



*CONNECTICUT POLICE CHIEFS ASSOCIATION*  
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# WEEKLY BULLETIN

**April 19, 2019**

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## **ANNOUNCEMENTS**

**Thank you to all the exhibitors and participants that made yesterdays EXPO a huge success.**

**Thanks again to all of the COPSA members and Chief Bill Morgan and his daughter for their wonderful assistance at the EXPO. We could not have done it with you!**

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  - **[Officer Wellness Training](#)**
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### **FUTURE CPCA TESTING DATES**

April 20, 2019 -	Wolcott, CT – Entry Level, Certified, Dispatcher
May 23, 2019 -	Wethersfield, CT – Entry Level, Certified, Dispatcher
June 22, 2019 -	Madison, CT – Entry, Certified, Dispatcher, Animal Control Officer
July 27, 2019 -	Fairfield, CT – Entry, Certified, Dispatcher

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***Important Save the Dates –***

**May 7, 2019 - Officer Wellness Training, Alexion, New Haven**  
**May 21<sup>st</sup> & 22<sup>nd</sup> – Executive Training, Mohegan Sun, Uncasville, CT**

**June 4, 2019 – CPCA Board Meeting, 9:30 a.m., CPCA Headquarters**  
**June 20, 2019 – CPCA Annual Meeting, Farmington Club, Farmington, CT**

**August 26, 2019 - CPCA Golf Classic, TPC River Highlands, Cromwell, CT**

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Thank You from John Krawski, Telrepc

Hi Everyone;

I want to thank all of you for the unexpected award and recognition for my participation in Officer Wellness.

I can't think of anything more important than helping my fellow human beings who are going through a difficult period in their lives. Police officers and other public safety personnel are subjected to very trying and adverse situations that most of us never experience or even know about, yet they handle all of it without concern for their own wellbeing. However, even they sometimes need help to deal with the situation and the eventual outcome. I can't make the pain go away, but I can listen, observe when possible and offer assistance on how to get help, even if I don't personally know them.

Your recognition of my participation means I am having an impact and tells me to keep doing what I am doing to help.

Thanks again.

John

John A. Krawski  
President Telrepc Inc.

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"In the normal course of their work, police officers are regularly put in situations that cause emotional trauma take an undeniable toll on mental health," said U.S. Attorney John H. Durham. "For too long, far too many officers have suffered silently, and far too many have taken their own lives. In the past several years, our office has worked closely with the Connecticut Police Chiefs Association to promote officer wellness and help change the way mental health issues are perceived and managed in law enforcement agencies. We will continue to do all that we can to prioritize the well-being of all law enforcement officers. I am encouraged by the release of these reports and case studies, and the momentum behind this critically important issue."

"The Connecticut Police Chiefs Association's Wellness Committee has spearheaded the 'Serve Well -- Be Well' program, which encompasses officer emotional and physical wellness from hire to retire and beyond," said Newtown Police Chief James Viadero. "Serve Well -- Be Well encourages peer support and employee assistance programs, and promotes a culture within departments of recognizing and treating mental health issues. Through the concerted efforts of all involved and some generous donations, which have enabled departments to implement programs and strategies to assist our officers, the culture of addressing wellness and mental health concerns of officers in Connecticut has realized dramatic results. These efforts will have a positive effect on our law enforcement community, which will benefit all concerned. We thank the U.S. Attorney's Office and its commitment to these programs."



## **CPCA/CPF Officer Wellness Training & *Serve Well, Be Well* Award Presentations**

### **Surviving Traumatic Events and Resiliency Training**

This training will give officers insight on surviving traumatic events and how they can better prepare themselves for future events. The presenters will share personal experiences from law enforcement encounters and how it impacted their emotional and physical well-being.

Also included in this training will be a tutorial on stress management and resiliency methods that have become widely accepted in law enforcement. (POSTC Credit will be given)

Presenters to include:

Detective Mario Oliveria (Retired Somerville, MA Police Department)

Sgt. Scott Ruszczyk (Newtown Police Department)

Lt. Bill Keegan (Retired NY Port Authority Police Department)

**Tuesday, May 7, 2019**

**8:30 a.m. – 3:30 p.m.**

*at*

**Alexion Pharmaceuticals**

**100 College Street**

**New Haven, CT 06510**

**(Free Parking Available in Alexion Garage)**

#### **Schedule**

7:30 a.m. – 8:30 a.m.	Registration/Coffee & Pastry
8:30 a.m. – 8:45 a.m.	Welcome
8:45 a.m. – 10:30 a.m.	Training
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – 12:00 p.m.	Training
12:00 p.m. – 1:30 p.m.	Lunch ( <b>Served onsite, no charge</b> ), Award Presentations
1:30 p.m. – 3:30 p.m.	Training

**CPCA/CPF Officer Wellness Training/Award Presentations  
Surviving Traumatic Events and Resiliency Training**

**Tuesday, May 7, 2019, 8:30 a.m. – 3:30 p.m.**

*at*

**Alexion Pharmaceuticals  
100 College Street  
New Haven, CT 06510**

**\*Note on Reservations:** We have an obligation to tell Alexion how many people will be attending ahead of time. Advance reservations are required! There are a limited number of seats available, so there will be no registration on site.

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**REGISTRATION IS REQUIRED BY April 29, 2019 (firm)  
(Limited to 200 attendees)**

**Name(s):** \_\_\_\_\_  
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\_\_\_\_\_

**Department:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

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**Return to:**

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