



NO COST

VALOR Officer Resilience Training

Hosted by: Danbury Police Department | **Location:** 375 Main Street, Danbury, CT 06810

Date: June 5, 2024 | **Time:** 9am - 4pm

This one-day, no cost direct training has been tailored to policing and will provide attendees with the skills to navigate adversity and grow and thrive in the face of challenges and stressors. The course is taught by culturally competent subject matter experts and focuses on empirically validated skills that prevent and decrease anxiety and depression and increase optimism and well-being. **Four primary skills will be taught in this course:**

I. Learned Optimism-

Teaches officers to notice and expect the positive, focus on what they can control, and take purposeful action.

II. Avoiding Thinking Traps -

Shows officers how to change counterproductive patterns in thinking that undercut resilience.

III. Real-Time Resilience -

Demonstrates how to shut down counterproductive thinking and build focus and confidence.

IV. Identify, Describe, Express, Ask and List (IDEAL) Model -

Outlines strategies for building trust and connection during difficult conversations.

Registration is limited to a maximum of 60 participants. Please register by May 22nd.

[To register for the training, click HERE.](#)

NOTE: An IACP account is required to register for this training. Creating an account is free of cost and does not require IACP membership. After clicking the link above, select "Register" then "Log In to Register" and "Create a New Account."

For questions, contact OSW@theiacp.org.

This course is available through The International Association of Chiefs of Police (IACP), in partnership with the University of Pennsylvania's Positive Psychology Center, and the U.S. Department of Justice's Bureau of Justice Assistance (BJA) Preventing Violence Against Law Enforcement Officers and Ensuring Officer Resilience and Survivability (VALOR) Initiative.

This project was supported, in whole or in part, by cooperative agreement number 15PBJA-22-GK-01406-VALO awarded by the U.S. Department of Justice, Office of Justice Programs. The opinions contained herein are those of the author(s) or contributor(s) and do not necessarily represent the official position or policies of the U.S. Department of Justice. References to specific individuals, agencies, companies, products, or services should not be considered an endorsement by the author(s) or the U.S. Department of Justice. Rather, the references are illustrations to supplement discussion of the issues.



**PRESENTERS AT THE VALOR OFFICER RESILIENCE TRAINING PROGRAM HOSTED BY
DANBURY POLICE DEPARTMENT**

WEDNESDAY JUNE 5, 2024 - 9:00 am to 4:00 pm

**Danbury Police Department
375 Main Street
Danbury, CT 06810**

**CT POST CREDITS
PROVIDED**

Kimberly L. Harris is the Behavioral Health and Community Advocacy Commander at the Arlington, Texas, Police Department. She serves as the subject matter expert on behavioral health for the Training Center and the SWAT Team. She developed and worked within the Behavioral Health Law Enforcement Unit (BHLEU) pairing clinicians with specially trained law enforcement officers. Kimberly received her BS from Oklahoma City University in Psychology. She received her M.Ed. from the University of North Texas with a specialty in severe mental health disorders. She is a licensed counselor and also holds a national counseling certification.

She's a TCOLE instructor, has a Master Peace Officer designation, and serves on the Peer Support Team. Kimberly's law enforcement journey of 20 years includes supervisory positions within Victim Services, Internal Affairs, the Jail, the Traffic Unit, and Patrol Operations.

Her prior career experience in the behavioral health field includes positions within psychiatric settings and private practice. She specializes in crisis intervention, mental health counseling, and brief therapy. Kimberly has presented at local, state, and national conferences since 1997.

Ed Simpson is a recently retired 33-year veteran of the Lincoln Police Department in Lincoln, NE. Ed spent his career primarily as a street officer, working overnights for 15 years, with 5 of those years as a K-9 Handler.

After a 3-year investigations position working frauds and forgeries, Ed spent the final years of his career on dayshift, handling street-level calls, which often involved mental health related issues in teens, adults, and the homeless population of Lincoln.

Ed's personal and professional life changed dramatically when he and his wife took in a 6-year-old foster placement and adopted the boy in 2014. During that time, through many therapy sessions and different treatments for his adopted son, Ed began to gain a deeper understanding of trauma and the long-lasting effects it can have on people's lives. Ed took the opportunity to learn more about mental health wellness for law enforcement when the VALOR program was offered as a pilot program at his agency in 2019, then became a certified trainer later that year.

Ed has trained members of the Lincoln Police Department in the program, sharing his experiences with other officers in a way those who have answered the call of law enforcement can easily relate to and understand.