



A COMPREHENSIVE APPROACH TO WELLNESS

2018 DESTINATION ZERO



OFFICER SAFETY INITIATIVES

- TECC
 - First agency in the state to issue tourniquets, clotting agents and occlusive dressings
- Opioid antagonists
 - PPE kits
- Rifles and ceramic plates
- Emphasis on seat belts



WELLNESS INITIATIVES— FAMILY SUPPORT

- Financial
- Fitness
- Training



WELLNESS INITIATIVES— FAMILY SUPPORT

- Spouse/significant other firearms training





WELLNESS INITIATIVES— FAMILY SUPPORT

- Spouse/significant other Female Awareness and Survival Training (FAST) class
- Family member police academy



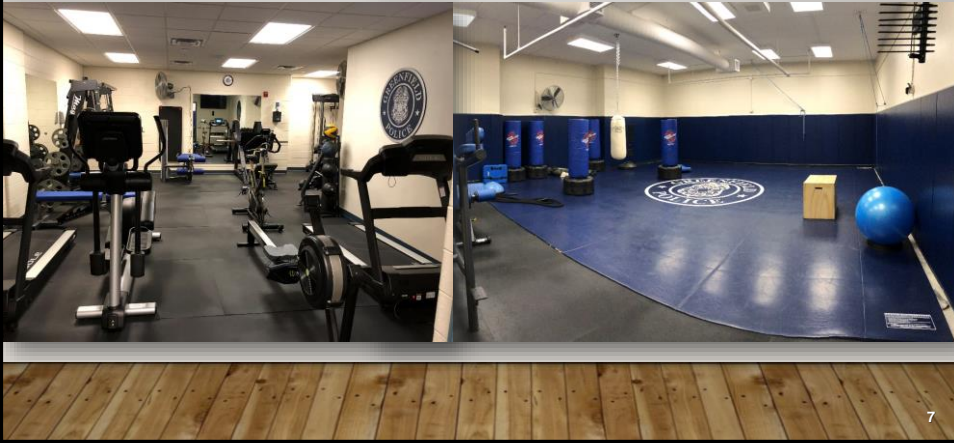
WELLNESS INITIATIVES— MENTAL HEALTH

- Organizational culture
- Peer support and chaplaincy
- Cumulative occupational stress debriefing



WELLNESS INITIATIVES— PHYSICAL HEALTH

- Physical fitness incentives



WELLNESS INITIATIVES— PHYSICAL HEALTH

- Healthy snacks and drinks





WELLNESS INITIATIVES— PHYSICAL HEALTH

- Advanced cardiovascular testing
- www.knowyourrisk.com



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WELLNESS INITIATIVES— PHYSICAL HEALTH

- Tactical Athlete injury management program
- <https://tahpistrong.com>



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CONTACTS

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