

Northwest Law & Mental Health Conference
Continuing Education Test Form

Police Chiefs' Perspectives on What Impacts Police Officer Behavior and Performance

Session Speakers #11
March, 2018

Summary

In this session, two veteran police chiefs will identify those strategies that will enhance police officer skills to best prepare for the uncertainties of intervening in the lives of people experiencing crisis and conflict. They will identify those Impairment Factors that many police officers personally experience: misuse of force, domestic violence in their personal lives, suicide, citizen complaints, career self-sabotage, absenteeism and failed relationships.

Areas of discussion: Post Traumatic Stress Injuries, what is Crisis Intervention and Tactical Communication, how to develop a value-driven organization through Compassion, Humility and Empathy within a police culture, what are the Mindfulness-based training strategies being practiced here in Oregon and Police Culture Change models.

Learning Objectives

- Which training model shows the most promise in preparing police officers for the uncertainties of a crisis call?
- Why is Post Traumatic Stress Injuries, as a term, more acceptable to the police and military culture?
- What are some effective strategies to intervene and reduce police officer impairment?



Pete Kerns
Chief of Eugene Police (retired)



Ron Louie, MPA
Chief of Hillsboro Police (retired)
Portland State University

Test Process

Download and print this test form.

Watch the 90 minute video, *Police Chiefs' Perspectives on What Impacts Police Officer Behavior and Performance*.

Review the conference session handout - <https://tinyurl.com/Louie-Presentation>

Review Ron Louie's book, *Tactical Communication in Crisis Incidents: Interpersonal Crisis Intervention Skills When Dealing With People in Stressful Situations*, 2nd Ed. - <https://tinyurl.com/Louie-Tactical>

Complete the ten question test on page three of this form.

You must score 70% or better to receive credit for this test. If your score is lower than 70%, we will send you a message via email and you may retake the test.

To receive 1.25 clinical social work continuing education credit, accredited through the NASW of Oregon, return the completed form and finished test by postal mail with a check for \$20 to:

Northwest Law & Mental Health Conference
PO Box 3641 Portland, Oregon 97208

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Date

TEST QUESTIONS

1. Chief Kerns describes what culture change action at the beginning of his term?

- A Hired 25 new officers
- B Held community listening sessions
- C Open a new precinct office
- D Expanded tactical training opportunities for officers

2. Chief Kerns tells a story about New York City police. What happened?

- A Transcendental meditation program reduced officer risk
- B Mayor gives an encouraging speech to officers
- C Officer convicted of use of force
- D Cops start Thanksgiving meal program

3. Which value does Chief Kerns describe rebuilding community trust?

- A Intelligence
- B Compassion
- C Honesty
- D Dedication

4. What is the leading cause of death of police?

- A Post-traumatic stress disorder
- B Cancer
- C Accident
- D Heart disease

5. In a typical year, how many police officers die by suicide?

- A 45
- B 102
- C 220
- D 400

6. What's the key to saving police marriages?

- A Communication
- B Stable employment - good wages
- C Involvement with church or community services
- D Psychotherapy

7. When should stress-related injury prevention start for officers?

- A At Police Academy
- B Along with peer training
- C As soon as an officer asks for help
- D In high school

8. What is one effective strategy to intervene and reduce police officer impairment?

- A Body and dashboard cameras
- B Daily and routine exercise
- C Recognizing emotional intelligence
- D Medication and group therapy

9. Which law enforcement bureau piloted a officer meditation program in 2013?

- A Eugene
- B Portland
- C Oregon State Patrol
- D Hillsboro

10. Officers should see a mental health therapist as needed. Why don't they?

- A They need a diagnosis to bill insurance
- B Stigma about receiving help
- C Officer don't believe it will work
- D All of the above

ANSWER FORM - circle your answer

- | | | | | |
|-----|---|---|---|---|
| 1. | A | B | C | D |
| 2. | A | B | C | D |
| 3. | A | B | C | D |
| 4. | A | B | C | D |
| 5. | A | B | C | D |
| 6. | A | B | C | D |
| 7. | A | B | C | D |
| 8. | A | B | C | D |
| 9. | A | B | C | D |
| 10. | A | B | C | D |