

RPO HELPLINE

QUARTERLY NEWSLETTER

NOVEMBER EDITION

RPO Peer Prevention - QPR (Question Persuade, Refer) Gatekeeper model, Lesson 13 Resilience Course, Road to Resilience.

RPO Peer Intervention - The helpline is staffed by Retired Law Enforcement Officers Peer Supporter Counselors who can assist you with officers you serve who experience substance abuse, suicidal ideation, domestic violence, gambling, etc.

RPO Peer Postvention - Critical Incident Stress Management (CISM) response. After a crisis our Cop2Cop/RPO helpline peers will respond!

The RPO Program is here to SUPPORT YOU TOO!

Access any of these services at

1.833.486.5776

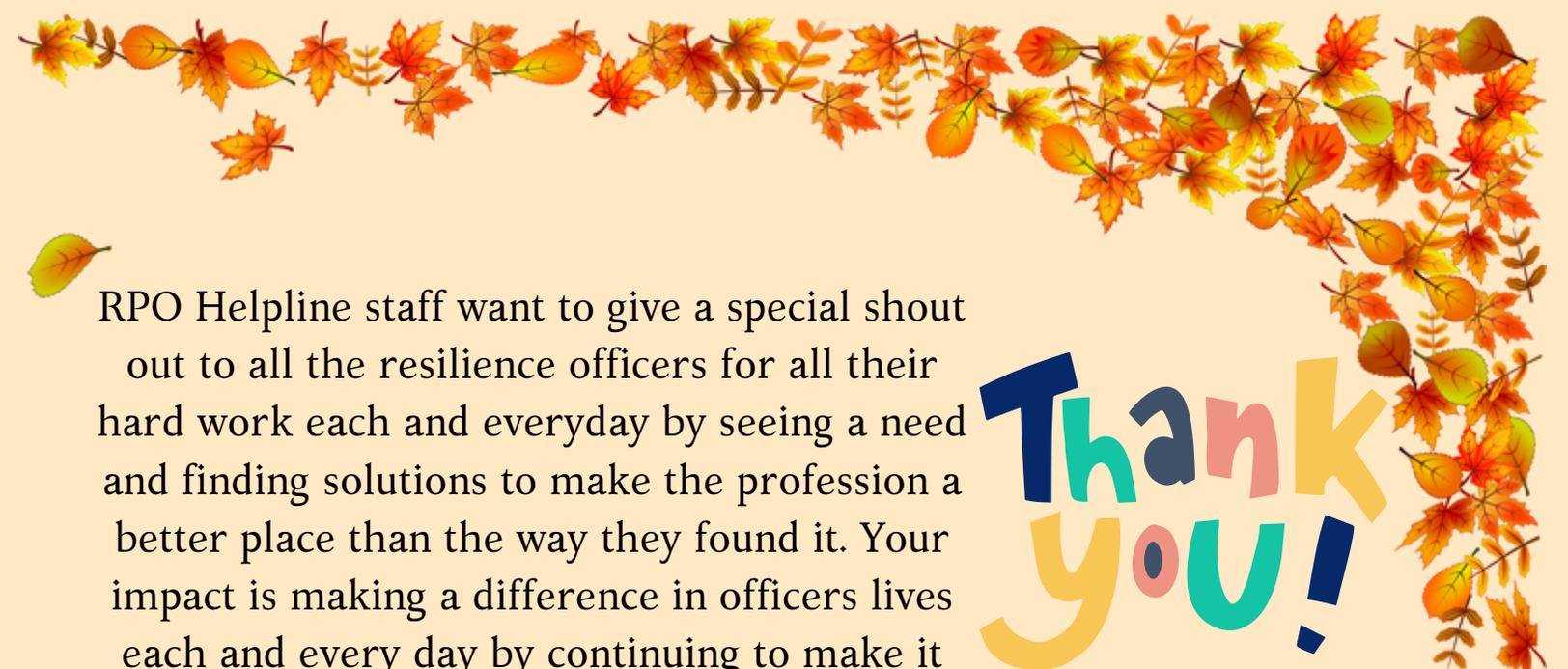
njcop2cop.com/rpo



NJCop2Cop.Com 1.866.267.2267

Perfect Partnership with RPO Helpline and RPO's/MRT!

