



# RAP SHEET

A NEWSLETTER FOR LAW ENFORCEMENT AGENCIES TO  
ENCOURAGE SENSITIVITY TO THE ISSUES OF LAW ENFORCEMENT DEATH

Concerns of Police Survivors ~ Po Box 3199 ~ 846 Old South 5 ~ Camdenton, MO 65020 ~ Phone: (573) 346-4911

## FROM C.O.P.S. EXECUTIVE DIRECTOR:



Dear law enforcement supporter,

National Police Week is almost here! The C.O.P.S. National Office is working very diligently on the preparations for the arrival in Washington D.C. of the surviving family members and co-workers of officers who will be honored in 2015. As a law enforcement officer attending National Police Week, you may ask yourself what activities you should attend during the week filled with so many choices. Coming from a law enforcement perspective, I suggest you not miss the following events:

**May 12th:** Law Enforcement United Arrival Ceremony. Officers and supporters from across the country ride at least 250 miles in honor of the 2014 fallen officers. The arrival is emotional, and the feeling of pride for the law enforcement officers supporting our survivors is huge.

**May 13th:** The Candlelight Vigil. This is a beautiful ceremony held at night to honor those officers whose names are being placed on the National Law Enforcement Officers Memorial Wall.

**May 14th and 16th:** The National Police Survivors' Conference: If your agency has lost an officer in 2014 or any year in the past, the sessions during this free conference will be invaluable to your officers.

**Please register through [www.nationalcops.org](http://www.nationalcops.org).**

**May 15th:** The 34th Annual National Peace Officers' Memorial Service held on the lawn of the U.S. Capitol hosted by the Fraternal Order of Police. This event is the nation's largest and most prominent memorial service held on behalf of fallen law enforcement officers.

While I encourage officers to attend these four events, there are dozens of other activities hosted throughout the city during the week. If you are a law enforcement officer and have never attended National Police Week, I would encourage you to put it on your bucket list for a trip you have to make. The sense of pride in your career and life's calling during this week is contagious.

On behalf of our nation's law enforcement survivors, we thank you for your service and will see you at National Police Week!

Be safe always,

*Dianne Bernhard*

Dianne Bernhard  
C.O.P.S. Executive Director

*See pg. 2 for information on the  
first annual C.O.P.S. National Conference!*



**C.O.P.S.**  
**National Conference on**  
**Law Enforcement Wellness & Trauma**



November 13-15, 2015 - Grapevine, Texas (Dallas Metro Area)



# C.O.P.S. National Conference on Law Enforcement Wellness & Trauma



November 13-15, 2015 - Grapevine, Texas (Dallas Metro Area)

The **C.O.P.S. National Conference on Officer Trauma and Wellness** is coming up on November 13-15, 2015, in the Dallas, Texas area! We hope every agency is able to take advantage of this much needed focus on officer wellness and the need to proactively address the cumulative stresses that can occur over an officer's career.

We recognize that every law enforcement officer is subjected to crisis and tragedy as a part of their job. They see the most unthinkable acts of criminal behavior in our society. But are we doing a good job helping these officers navigate these events over a course of a twenty to thirty year career?

We continue to see officers suffering from PTSD in growing numbers. Divorce rates continue to be higher for officers than the general public, and, tragically, too many officers choose to end their own lives each year.

This 3-day conference will offer session topics such as: peer support programs; social media during a crisis; the injured officer and coming back from a critical incident; preparing for a line-of-duty death; law enforcement officer benefits; navigating the stresses of a law enforcement career; leadership during a crisis; and officer fitness and nutrition...just to name a few.

There will also be speakers who are national experts in the topics of police suicide and appropriate coping strategies for law enforcement. This inexpensive conference with comprehensive topics on officer wellness and traumas has never been offered before.

C.O.P.S. hopes your agency will take advantage of the expert speakers in a number of topics very relevant to today's officers.

To register for this conference, please go to:

**[WWW.NATIONALCOPS.ORG](http://WWW.NATIONALCOPS.ORG)**

Do you want to attend the C.O.P.S. National Conference, but your agency has a limited travel and training budget?

C.O.P.S. introduces an incentive program for police officers to help cover your registration costs and travel costs for the National Conference!

Host a fundraiser in your area with the proceeds from your event going to support the C.O.P.S. Hands-On Programs and/or the National Conference and you can qualify for a free conference. If your fundraiser raises \$5,000 for C.O.P.S. programs, you will qualify for a free registration to the conference. The registration fee also covers at least 3 meals during the conference. You will be recognized during the conference for your contribution.

If your fundraiser raises \$10,000 for C.O.P.S. programs, you will qualify for a free registration and a free flight to the conference. You will also be recognized during the conference for your contribution.

