

SPECTOR TRAINING PRESENTS:

# PAUSE, REFLECT, ACT

Middletown Police Department, December 20, 2024

Waterbury Police Department, March 5, 2025

This one-day “Career Survival” seminar combines ethics, legal standards, practical discussions around officer wellness, stress reduction, recommended appropriate conduct and instructive messages on how to reduce the risk of misconduct in a law enforcement career. The program will include all the areas that most commonly lead to the destruction of officer careers and will discuss the realities of police work and how an officer can help reduce stress-induced trauma through physical fitness, and prevention programs. Issues that lead to death and significant injury, loss of families and careers, arrests and lawsuits will be discussed.

**15 / 15 Attendees said this class is beneficial to new and seasoned officers! 4.8 / 5 Overall Rating**



**Emergency Operation of Vehicles**



**Alcohol Use Disorder, Drug Use,  
Off Duty Misconduct**



**Sexual Misconduct, Domestic Violence  
Disputes, Excessive Force**



**Harm to Individual Reputations and the  
Police Image: *Untruthfulness and Dishonest Acts***

*“Out of all the classes I have attended through my years as a police officer, Bernie’s teaching methods are second to none. The realness that is portrayed is the exact definition of humanizing the badge.”*

**REGISTER  
NOW**

**\$115.00 PER OFFICER, PAY FOR 2 SEATS, GET 1 FREE!**



# Meet Your Trainers!

## Elliot B. Spector, Esquire



Since 1981 Mr. Spector has been in private practice representing police officers in various capacities. He has litigated numerous cases including 25 appellate arguments before our State Appellate Court and the Second Circuit, as well as, several briefs to the U.S. Supreme Court. He is presently with the general practice firm of Hassett & George, serving the needs of officers and their families. Improving the quality of policing improves relationships with members of the community, reduces crime and enhances the ability of police to serve and protect the community. There is a direct correlation between the quality of police training and job performance. Reducing the incidence of misconduct and negligence saves lives, reduces injuries and lawsuits and the attendant related costs. As an attorney, Mr. Spector may spend months or years working on a lawsuit. As a teacher, he can prevent a future suit in one class day. The cost of the single class pales in comparison to the human and financial losses related to a single incident resulting in a civil rights violation and/or physical harm leading to litigation.

## Bernard "Bernie" Hallums



Bernie served his community for over 32 years as a police officer in the Town of Manchester. In addition to his role as a Patrol Officer, he served as a Field Training Officer for 20 years, a Team Leader of the Capital Region Emergency Service Team (CREST) for 30 years, a School Resource Officer for 7 years, and a DARE Instructor for 3 years. Bernie was a member of the Department Employee Assistance Program from 2000-2018, the Founder and Coordinator of the Manchester Police Youth Basketball 3 on 3 Summer Youth League from 2002-2018, and the Founder and Director of the Manchester Citizens Police Academy from 1998-2018. In addition to his various roles within the Manchester Police Department, in 2001 he founded the Blue Angels Foundation, a non-profit 501(c)3 organization that provides an annual holiday party and gifts for 300 low-income Manchester children and Christmas Day gift delivery to an additional 100 children with assistance from the Manchester Police Department. Bernie continues to act as its Chief Executive Officer and chairs the organization's Board of Directors.

**THE SPECTOR CRIMINAL JUSTICE TRAINING NETWORK, INC,  
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