Together we had a total of 7,418 contacts with 53 trainings sessions for 1,675 officers, connected in 5,606 phone calls and completed 26 CISM responses supporting 137 officers after a traumatic event in FY'22.

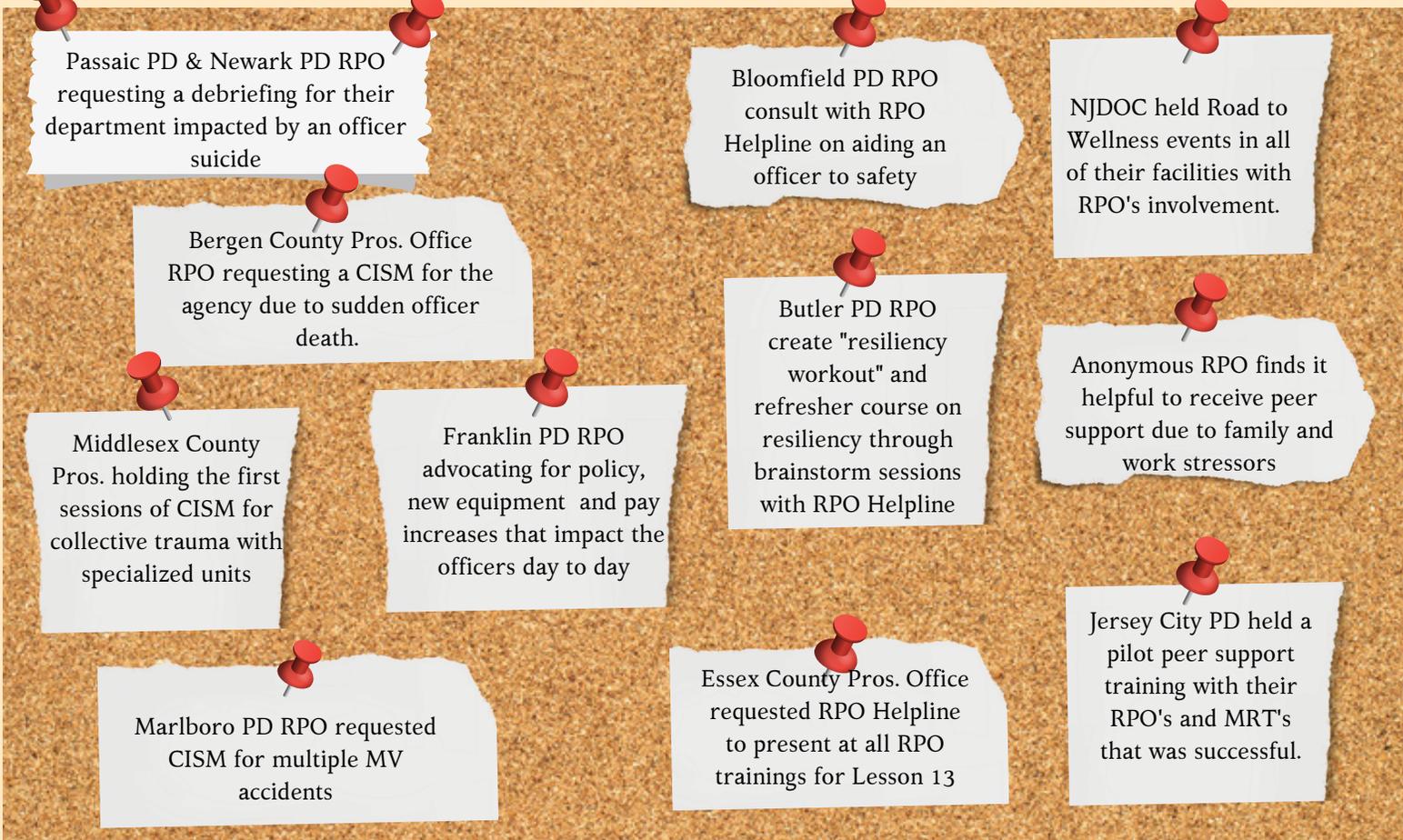


RPO Helpline staff want to give a special shout out to all the resilience officers for all their hard work each and everyday by seeing a need and finding solutions to make the profession a better place than the way they found it. Your impact is making a difference in officers lives each and every day by continuing to make it okay to not be okay and ask for help!

