



Mindfulness: Be Present in the Moment Implementation Guide

Description

The stressors in law enforcement can feel like a heavy burden. Nick Breul, Senior Project Manager with the National Law Enforcement Officers Memorial Fund (NLEOMF) talks with Sergeant Jason Newton of the Colorado Springs, Colorado, Police Department about cultivating mindfulness and learning to be present in the moment.

Suggested Activities for Executives and Administrative Team Staff

1. Listen to the podcast.
2. Distribute or assign the podcast to agency executives and command staff members.
3. Establish an opportunity for agency leaders to share stories about mindfulness.
4. Consider implementing a mindfulness component in your agency's wellness program.

Takeaways

- Mindfulness training can be an integral part of an agency wellness program.
- Mindfulness can help officers remain calm in stressful situations and take the time to assess and prioritize their actions and interactions.
- Mindfulness focuses on reducing stress and can help with emotional intelligence and decision making.

Resources

What Is Mindfulness? <https://www.safleo.org/ResourceLibrary/Resource/e58377aa-9d69-4c69-6b59-08da34f75b16>

Importance of Supporting Mindfulness for Law Enforcement

<https://www.safleo.org/ResourceLibrary/Resource/4a5ef35d-8351-4f29-6b5b-08da34f75b16>

National Law Enforcement Officers Memorial Fund

<https://nleomf.org/officer-safety-and-wellness/destination-zero/>

Speaker Biographies

Sergeant Jason Newton has served the Colorado Springs Police Department (CSPD) since 2008. As part of the self-care portion of the CSPD's Crisis Intervention Training, he teaches a course he developed called The Mindful Officer. Since 2017, he has taught mindfulness principles to thousands of officers. In 2021, Sergeant Newton was named the Public Service Hero of the Year

in the American Business Awards® for his dedication and leadership in community relations. His innovative ideas on engaging with the community helped strengthen the bond between CSPD and the community throughout the COVID-19 pandemic and the 2020 protests. In 2010, CSPD partnered with Colorado College, and Sergeant Newton became the first Campus Resource Officer (CRO). During his time as the CRO, he created several successful programs and was instrumental in helping improve the college's emergency preparedness. For his work, he received the 2015 International Association of Campus Law Enforcement Administrators Award for Innovations in Community-Oriented Policing.

Sergeant Newton began his law enforcement career in 2004 with the Sherwood, Oregon, Police Department (SPD). During his time with SPD, Sergeant Newton received two lifesaving awards, the medal of valor and the medal of honor. In 2008, he was named one of the top officers by Parade Magazine and the International Association of Chiefs of Police. Sergeant Newton holds a bachelor's degree from Western Oregon University and is a graduate of the Northwestern University School of Police Staff and Command. While at Northwestern University, he focused his research on mindfulness in law enforcement and developed The Mindful Officer class.

Lieutenant Nick Breul (retired) is a Senior Project Manager at the National Law Enforcement Officers Memorial Fund and is the former director of NLEOMF's Officer Safety, Wellness, and Research Division, where his team completed in-depth analyses of line-of-duty deaths, especially traffic-related deaths. Before joining NLEOMF, he served as the director of security for the Washington National Cathedral for two years. Prior to that, he worked for the Metropolitan Police Department (MPD) in Washington, DC, for 26 years. Lieutenant Breul worked in many capacities during his law enforcement career, serving as detective; patrol sergeant; homicide supervisor; and finally, lieutenant, managing the department's Traffic Safety Branch. In that capacity, he oversaw the Major Crash Investigative Unit as well as all of the traffic-focused enforcement and public safety education initiatives. Lieutenant Breul earned a Bachelor of Arts degree in history from Hobart College and still serves as the MPD historian.

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