**ACPD Behavioral Wellness Model**

The ACPD believes that the physical and mental health of its officers are essential components of a healthy police department and a safe community. The program we are presenting offers multiple pathways for every officer to identify and utilize services and participate in activities that will promote and maintain positive physical and mental health.

**COMPONENTS**

***Area 1 - Fitness/Nutrition/Medical Wellness***

**Exercise** – Regular physical activity is known as a preventative measure for physical and behavioral illness. It increases longevity and helps to maintain independence and health post-retirement. Physical fitness is a major component of officer safety and performance.

**Nutrition** – Nutrition is the foundation for a healthy lifestyle and avoidance of many medical issues including heart disease and cancer. Healthy eating assists in the maintenance of healthy bodyweight which supports good sleep.

**Sleep Hygiene** – Sleep is critical to physical and mental recovery. Healthy sleep patterns reduce physical and mental stress, enhance work performance and prevent cognitive decline during the gaining process.

**Yoga** – Yoga has been shown to improve flexibility, reduce relieve back pain and helps with cardiovascular health.

**Body Markers** – Especially as you age, “knowing your numbers” (Blood Pressure, BMI, Blood Lipid Levels, Glucose and Bodyweight) is a key part of staying healthy and heading off health issues. These are readily available thru your County physical or your Primary Care Provider.

**Area 2 – Mental Health and Wellness**

**Education and Training**

**Understanding and identifying mental health challenges** – Part of resolving any problem and living a healthy life is awareness of obstacles that may occasionally confront us. We have a variety of resources available for education on behavioral health issues.

**Compassion Fatigue Training** – Compassion fatigue can compromise performance and induce burnout which impact your ability to function at work and more importantly, at home.

**Resilience Training** – Resilience helps us ward off stress, trauma and physical injury and ailments. Just as we prepare for tactical situations, enhanced resiliency keeps us functioning effectively, be it at home or at work.

**Supportive Services**

**Peer Support** – Peer Support is available 24 / 7 / 365, for you, your family and your fellow first responders throughout the region. All Peer Support officers are trained in Group and Individual Crisis Debriefing and Suicide Prevention. All Peer Support officers are covered by the Virginia State Code as members of an accredited team. This provides confidentiality to conversations with Peer Support officers with a few exceptions.

**In-house chaplain** – Father Rippy is available to assist any officers who prefer faith-based communication.

**Family Programs** – The department offers several family events and programs over the course of the year. These events bring officers and their families together to increase communication, promote camaraderie and have fun.

**Apps** – There are a variety of public safety and veteran focused apps that promote wellness for our agencies.

**Equine Program** – The equine program at Lift Me Up in Great Falls is a great way to get outside and spend time with fellow officers while learning about communication, leadership and self-awareness. Officers will work directly with horses under the guidance of instructors who have worked with first responders and veterans. A unique program with very positive reviews and feedback.

**Service Dogs** – Brooks is ACPD’s service dog. With his handler, Regina Ryan, he is available for officer support, victim assistance and community engagement.

**Professional Services**

**On-site clinician**- Dr. Lisa Cooper-Lucas supports EAP by serving as an additional provider for behavioral health services and consultation. She has experience working with first responders and veterans.

**Individual/Group/Family Mental Health Services/ Psychiatric Services** – These services are provided thru the Virginia Hospital Center as well as clinicians available through County health insurance providers (Cigna and Kaiser).

**Residential Treatment Programs** – Residential Treatment Programs may be recommended by a mental health clinician or physician. These programs are experienced in treating first responders.

**Substance Abuse Programs** – For officers struggling with substance abuse issues, or those with family members who may be struggling, there are several resources available.

**Area 3 – Behavioral Health Referral Services**

**EAP** – Employee Assistance Program. Confidential counseling and referral services available to Arlington County employees and their family members.

**Hotlines** – Confidential. 24 Hour Access. Provided and Supported through a variety of organizations. Provides initial contact and referral for additional services: counseling, substance abuse services, trauma relief.

**Veterans Services** – As a military veteran you are entitled and eligible for a wide variety of services provided through federal, state and private services. Many of these services are no-cost and are frequently available to your family as well.