Thank
you!

RPO Success Board !

(these are just a few of our partnerships over the past six months)



Passaic PD & Newark PD RPO requesting a debriefing for their department impacted by an officer suicide

Bloomfield PD RPO consult with RPO Helpline on aiding an officer to safety

NJDOC held Road to Wellness events in all of their facilities with RPO's involvement.

Bergen County Pros. Office RPO requesting a CISM for the agency due to sudden officer death.

Butler PD RPO create "resiliency workout" and refresher course on resiliency through brainstorm sessions with RPO Helpline

Anonymous RPO finds it helpful to receive peer support due to family and work stressors

Middlesex County Pros. holding the first sessions of CISM for collective trauma with specialized units

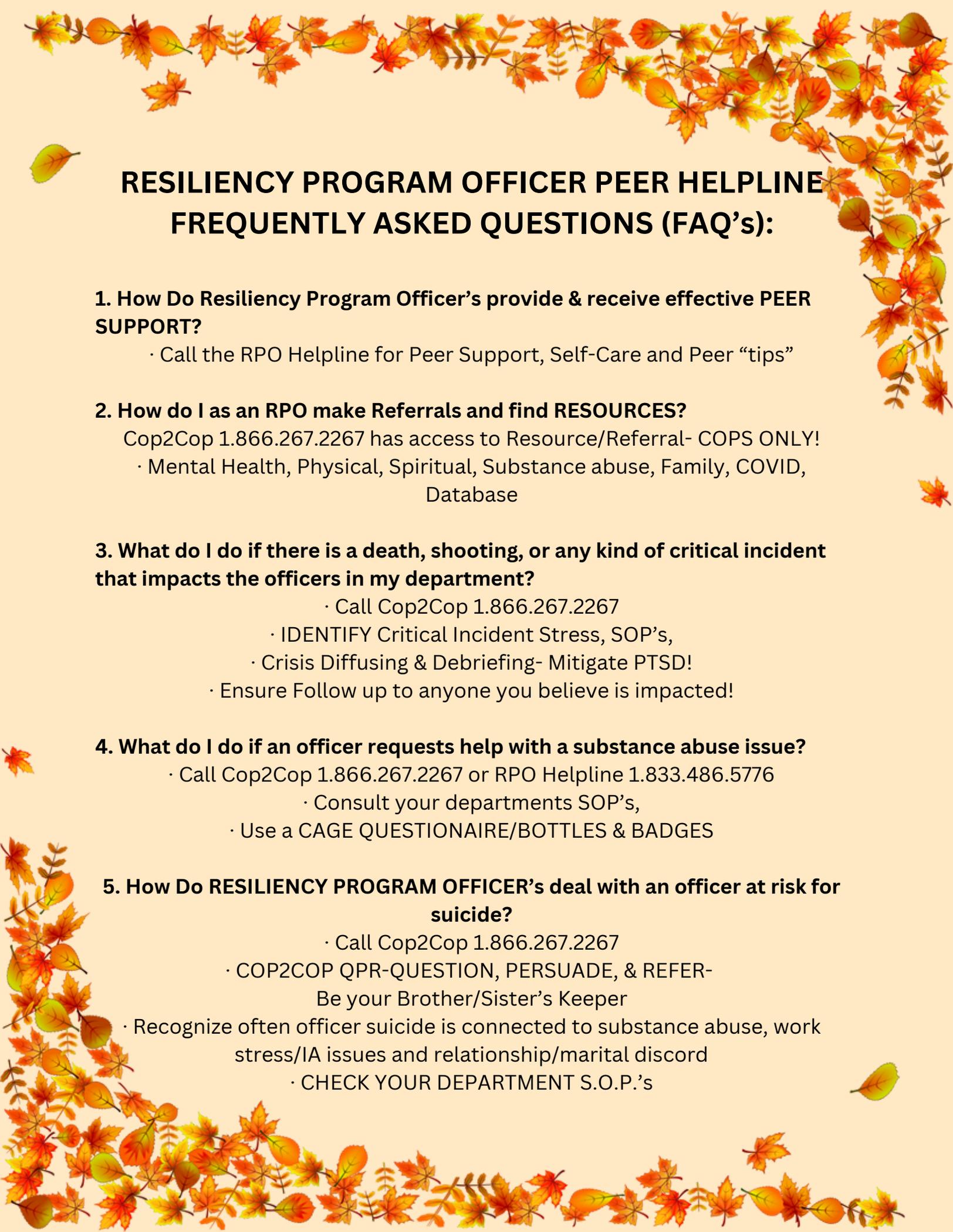
Franklin PD RPO advocating for policy, new equipment and pay increases that impact the officers day to day