C.O.P.S. has lots of ideas on small fundraisers that can net between \$5,000 and \$10,000. Please call the National Office if you need an idea. Also, if you decide to participate in this incentive program, please notify the National Office and you will be given additional details and you can request permission to use the C.O.P.S. logo to promote your event.

## FEDERAL LEGISLATION ON LOWERING FLAG TO HALF-STAFF ON MAY 15TH

Fifty-three years ago, in 1962, President John F. Kennedy signed the Public law 87-726 designating May 15th as Peace Officers' Memorial Day, and the week in which May 15 falls as National Police Week. The law was amended by the Violent Crime Control and Law Enforcement Act of 1994, Public Law 103-322, signed by President Bill Clinton, directing that the flag of the United States be displayed at half-staff on all government buildings on May 15th each year. While the actual dates change from year to year, National Police Week is always the calendar week, beginning on Sunday, which includes May 15th.

### Sample Proclamation for National Police Week:

Whereas, The Congress and President of the United States have designated May 15th as Peace Officers' Memorial Day, and the week in which May 15th falls as National Police Week; and

Whereas, the members of the law enforcement agency of *(municipality)* play an essential role in safeguarding the rights and freedoms of *(municipality)*; and

Whereas, it is important that all citizens know and understand the duties, responsibilities, hazards, and sacrifices of their law enforcement agency, and that members of our law enforcement agency recognize their duty to serve the people by safeguarding life and property, by protecting them against violence and disorder, and by protecting the innocent against deception and the weak against oppression; and

Whereas, the men and women of the law enforcement agency of *(municipality)* unceasingly provide a vital public service;

Now, therefore, I, *(title)* of *(municipality)*, call upon all citizens of *(municipality)* and upon all patriotic, civic and educational organizations to observe the week of May *(date)* - *(date)*, *(year)*, as Police Week with appropriate ceremonies and observances in which all of our people may join in commemorating law enforcement officers, past and present, who, by their faithful and loyal devotion to their responsibilities, have rendered a dedicated service to their communities and, in so doing, have established for themselves an enviable and enduring reputation for preserving the rights and security of all citizens.

I further call upon all citizens of *(municipality)* to observe *(day)*, May *(date)*, as Peace Officers' Memorial Day in honor of those law enforcement officers who, through their courageous deeds, have made the ultimate sacrifice in service to their community or have become disabled in the performance of duty, and let us recognize and pay respect to the survivors of our fallen heroes.

In witness thereof, I have hereunto set my hand and caused the Seal of the *(municipality)* to be affixed.

Get your department to lower their flags on May 15th and have your city/town council adopt a Proclamation for National Police Week.

The dates of National Police Week 2015 are May 10-16.

# NATIONAL BLUE ALERT SYSTEM

C.O.P.S. has continued to support and promote the Blue Alert system in many states across the nation. Much like the Amber Alert and Silver Alert, Blue Alerts would provide rapid dissemination of information about suspects who have injured or killed law enforcement officers, or are wanted in relation to the disappearance of law enforcement officers. While almost half the states have implemented this system, there has not been a National alert system UNTIL NOW!

On March 4, United States Senators Benjamin Cardin and Lindsey Graham proposed a bipartisan bill that would create a National Blue Alert system. The bill is titled the “Rafael Ramos and Wenjian Liu National Blue Alert Act of 2015” in honor of the two New York City Police Officers who were killed in the line of duty in December 2014.

C.O.P.S. joins several other Law Enforcement organizations as an endorser of this bill. We will continue to send updates as plans develop.

## 1ST ANNUAL LAW ENFORCEMENT APPRECIATION DAY

In the midst of the negativity towards law enforcement in recent months, C.O.P.S. and several other law enforcement organizations partnered together and took the “L.E.A.D.” on January 9, 2015, for the first annual Law Enforcement Appreciation Day!

Here are a few pictures that show how communities all over the nation came together in support of YOU, America’s law enforcement heroes!



## L.E.A.D. Partners as of 1/9/2015



*On behalf of the entire C.O.P.S. membership, THANK YOU for all you do!*

## PUBLIC SAFETY OFFICERS’ BENEFIT (PSOB) PROGRAM STATISTICS

(Fiscal Year 10/1/13-9/30/14)

PSOB death claims filed: **319**

PSOB death claims determined: **218**

Percentage of claims determined within one year: **46%**

Average number of days to receive basic required documents from the law enforcement agency: **143\***

Average number of days to determine claim after basic required documents are received: **309**

Approval percentage: **88%**

Denial percentage: **12%**

\* In order for surviving families to receive their benefits in a timely manner, we ask agencies to please help decrease this number of days it takes the PSOB office to receive the required paperwork. If you need assistance with filling out paperwork, please call the C.O.P.S. National Office at (573) 346-4911.



