapeutic measures for police officers. Contributions in the book are from professionals who work with police officers, and in some cases those who are or have been police officers, to provide the reader with different perspectives. Chapters are grouped into three sections: conceptual and methodological issues, special police groups, and recovery and treatment. The book concludes with a discussion of issues and identifies future directions for conceptualization, assessment, intervention, and effective treatment of psychological trauma in policing.

wellness checks by police: Managing the Depression Puzzle Ashley L. Peterson, *Managing the Depression Puzzle* provides a comprehensive look at how to manage depression. The goal is to provide a wide range of pieces that might fit in your own unique depression puzzle, so you can pick and choose what does fit for you. No one strategy (or set of strategies) is going to work for every individual, but having information about what the options are will put you in a better position to make choices about your mental health. The book begins with an overview of depressive illnesses and subtypes. Strategies for dealing with depression are broken down into illness treatments and wellness promotion strategies. Illness treatment strategies like medication, ECT, and therapy, lift you from sick to less sick. Wellness promotion strategies, including mindfulness and self-care, help boost you up from less sick to well. Finally, the book looks at common issues faced by anyone living with a chronic mental illness. *Managing the Depression Puzzle* draws on the author's education and experience as a former mental health nurse and pharmacist, as well as personal experience living with treatment-resistant major depressive disorder. The approach is pragmatic, candid, and realistic, with the recognition that depression doesn't happen just one way; it is as unique as you are.

wellness checks by police: Manipulating the Message Cecil Rosner, 2023-10-31 Journalists hate the term fake news, but there's a troubling reality: spin doctors routinely try to dupe them into

reporting misleading and distorted stories. Check the news on any given day and here's what you'll find: Governments routinely lie. Companies inflate claims about their products and practices. Institutions release studies with misleading data meant to deceive. Police departments, infected by systemic racism, downplay crimes against Indigenous and racialized people. The public depends on the media to help them understand the world, but are journalists catching all the daily lies, omissions, and distortions? Shrinking newsrooms and an army of spin doctors mean journalists can get duped. Despite valiant efforts by a handful of investigative journalists, the truth is routinely left behind. Award-winning journalist Cecil Rosner insists there is something we can do about this. We can pressure news organizations to stop blindly regurgitating the firehose of press releases and focus instead on determining what is actually true. Rosner empowers readers by sharing his techniques for detecting misinformation and disinformation.

wellness checks by police: *Once a Cop* Corey Pegues, 2016-05-24 A former cop sets the record straight in this ... memoir about his youth selling crack in the '80s with one of NYC's toughest gangs and later rise through the ranks of the NYPD to become a community leader--

wellness checks by police: *Breaking the Barriers* Ronald a Rufo, 2021-06 Unacceptably high rates of stress, anxiety, sleeplessness, and divorce have plagued the law enforcement profession for decades. Ask most police officers, firefighters, paramedics, prison guards, and anyone associated with police wellness and they will tell you everything is fine. Yet the rate of police suicide continues to climb because of the profession's stigma against seeking help. Officers embrace their responsibility to preserve and protect by taking care of others ... but who is taking care of them? Through interviews with some of the most renowned professionals in their fields, author and speaker Dr. Ron Rufo, a highly decorated, 22-year veteran of the Chicago Police Department, puts a spotlight on the importance of seeking mental health intervention before a minor issue becomes a major crisis. In *Breaking the Barrier*, Rufo's fourth book and his second on police wellness, he explains why emotional wellness is as essential as officers' tactical training. He and dozens of supportive professionals-from the fields of psychology, sleep medicine, religion, leadership management, epidemiology and environmental health, holistic medicine, exercise physiology, and alternative medicine-offer strategies to achieve and maintain emotional, physical, psychological, and spiritual wellness throughout an officer's career. Ron Rufo is on a crusade to rid the law enforcement profession of its constant and relentless shadow of despair. After describing the history of the police culture that contributes to today's physical and mental health issues, he presents a cornucopia of tools for intervention and support to help all law enforcement officers achieve a work/life balance that will lead to a long, healthy, and well-deserved retirement.

wellness checks by police: *Handbook of Police Psychology* Jack Kitaeff, 2019-06-11 The *Handbook of Police Psychology* features contributions from over 30 leading experts on the core matters of police psychology. The collection surveys everything from the beginnings of police psychology and early influences on the profession; to pre-employment screening, assessment, and evaluation; to clinical interventions. Alongside original chapters first published in 2011, this edition features new content on deadly force encounters, officer resilience training, and police leadership enhancement. Influential figures in the field of police psychology are discussed, including America's first full-time police psychologist, who served in the Los Angeles Police Department, and the first full-time police officer to earn a doctorate in psychology while still in uniform, who served with the New York Police Department. The *Handbook of Police Psychology* is an invaluable resource for police legal advisors, policy writers, and police psychologists, as well as for graduates studying police or forensic psychology.