Marlboro PD RPO requested CISM for multiple MV accidents

Essex County Pros. Office requested RPO Helpline to present at all RPO trainings for Lesson 13

Jersey City PD held a pilot peer support training with their RPO's and MRT's that was successful.

[Click Here for More Success Stories](#)



RESILIENCY PROGRAM OFFICER PEER HELPLINE FREQUENTLY ASKED QUESTIONS (FAQ's):

1. How Do Resiliency Program Officer's provide & receive effective PEER SUPPORT?

- Call the RPO Helpline for Peer Support, Self-Care and Peer "tips"

2. How do I as an RPO make Referrals and find RESOURCES?

Cop2Cop 1.866.267.2267 has access to Resource/Referral- COPS ONLY!

- Mental Health, Physical, Spiritual, Substance abuse, Family, COVID, Database

3. What do I do if there is a death, shooting, or any kind of critical incident that impacts the officers in my department?

- Call Cop2Cop 1.866.267.2267
- IDENTIFY Critical Incident Stress, SOP's,
- Crisis Diffusing & Debriefing- Mitigate PTSD!
- Ensure Follow up to anyone you believe is impacted!

4. What do I do if an officer requests help with a substance abuse issue?

- Call Cop2Cop 1.866.267.2267 or RPO Helpline 1.833.486.5776
- Consult your departments SOP's,
- Use a CAGE QUESTIONAIRE/BOTTLES & BADGES

5. How Do RESILIENCY PROGRAM OFFICER's deal with an officer at risk for suicide?

- Call Cop2Cop 1.866.267.2267
- COP2COP QPR-QUESTION, PERSUADE, & REFER-
Be your Brother/Sister's Keeper
- Recognize often officer suicide is connected to substance abuse, work stress/IA issues and relationship/marital discord
- CHECK YOUR DEPARTMENT S.O.P.'s

Request a Road to Resilience Event In Person! 1.833.486.5776

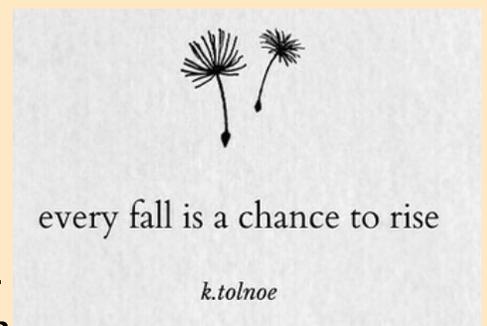
The Road to Resilience
We offer FREE, customized Resiliency Building Events specifically designed for first responders.

Connection
Strengths of Character
Self-awareness
Optimism
Mental Agility
Self-Regulation

Opportunity for follow-up services and support
Learn about & practice resiliency building activities at each station
Tailored to your needs and available statewide

We have been faced with endless change over the last few years and yet here we are again entering the season of fall, the season of change.

We all know that change is inevitable, yet it can be so difficult for some of us. [Click here for a mini meditation video on how to cope with change.](#)



Self-Care during a season of change:



Watch a fall sporting events on TV or in person



Take part in seasonal activities like apple picking.



Take a hike & notice the fall foliage.



Check in with your goals & set new intentions for this next season.



Wear a seasonal sweater or cozy socks.



Send someone a thank you message

Please see the following types incidents that a debriefing request is common:

- ♦Highly publicized event
- ♦Death or injury of a fellow officer
- ♦Threat of injury or death to self
- ♦Mass casualty incident
 - ♦Death of a child
 - ♦Shooting incidents
- ♦Exposure to COVID/HIV/AIDS
- ♦Officer suicide / inmate suicide

Check your department SOPs which should outline responses for critical incidents.

Call Cop2Cop 1.866.267.2267 to request a CISM response! If unsure if a CISM response should occur call the RPO Helpline 1.833.486.5776