**Saturday, May 9, 2015**  
**9:00 AM to 10:00 AM**  
**400 F Street, NW**  
**Washington, DC**



To register, visit  
**[www.nationalpoliceweek5k.com](http://www.nationalpoliceweek5k.com)**  
 All proceeds benefit C.O.P.S. and  
 The Officer Down Memorial Page!



The National Police Challenge (NPC-50) is a competition among local, state and federal law enforcement agencies from around the world. The race will be held on Thursday, May 14, at the U.S. Secret Service Training Facility in Maryland. Ten team members run the 5k course one after another to compete with other teams while raising funds for C.O.P.S.

C.O.P.S. thanks the US Secret Service--Employee Recreation Association for all their efforts to plan and carry out this awesome event. Visit [www.npc50.com](http://www.npc50.com) for more information or to register a team.



The below sessions are available to surviving co-workers:

**Thursday, May 14**

9:00-9:45 a.m.  
 Meeting for Memorial Service Escort Officers with the Fraternal Order of Police.

10:00 a.m. -12:30 p.m.-

**Co-Worker Debriefing Sessions:**

- Co-Workers of Felonious Action (3 sessions)
- Co-Workers of Accidental Action (2 sessions)
- Co-Workers of Drunk Driving Incidents (1 session)
- Co-Workers of Inadvertent Fire/Inadvertent Action (1 session)
- Spouses/Significant Others of Surviving Co-Workers (1 session)

1:45-3:15 p.m.

**Breakout Session:** The Public Safety Officers' Benefits Program

**Saturday, May 16**

9:00-10:15 a.m.

**Breakout Sessions:**

- Co-Workers and Families: Easing Each Other's Pain
- Creating a Caring Agency
- EMDR: A Way to Deal with Flashbacks, Nightmares and Traumatic Grief
- Law Enforcement Death is Always So Traumatic; Why?
- Preparing for Trial and the Aftermath
- Tactics for Preventing Chronic Depression
- My Anger Consumes...

10:30-11:45 a.m.

**Breakout Sessions:**

- Care for the Caregivers
- Don't Call Me Lucky
- How to Deal with Your Agency When it Disappoints You
- Venting is Good for the Soul
- Survivor Guilt: Why Do I Feel So Guilt About Being Alive?
- The Psychology of Survival
- Two Steps Forward, One Step Back... One Step Forward, Three Steps Back

*These sessions are subject to change. All sessions are held at the Hilton Alexandria Mark Center Hotel in Alexandria, VA.*



Download the new C.O.P.S. App to receive quick updates during National Police Week!

*(Please allow push notifications.)*



## **Adult Children's Retreat**

Dates: June 19-22

Location: YMCA Trout Lodge - Potosi, MO

## **Young Adults Camp\***

Dates: June 22-26

Location: YMCA Trout Lodge - Potosi, MO

## **Kids Camp**

Dates: July 27-August 2

Location: Salvation Army Lake Camp - East Troy, WI

## **Outward Bound® Adventure**

Dates: July 26-August 2

Trip Type: White Water Rafting

Location: Canyonlands National Park - Cataract Canyon, UT

## **Fiancés/Significant Others Retreat**

Dates: August 14-17

Location: YMCA Trout Lodge - Potosi, MO

## **Co-Workers for Couples Retreat\***

Dates: August 20-23

Location: YMCA Trout Lodge - Potosi, MO

## **Siblings Retreat**

Dates: September 11-14

Location: YMCA Trout Lodge - Potosi, MO

## **Spouses Getaway**

Dates: September 25-28

Location: YMCA Trout Lodge - Potosi, MO

## **Co-Workers Retreat**

Dates: October 2-5

Location: YMCA Trout Lodge - Potosi, MO

## **Extended Family Retreat**

Dates: October 16-19

Location: YMCA Trout Lodge - Potosi, MO

## **Parents Retreat**

Dates: October 23-26

Location: C.A. Vines Arkansas 4-H Center - Little Rock, AR

**TO REGISTER FOR A  
C.O.P.S. HANDS-ON PROGRAM,  
PLEASE VISIT:**

**[WWW.NATIONALCOPS.ORG](http://WWW.NATIONALCOPS.ORG)**

*\* New program for 2015. See below for details.*

## **C.O.P.S. ADDS TWO NEW PROGRAMS IN 2015**

### **YOUNG ADULTS CAMP**

The idea behind the addition of this new retreat to be held on June 22-26, 2015, is to offer an alternative to the Outward Bound® Adventure program already available through C.O.P.S. for surviving children. C.O.P.S. Young Adults Camp will not only allow surviving children, ages 15-20, a new program option, but now minor aged surviving siblings will have a program option available to them as well. This program, which will be held at the YMCA Trout Lodge in Potosi, MO, will be a good choice for those that may have physical limitations that will not allow them to participate in the Outward Bound® Adventure program or those surviving children who have attended the Outward Bound® Adventure program for a few years and would like a change.

