

# Law Enforcement Family Support



## MPPOA formally agrees to become the fiscal host of the LEFSN work,

*acknowledging law enforcement family support work as an industry priority*

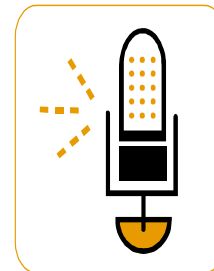
The MPPOA board recently voted to become the fiscal host for The Minnesota Law Enforcement Family Support Network (LEFSN).

This MPPOA & LEFSN partnership furthers a collaborative effort that began in 2006. MPPOA was among the original Industry leaders that came together to identify ways to better support and educate the families of Law

Enforcement Officers.

Families play a critical role in an officer's overall support and currently have few resources available to them.

LEFSN is committed to pooling resources across state law enforcement departments and agencies to provide education and outreach for department families.



We have a simple philosophy: **healthy families support healthy officers and that in turn contribute to healthy departments and quality citizen – officer interactions.**

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## CRITICAL INCIDENT PLANNING

**Saint Paul P.D.** is working to adapt and use the Critical Incident Family Form located on the LEFSN website. This form provides important critical incident information from the family member perspective. This form does not replace department level critical incident and death notification forms. The Family CI Form is intended to supplement department forms and

provide a department with family member's point of view about points of contact, dependent school information, and pet & elder care arrangements. *Watch for information about the roll out of this form on the SPPD Federation website or BOLO Newsletter.*

If your department is interested in using this resource, an

adaptable template is located on the LEFSN website.

The **Critical Incident Family Form** is a direct result of law enforcement family members who identified this important information gap and brought their concerns forward. Working together, LEFSN, family members and department representatives created and field tested the form.

**Mission & Vision**

*"The vision of the Minnesota Law Enforcement Family Support Network is to have the necessary support and resources for families of Minnesota's law enforcement officers to remain healthy and connected."*

**WHAT FAMILIES NEED TO KNOW**

What do law enforcement family members need to know to effectively deal with all the 'issues' that come with being a law enforcement family? *Family members, administrators and officers have wrestled with this question for years.*

After a careful review of relevant literature, multiple focus groups with department administrators,

family members and officers, LEFSN and their collaborative partners set out to identify the scope of knowledge needed for healthy law enforcement family functioning.

The results, pioneering work in the field, are available on the LEFSN website.

**NEED TO KNOW**

Information in areas like; **making connections with your law enforcement department, critical incidents, health and emergencies, stress management, financial planning, mental health awareness and response, family life and outreach.**

**VIRTUAL FAMILY ACADEMY**



**The Saint Paul Police department** is in the final stages of work on a '**virtual family academy**'. The department's popular '*Citizen's Academy*'

has been adapted for SPPD families. The web based tutorials contain information about the divisions and special units in the department. The modules also contain information about department history, the gun range and family resources.

The modules are scheduled to be completed by late summer.

The department will announce the location of the modules in the BOLO, a SPPD Federation publication.

**BE ON THE LOOKOUT FOR...**

**Mental Health Providers List** – Student interns from Century College have been hard at work this semester gathering names of Mental Health Therapists who self identify as working with law enforcement

families. The MHP list and tips for selecting and using mental health therapists is planned for a **fall 2008 website appearance.**

**List serve** – LEFSN is in the process of adding a self subscribe list serve so partners and interested family members can sign up for news and announcements. **Watch for this feature by late June.**

# NEWSLETTER

**SUBSCRIBE** to any number of **DESIGNATED TOPIC AREAS** with this **NEW newsletter** on the LEFSN Website.

LEFSN will soon have **ListMessenger** a mailing list management solution.

Individuals interested in news and information related to LEFSN can subscribe online.

[www.lawenforcementfamilysupport.org](http://www.lawenforcementfamilysupport.org)

This feature is expected to be available after 20 June, 2008

# FINANCIAL SUPPORT

LEFSN is working with partners to identify long term funding options. Information from the L.E. administrator's survey and a strategic planning process will provide direction as we identify sustainable sources of funding.



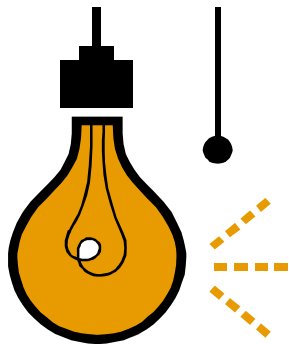
emergency response has been submitted to the Target Corporation and the Fraternal Order of Police.

Currently, LEFSN has presented an application to the Bremer Foundation for strategic planning and a **Law Enforcement Summit**.

Solicitations for resource and website development are currently being developed.

