Officer Resiliency and Wellness

A Comprehensive Approach to a Healthy Career in Law Enforcement

Free Training

July 11th, 2018:

Professional Learning Center & Conference Center

15771 E. 1st Ave.

Aurora, CO 80011

Hours: 0800 - 1630

Hosted by The Aurora Police Department

To register email Officer Emily Hitchings at: ehitchin@auroragov.org

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The Indianapolis Metropolitan Police Department's (IMPD) Office of Professional Development and Wellness (OPDW) is recognized by the Department of Justice (DOJ) as the national model for Police Officer Resiliency and Wellness. This free 8-hour training outlines the structure of the OPDW, highlights the developmental programs that are foundational to the unit and will assist your agency in networking and partnering with outside resources to help officers plan for happy, healthy and successful lives on and beyond the job.

INDIANAPOLIS METROPOLITAN POLICE DEPARTMENT

Office of Professional Development and Wellness

BJA Bureau of Justice Assistance U.S. Department of Justice

COPS Community Oriented Policing Services U.S. Department of Justice

DESTINATION ZERO COLLABORATING TO ADVANCE OFFICER SAFETY AND WELLNESS

National Law Enforcement Officers Memorial

Officer Resilience and Wellness

A Comprehensive Approach to a Healthy Career in Law Enforcement

0800-0900 Introduction

0900-1000 The Indianapolis Metropolitan Police Department Office of Professional Development and Wellness Model (IMPD – OPDW).

1100-1200 OPDW Case Management and Developmental Programs

1200-1300 Lunch

1300-1430 Law Enforcement Wellness – Healthy Hire – Healthy Retire

1430-1600 Resources – local outside resources are given an opportunity to discuss unique services they offer Law Enforcement

Instructor Biographies

Sergeant Aaron Snyder is 17 year veteran of the Indianapolis Metropolitan Police Department (IMPD) having worked in Operations, Narcotics, as an NRO Bicycle Officer and spent three years as a member of the IMPD Motorcycle Drill Team. Since 2012 Snyder has managed Officer Wellness and Development programs at IMPD in addition to the IMPD Career Leadership Development Academy where he assisted in the development of the 4 week Leadership Academy program and the Master Patrol and Master Detective programs. Sergeant Snyder has a B.S. in Exercise Physiology from Ball State University (IN) and is a certified Indiana Law Enforcement Academy (ILEA) instructor. He has previously presented at IACP, NOBLE and ILEETA conferences on the topics of Resiliency, Wellness, Development, Mentoring and Leadership. He is responsible for the day to day managing of the DOJ/BJA/COPS Micro-grant which was awarded to the IMPD Wellness office as part of the *President's Task Force on 21st Century Policing* 6th Pillar on Officer Safety and Wellness.

Officer Nicole Juday is a 10 year veteran of the Indianapolis Metro Police Department (IMPD) currently serving as Developmental Programs Coordinator for the Office of Professional Development and Wellness at IMPD. Juday is responsible for the day to day managing of the IMPD Peer Support and Mentoring program which involves over 120 formally trained Mentors assigned to recruit and veteran officers to assist officers in addressing personal and professional challenges. Juday has previously worked as an undercover narcotics investigator and helped develop the Career Leadership Development program at IMPD. Juday additionally serves as a national delegate to the Department of Justice and Bureau of Justice Assistance/COPS Officer Safety and Wellness Working Group and assists in managing the BJA/COPS grant recently awarded to IMPD as part of the 6th Pillar on Officer Safety and Wellness of the *President's Task Force on 21st Century Policing*. Juday is a graduate of Butler University (IN) with a background in Psychology and Sociology.