To obtain more information or to register for this retreat, please visit [www.nationalcops.org/programs](http://www.nationalcops.org/programs).



### **CO-WORKERS FOR COUPLES RETREAT**

C.O.P.S. is also pleased to announce the addition of a second Co-Workers Retreat in 2015 called "C.O.P.S. Co-Workers for Couples Retreat". This retreat is planned for surviving co-workers and their spouse/domestic partners and will be held August 20-23, 2015, at the YMCA Trout Lodge in Potosi, MO. Since its inception in 2010, C.O.P.S. Co-Workers Retreat has been a life-changing experience for those that have attended; but the reoccurring question of surviving co-workers is "How do I help my spouse/family understand?". The new C.O.P.S. Co-Workers for Couples Retreat will concentrate on helping the marriage and family of the surviving co-worker and allow couples to discuss their issues in a relaxed, confidential environment.

For further details on both Co-Workers Retreats, please visit [www.nationalcops.org/programs](http://www.nationalcops.org/programs).



**STREAMLIGHT** Streamlight, Inc. has generously agreed to be the lead sponsor of this retreat.

# PARTNERS IN LAW ENFORCEMENT

*For dates 10/1/2014 - 3/19/2015*

Aberdeen Police Department, NC  
AFSCME Council #15, CT  
Alexandria Sheriffs' Association, VA  
Aquidneck Island National Police Parade, RI  
Arizona Association of Chiefs of Police  
Blue Knights Missouri X  
Blue Knights WV V  
Boston Police Patrolmen's Association, MA  
California Police Chiefs Association  
Camden County Sheriff's Office, MO  
Dade County PBA, FL  
Delaware State Troopers Association  
Detectives' Endowment Association, NY  
FBI National Academy, VA  
FBINAA Virginia Chapter  
Florida Police Chiefs Association  
FOP DC State Lodge #1  
FOP Francis Scott Key Lodge 91, MD  
FOP Lodge #8, RI  
FOP M.P.D. Labor Committee, DC  
FOP Margate Lodge #75, FL  
FOP Missouri State Lodge  
FOP William J. Taylor Lodge #32, OH  
Houston Police Officers' Union, TX  
International Association of Chiefs of Police, VA

International Brotherhood of Police Officers Local 301, RI  
International Conference of Police Chaplains, FL  
IPA-US Section, CA  
Iron Shields West Virginia  
Law Enforcement Legal Defense Fund, VA  
Law Enforcement United, VA  
Memphis Police Department, TN  
Ohio Patrolmen's Benevolent Association  
Peace Officers Memorial Foundation of Cook County, IL  
Peace Officers Research Association of Nevada  
Police Officer Assistance Trust, FL  
Porrage County Deputy Sheriff's Association, WI  
Port Authority Sergeants Benevolent Association, NJ  
R.I. State Police Charitable Fund  
Sheriffs' Association of Texas  
St. Lucie County Sheriff's Office, FL  
State Troopers Fraternal Association of NJ  
Suffolk County Superior Officer's Association, NY  
Texas Dept. of Public Safety Officers Association Auxiliary  
Texas Municipal Police Association  
The Backstoppers, MO  
United States Marshals Service Association, NV  
US Secret Service-Employee Recreation Association, VA  
Washington County Police Officers Association, OR

*Interested in becoming a "Partner in Law Enforcement"? Contact [shelly\\_yielding@nationalcops.org](mailto:shelly_yielding@nationalcops.org).*

## REMAINING TRAUMAS OF LAW ENFORCEMENT TRAININGS IN 2015

**Memphis, Tennessee**  
**April 13-15, 2015**

**Billings, Montana**  
**April 27-29, 2015**

**Milwaukee, Wisconsin**  
**June 1-3, 2015**

**To register your agency for this FREE training, visit: [www.nationalcops.org/training.asp](http://www.nationalcops.org/training.asp)**

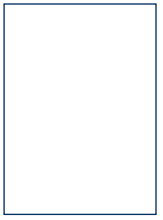
## NEW C.O.P.S. MERCHANDISE

All new items will be available at the "C.O.P.S. Shop" during National Police Week on the lower level of the Hilton Alexandria Mark Center Hotel. The online store will be available soon!



CONCERNS OF POLICE SURVIVORS  
P.O. Box 3199 - 846 OLD SOUTH HIGHWAY 5  
CAMDENTON, MO 65020

*Change Service Requested*



# FLY THE BLUE!

While thousands will be commemorating National Police Week in Washington, D.C., C.O.P.S. is encouraging people across the nation to FLY THE BLUE from May 10-16, to honor the fallen and show support for the law enforcement officers who risk their lives daily to protect the citizens they serve.



To order FREE blue ribbons for your department,  
please click on the “National Police Week” tab at [www.nationalcops.org](http://www.nationalcops.org).  
For more efficient service, online orders are appreciated.