

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Online Proposals

	LEAD PRESENTER	CO-PRESENTER
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Comprehensive List of Conference Presentations for LEAD Presenter:

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Comprehensive List of Conference Presentations for Co-Presenter:

See resume

Presentation Title:

Officer Down; Officer Needs Help”: Leadership & Calculated Risk Taking

Track: Wellness Promotion

Target Audience: Other

Program Level: beginner

Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

n/a

Abstract:

Unforeseen traumatic events leave an everlasting impact on the human psyche. Upon review, many stressors on the street were predictable and potentially avoidable. Using leadership and risk management models from law enforcement and psychology, high risk versus low risk behaviors will be evaluated in the context of their frequency. These models will be used to evaluate behavior in life situations that are common, yet typically unpredictable such as the death of a loved one, divorce or sudden unemployment. These tools can also be applied to daily stressors and help us deal with the unforeseen. Colorful stories from 32 years of law enforcement will help illustrate leadership training to identify avoidable risks.

Measurable Objectives:

After attending this workshop, participants will be able to:

1. Recognize high risk versus low risk behaviors and events.
2. Describe “Blink” versus “Think” philosophies in the critical decision-making process.
3. Identify the importance of training for high-risk, low frequency events.

Program Outline:

- I. INTRODUCTION
 - a. Example in Modern History
 - i. World Trade Center
 - ii. “Best Laid Plans...”
 - b. Brief Discussion About Impacts of Stress

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- i. Acute
- ii. Chronic
- II. MODELS OF RISK BEHAVIORS
 - a. Low Risk, Low Frequency
 - i. Court Testimony
 - b. Low Risk, High Frequency
 - i. Routine Patrol Driving
 - c. High Risk, High Frequency
 - i. Traffic Stops
 - d. High Risk, Low Frequency
 - i. Discretionary Time
 - 1. “Think” Theory: based upon having ample time to make decisions
 - 2. Example: SWAT Call-Out: “Barricaded Suspect”
 - ii. Non-Discretionary Time
 - 1. “Blink” Theory: based upon idea that life experiences and training will instinctively guide the mind towards the right decision
 - 2. Example: Officer Involved Shooting
- III. APPLICATION TO LIFE (OUTSIDE OF LAW ENFORCEMENT)
 - a. Major, Unpredictable Life-Changing Events
 - i. Death of Loved One
 - ii. Divorce
 - iii. Sudden Loss of Job
 - b. Daily Stressors
 - i. Work Stress: Commute, Staff Issues, etc.
 - ii. Family Conflicts
 - iii. Balancing Financial Obligations
- IV. IDENTIFYING AVOIDABLE RISKS
 - a. Situational Awareness
 - i. Sensory Perception of People & Interactions
 - 1. Example: Domestic Dispute
 - ii. Avoidable Risk: De-escalate Drama By Speaking Softly
 - b. Environmental Awareness
 - i. Sensory Perception of Physical Surroundings
 - 1. Unsafe Scene: Meth Paraphernalia
 - ii. Avoidable Risk: Remaining on Lit Sidewalk, Not Dark Alley
- V. TEACHING LEADERSHIP & AWARENESS SKILLS
 - a. Leadership Training
 - i. Decision-Making
 - ii. Failure to Make Decisions
 - b. Awareness to Decrease Risks
 - i. Situational
 - ii. Environmental
 - iii. Importance of Realistic and Verifiable Training
 - c. “Blink” versus “Think”
 - d. When All Else Fails
 - i. Fight-or-Flight Reaction
- VI. DISCUSSION

Program Bibliography:

Cullen, Dave (2003-2009) Columbine

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Feemster, Samuel (2009) Spirituality: An Invisible Weapon for Wounded Warriors. FBI Law Enforcement Bulletin, January 2009, 1 - 12

Fitch, Brian (2009) Emotional Intelligence: Practical Advice for Law Enforcement Officers. The Police Chief, August 2009, 104 - 111

Giduck, John (2005) Terror at Beslan

Graham, Gordon (2009) Risk Management Considerations in Law Enforcement Operations. Arizona Sheriff's and Chiefs of Police Association Continued Professional Training, September 17, 2009, Laughlin, Nevada

Graham, Gordon (2009) Why Things Go Right: Why Things Go Wrong. Graham Research Consultants

Heglund, Jan (2009) Helping First Responders Withstand Traumatic Experiences. FBI Law Enforcement Bulletin, September 2009, 1 - 4

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Petrocelli, Joseph (2009) Continuing Police Education: A Good Police Officer Never Stops Learning on the Job and Off. Police Magazine, September 2009, 16 - 19

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Program Relevance to Conference Theme:

This presentation will provide valuable insight for professionals in leadership and supervisory positions, administrators and others who need to make decisions quickly and correctly, sometimes without warning or preparation. Effective communication, as well as innovation and collaboration are critical to the decision-making process, particularly when time is of the essence.