

9 Ways to Build Strength in Law Enforcement Family Relationships Agency Guidance

This infographic will aid officers by helping their families cope with the stress and worries that accompany the experience of having a family member in law enforcement. Building stronger and more resilient families leads to stronger and more resilient officers who feel supported both at work and at home. By helping families cope with the stress and worries that accompany the experience of having a family member in law enforcement, agencies can keep their officers healthier, safer, and better able to protect and serve their communities.

Distribution Ideas

For best use of this infographic, the Bureau of Justice Assistance's (BJA) National Suicide Awareness for Law Enforcement Officers (SAFLEO) Program suggests distributing it digitally to the officers in your agency so that they can review it privately, preferably on their computers or mobile data terminals for optimal viewing. You may also share this with your department chaplain, department groups, and other agency staff members to share with sworn and nonsworn staff members who may come to them seeking help. Since this product is meant to be shared among a family unit, it is best shared and viewed digitally, rather than printed.

Additional Guidance

Prior to rolling out this infographic, we recommend contacting your Employee Assistance Program, peer support team, or human resources division to provide them an advanced copy of the resource and alert them that they may get some extra calls. In addition, let your frontline supervisors know that this is coming out so that they can be prepared to share resources if the need arises.

- You may have agency policies or protocols that address behavioral concerns, mental health concerns, or suicide prevention. This could be a good time to have supervisors and the department review or be reminded about the policies, services, or resources available to them and their families.

The SAFLEO Program also encourages your officers to share this resource with their families at home. This information is best discussed and implemented together as a family and/or with significant others. If you are comfortable, encourage your officers to share with each other what worked well for their family.

BJA believes that the law enforcement community deserves better access to officer wellness resources and suicide prevention strategies. The SAFLEO Program, which is funded under the Officer Robert Wilson III Preventing Violence Against Law Enforcement Officers and Ensuring Officer Resilience and Survivability (VALOR) Initiative, addresses law enforcement suicide prevention strategies through training, technical assistance, and resources to law enforcement agencies, staff, and families.

If you would like assistance using this resource or would like to learn more about suicide awareness or prevention resources, please contact the SAFLEO Program at (850) 385-0600 or info@safleo.org or visit bja.ojp.gov/safleo or www.safleo.org.

About BJA

The Bureau of Justice Assistance (BJA), a part of the U.S. Department of Justice's Office of Justice Programs, helps make American communities safer by strengthening the nation's criminal justice system. Its grants, training and technical assistance, and policy development services provide state, local, and tribal governments with the cutting-edge tools and best practices that they need to reduce violent and drug-related crime, support law enforcement, and combat victimization. To learn more about BJA, visit www.bja.gov.

About the VALOR Initiative

The VALOR Initiative is an effort to improve the immediate and long-term safety, wellness, and resilience of law enforcement officers. Through a multifaceted approach that includes delivering no-cost training and professional education, conducting research, developing and providing resources, and establishing partnerships that benefit law enforcement officers, VALOR seeks to provide our nation's law enforcement officers with innovative, useful, and valuable resources.