A proposal for a pilot project involving family disaster planning and

If you or your department already has family support resources developed that are appropriate for the website please let us know!



## What does it take to.....

**begin addressing family needs** in your department?

You'll need to identify people who are interested in making a difference and willing to get involved.

Several Minnesota law enforcement departments and families are getting started and taking the first steps designed to address their department's family needs. Some depart-

ments are changing their systems to more effectively include families in training and social events. .

For some departments, a simple step like family members sharing personal contact information with other department families is a beginning.

Read some examples on page 4 of how departments, districts and offices are taking the first steps in family outreach.

Some departments start communicating with families by sharing information in a letter or mailing. Department leadership shares information about the work of LEFSN and provides each family with a copy of the **"What families need to**

**know"** document. This document outlines the key knowledge needed for law enforcement families.

A companion document **"Effective Practices for Departments"** provides departments with a checklist for effective family support.

Responses in our family survey (2007) indicated that family members desire communication from their department. Obtaining Information about the department, its policies and procedures was a priority among families that responded to the survey.

Read the complete officer and family survey results on the LEFSN website.

**The documents are printable from the LEFSN website.**

[www.lawenforcementfamilysupport.org](http://www.lawenforcementfamilysupport.org)



### Coming to a meeting near you!

LEFSN makes presentations about the family support work at meetings through out Minnesota.

**To inquire about scheduling a presentation please email:**  
[Sue@lawenforcementfamilysupport.org](mailto:Sue@lawenforcementfamilysupport.org)

Recent presentations include the following:

- Ramsey County Chief's Association
- MN Women in Police Annual Conf.
- State Patrol Troopers Association
- Stearns County Chief's Association
- Latino Police Officers Association
- Anoka County Chief's Association
- Saint Paul Police Chaplains
- Metro CISM Conference
- Faternal Order of Police State Lodge

## Blaine Family Training

The **City of Blaine** has 55 sworn officers. The Blaine PD has decided to conduct a **family training session** every time new officers are sworn in. This system change ensures that the Blaine PD catches families early and establishes open communication designed to address family member questions and concerns. The Blaine Family Training includes information about the

Field Training Process, Critical Incident Department Policy and Procedure. Blaine Officer spouses will also provide perspectives concerning the family member's role 'behind the badge'. The new officer family member training will be open to all department families. This outreach effort strives to build the department level of a support network for families.

## Fridley Family Reception

The **City of Fridley** has 38 sworn officers. The Fridley P.D. has taken a slightly different approach than the City of Blaine.

LEFSN working with department reps approached the patrol union stewards along with the Chief, and all agreed with the LEFSN mission. It was decided that the department officers would receive a

memo from the stewards explaining the need to create support for families.

Fridley is now in the process of creating a family reception and critical incident training session.

## GREAT READS

### Emotional Survival for Law Enforcement

by Kevin Gilmarin is a must read for law enforcement family members, including parents, partners and friends. Dr. Gilmarin describes what really happens to police officers in their careers

and offers pro active strategies for both officers and their families. This book receives rave reviews from both officers and family members. It's easy to read and entertaining. ES Press or [Emotionalsurvival.com](http://Emotionalsurvival.com)

### Deadly Force Encounters

Artwohl & Christensen. This remarkable book tells you everything you need to know about life after a critical event from critical debriefs and family support systems to training scenarios and real life accounts. Packed full of practical examples, the

authors leave no topic uncovered. This is a must read for family members who want to understand the complexities involved in physically and emotionally surviving a 'deadly force encounter'.

**Paladin Press**

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# FAMILY IS..... for the purposes of LEFSN

is made up of **any one who loves a law enforcement officer**. Parents, partners, spouses, adult and minor children, room mates, those in significant relationships with law enforcement personnel are the family.

Family members play a significant role in creating



and maintaining a support system. Often they are among those who most closely witness the impact of the job. It is essential that **this significant support system be armed with accurate and timely resources and supports.**

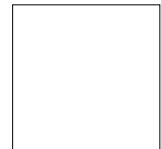
## MN LEFSN STRATEGIC LEADERSHIP TEAM

Special **thanks** to the following people who are committed to making Law Enforcement Family Support Network a reality.

*Richard A. Peterson, Jacquie Skog, Diana Bjorkman, Jim Crawford, LeAnne Renteria, Myra Harris, Jessie Schleiman, Josh Laber, Lee Folstad,*

*Peggy Hepp, Jeff Beahen, Anna Schwartz, and chairwoman Sue Dion.* Thanks to many dedicated volunteers, friends, families and supporters.

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**We're on the Web!**  
See us at:  
[www.lawenforcementfamilysupport.org](http://www.lawenforcementfamilysupport.org)

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