wellness checks by police: Policing Mental Health Laura Huey, Jennifer L. Schulenberg, Jacek Koziarski, 2022-02-01 This brief addresses the question of the various ways in which mental health-related issues have become police responsibility. It provides a detailed understanding of the myriad of ways in which police are often called upon to be the primary responder to mental health-related issues, well beyond the standard media images of individuals in extreme crisis. Drawing upon the results of two separate ethnographies of police practices in Canada, this volume

examines how public policing has become entangled in cases of persons with mental illness (PMI). It examines two aspects of the police role and mandate that brings police officers into contact with individuals dealing with mental health disorders: public safety, and crime prevention and response. It explores police perceptions towards the roles they play in the lives of PMI, and police demands in these types of calls for service that have transformed aspects of public policing. Appropriate for policing researchers, law enforcement and public policymakers, this book presents the argument that tackling this matter requires knowledge of police involvement in situations with PMI, as well as a set of evidence-based policy options that will not generate additional resource or other strains.

wellness checks by police: K9 Cops Nigel Allsopp, 2012-03-15 In this fascinating book, Nigel Allsopp lifts the lid on the world of police dogs, examining the vital roles they play both in Australia and around the world. Despite the numerous high-tech devices now available to law-enforcement officials, 'K9's - as they're known in the trade - remain an indispensable part of police work in a range of fields, notably terrorism and border protection. K9s may sometimes be sent into difficult and dangerous situations, but this is never done without care and concern, for at the heart of their role is the intimate and symbiotic relationship between dog and handler. K9 Cops explores the history, training and current use of police dogs, as well as considering what future dogs have in modern law enforcement. It also includes an A-Z of police canine units in 47 countries. For all police and military personnel, K9 Cops is an informative, must-read book. For the rest of us, it is an entertaining and heart-warming account that dog lovers the world over will enjoy.

wellness checks by police: The I of Me© Niqqi, 2017-10-20 Through the process of self-analysis and self-compassion, it is possible to heal years of compounded trauma and 'baggage'. It is a natural process to respond to traumas by storing emotional baggage by repressing hurtful memories. It is normal to expect the worst in an effort to self-preserve. This negative expectation leads to long-term faulty thinking; and eventually subconscious self-destruction through learned helplessness. Niqqi has spent a decade studying trauma and its effects. There is no escaping trauma through denial. When we attempt to do so, we bury them and give them control over our minds, bodies, souls, and hearts. Niqqi lived for years as a survivor of compounded trauma - in denial. She viewed herself as successful. Her favorite line was: "I don't look like what I've been through!" She had no idea she looked exactly like what she had been through - internally. She began to take analysis of herself. She learned that her past traumas were buried inside of her psyche, controlling every aspect of her life. Her family lived in extreme poverty when she was young. She was kidnapped at the age of ten. She experienced physical and mental abuse, as well as neglect, throughout her childhood. She married an abusive man who held her hostage for hours and attempted to take her life. Through self-awareness and self-compassion, she learned how to face trauma head-on in an effort to minimize its effects. In order to conquer trauma we have to go through it; not over it, not around it, and not under it - but straight through it. Niqqi no longer views herself as a victim who survived and became a survivor. She is a Thrive-or! Through self-analysis and self-compassion, learn how to minimize and eliminate baggage by discovering The I of YOU!

wellness checks by police: Leave the Light On Jennifer Storm, 2010-04-01 Shows how a young person can rebuild his or her life after addiction and trauma.

wellness checks by police: Forensic Victimology Brent E. Turvey, 2023-07-21 Forensic Victimology: Examining Violent Crimes in Investigative and Legal Contexts, Third Edition introduces criminologists and criminal investigators to the idea of systematically gathering and examining victim information for the purposes of addressing investigative and forensic issues. The book continues the legacy of the first two editions with both theoretical and applied coverage of the subject of victimology. The specific applications discussed remain investigative and provide legal venues designed to assist investigators and forensic examiners with the task of performing victimological assessments. Sections delve into the areas of femicide and mass shootings, which are global problems that further emphasize related casework and research. - Provides context and scope for both the investigative and forensic aspects of case examination and evidence interpretation - Approaches the study of victimology from a realistic standpoint, moving away from stereotypes and

archetypes - Includes case examples to demonstrate the application of forensic victimology

wellness checks by police: *Race and Crime* Shaun L. Gabbidon, Helen Taylor Greene, 2024-09-03 Written by two of the most prominent criminologists in the field, *Race and Crime*, 6th Edition takes an incisive look at the intersection of race and ethnicity and the criminal justice system. A thought-provoking discussion of contemporary issues uniquely balances the historical context and modern data and research to offer students a panoramic perspective on race and crime. Accessible and reader friendly, this comprehensive text shows students how race and ethnicity have mattered and continue to matter in all aspects of the administration of justice.

wellness checks by police: *Indictment* Benjamin Perrin, 2023-08-31 Based on first-hand interviews with survivors, people who have committed offences, and others on the frontlines, *Indictment* puts the Canadian criminal justice system on trial and proposes a bold new vision of transformative justice. #MeToo. Black Lives Matter. Decriminalize Drugs. No More Stolen Sisters. Stop Stranger Attacks. Do we need more cops or to defund the police? Harm reduction or treatment? Tougher sentences or prison abolition? The debate about Canada's criminal justice system has rarely been so polarized – or so in need of fresh ideas. *Indictment* brings the heartrending and captivating stories of survivors and people who have committed offences to the forefront to help us understand why the criminal justice system is facing such an existential crisis. Benjamin Perrin draws on his expertise as a lawyer, former top criminal justice advisor to the prime minister, and law clerk at the Supreme Court of Canada to investigate the criminal justice system itself. *Indictment* critiques the system from a trauma-informed perspective, examining its treatment of victims of crime, Indigenous people and Black Canadians, people with substance use and mental health disorders, and people experiencing homelessness, poverty, and unemployment. Perrin also shares insights from others on the frontlines, including prosecutors and defence lawyers, police chiefs, Indigenous leaders, victim support workers, corrections officers, public health experts, gang outreach workers, prisoner and victims' rights advocates, criminologists, psychologists, and leading trauma experts. Bringing forward the voices of marginalized people, along with their stories of survival and resilience, *Indictment* shows that a better way is possible.

wellness checks by police: *Unlocking Me* Inez Sobczak, 2023-11-14 Addiction is a rising problem in America, costing heartbreak, tax dollars, and lives. Women in recovery often find the male-centered recovery approach off-putting and unworkable, while people of faith may be told by their leaders to avoid secular recovery altogether in favor of prayer and religious exercises. What are women of faith with experience in recovery to do when they can't find any other answers? Inez Sobczak provides a winning solution in *Unlocking Me*. While sharing her personal journey, Inez embodies the realities of trauma-caused addiction, outlines her failed attempts at recovery, identifies her personal rock-bottom, and shares her tools for beating addiction once and for all. The problem most addicts face, Inez believes, is a pain that demands to be addressed. Addiction is a failing attempt to handle trauma, not a stand-alone problem that can be cured solely by willpower. Ending with a roadmap for future health and a thoughtful series of questions for personal growth and application, Inez brings to her writing the same warmth, encouragement, understanding, and humility that have made her personal wellness business such a success. FitNez, which Inez founded in 2009, handles numerous clients in the affluent D.C. area, and satisfied clients continue to stock her waiting list with recommendations. *Unlocking Me* captures the best of Inez Sobczak's life experiences and professional excellence.

wellness checks by police: *Wonder Boy* Angel Au-Yeung, David Jeans, 2023-04-25 A Financial Times best business book of 2023 In 1998, at the age of 24, Tony Hsieh sold his first company to Microsoft for \$265 million. In 2009, at the age of 35, he sold his e-commerce company, Zappos, to Amazon for \$1.2 billion. In 2020, at the age of 46, he died. Tony Hsieh revolutionized both the tech world and corporate culture. He was a business visionary. He was also a man in search of happiness. So why did it all go so wrong? Tony Hsieh's first successful venture was in middle school, selling personalized buttons. At Harvard, he made a profit compiling and selling study guides. From there, he went on to build the billion-dollar online shoe empire of Zappos. The secret to his success?

Making his employees happy. At its peak, Zappos's employee-friendly culture was so famous across the tech industry that it inspired copycats and earned a cult following. Then Hsieh moved the Zappos headquarters to Las Vegas, where he personally funded a nine-figure campaign to revitalize the city's historic downtown area. But as Hsieh fell deeper into his struggles with mental health and drug addiction, the people making up his inner circle began changing from friends to enablers. Drawing on hundreds of interviews with a wide range of people whose lives Hsieh touched, journalists Angel Au-Yeung and David Jeans craft a rich portrait of a man who was plagued by his eternal search for happiness and ultimately succumbed to his own demons.

wellness checks by police: Increasing Resilience in Police and Emergency Personnel

Stephanie M. Conn, 2018-04-17 Increasing Resilience in Police and Emergency Personnel illuminates the psychological, emotional, behavioral, and spiritual impact of police work on police officers, administrators, emergency communicators, and their families. Author Stephanie Conn, a clinician and researcher as well as a former police officer and dispatcher, debunks myths about weakness and offers practical strategies in plain language for police employees and their families struggling with traumatic stress and burnout. Sections of each chapter also offer guidance for frequently overlooked roles such as police administrators and civilian police employees. Using real-world anecdotes and exercises, this book provides strengths-based guidance to help navigate the many complex and sometimes difficult effects of police and emergency work.

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