



# SCLEAP OUTLOOK

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**South Carolina Law  
Enforcement Assistance  
Program**

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Welcome to the first issue of the SCLEAP OUTLOOK. It is our intention to publish and circulate this newsletter to the South Carolina Law Enforcement community on a regular basis in support of the mission of SCLEAP.

From its birth five years ago under a VOCA grant provided to SLED through SCDPS to the present, SCLEAP has been about the work of supporting and assisting SC law enforcement officers, non-sworn staff and family members in the good times and the bad times. It will become apparent through the reading of this newsletter which issues we believe are critical to the health and welfare of the law enforcement family here in South Carolina. We look forward to your reactions to this new tool as well as your articles submitted for review and possible publication.

Perhaps the most popular offering under our Critical Incident Stress Management service area is the annual **Post Critical Incident Seminar**. Created by the FBI specifically for law enforcement officers, the PCIS offers SC officers a safe and effective method for post-incident training in critical incident stress. Offered only to officers who have been through highly traumatic events, the PCIS can mean the difference between staying on the job or leaving law enforcement for another profession due to the unresolved and unexamined effects of critical incident stress. For the first time, the 2002 PCIS will be open to spouses of law enforcement officers. For more information on the upcoming PCIS contact the SCLEAP officers at 803-783-302.

**Dates:** Monday, September 23-Wednesday, September 25, 2002

**Location:** Hampton Inn, Garners Ferry Road, Columbia, SC

**Registration Costs:** 0.00

**Meals and Housing:** Sending Departments cover these expenses

**Number of Slots Available:** 30

**Invited PCIS Training Team Members:** Dr. Roger Solomon, Clinical Director; Officers with: FBI, Secret Service, US State Department, NCSHP, Charleston PD, Greenwood PD, many others.

## AGENCY LIAISONS



Captain Cliff Weir  
SLED



Major Van McCarty  
SCDNR



Lt. Sandy McLeod  
SCDPS (SCHP)



SSA Christina Perry  
SCDPPPS

# What is SCLEAP?

SCLEAP is the acronym for The South Carolina Law Enforcement Assistance Program. It was created by a mutual agreement between four state police agencies (SLED, SCDPS, SCDNR, SCDPPS). In addition to traditional employee assistance support and volunteer chaplaincy support, SCLEAP provides direct support to state and local law enforcement during times of critical incident stress. These services are provided at no cost to the local agency and they are available 24/7/365.



## BROKEN HEARTS IN LAW ENFORCEMENT

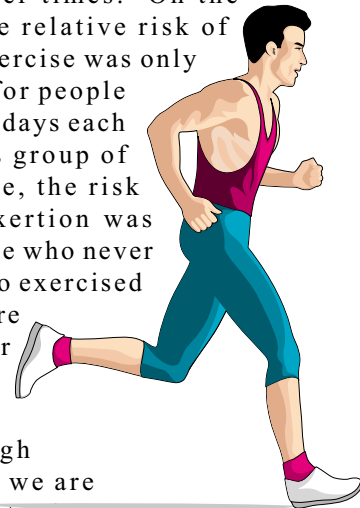
By: Dr. Thomas Griggs, MD

How do you rescue a broken heart? That simple question can have a multitude of meanings. The “broken heart” some might conjure is the kind that comes from being jilted by a lover. At another level, “broken hearted” might be a term some would ascribe to a person suffering from the death of a loved one or, in our occupation, from a disastrous police shooting. In a more literal context, the kind I am more comfortable with, the broken heart is one injured by a massive heart attack. In some ways the multiple meanings of “broken heart” overlap, because it is not uncommon for the emotional reaction to a critical incident to include symptoms of heart attack.

Now for the rescue part...How do you fix the broken heart? Well, obviously, the question is complicated, so the answers are complicated. But one of the many tools we can reach for can positively influence almost any kind of broken heart. That tool is exercise.

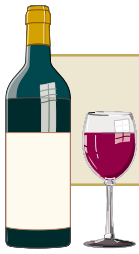
Exercise is always mentioned during the teaching phase of the critical incident stress debriefing. We do this because exercise has been shown to improve the symptoms of stress reactions. Exercise is now an integral part of the treatment of depression and post-traumatic stress disorder. Exercise in this context has many effects, most poorly understood. It is known, for instance, that a 10-minute walk will improve symptoms of depression immediately and in a measurable way, but the mechanism of this effect is not clear. Our common sense can provide a few possible effects, however. For instance, we all know that sleepless nights are reliably predicted after a critical incident. A reasonable exercise program after a critical incident will expend some of the pent up energy and allow the person to go to bed with a moderate degree of physical fatigue and be more likely to sleep. “Reasonable” exercise for a person who does not regularly exercise is a brisk walk for 10 to 30 minutes.

Exercise is also a special issue for law enforcement officers. Exercise is “good” but when it is actually happening, it can be “bad.” There is a 5-times greater risk of heart attack during and within the hour after heavy exertion than during times of sedentary life activities. However, the effects of exercise on heart attack and sudden death are paradoxical or biphasic. There is a broad range of exercise-related risk associated with an individual’s usual patterns of exercise. In one study, among those patients with heart attacks who never did recreational exercise, the relative risk of having had a heart attack during exercise was 100 times greater than at other times. On the other end of the spectrum, the relative risk of having a heart attack during exercise was only double the risk at other times for people who exercised for 30 minutes 5 days each week. This means that in this group of patients with coronary disease, the risk of heart attack with heavy exertion was roughly 50 times greater in those who never exercised than among those who exercised regularly. Remember that we are paid by the taxpayers to do their fighting for them.



Rescuing broken hearts is tough business, no matter what kind we are dealing with. We have lots of tools, but one of the most effective is free. Try and recommend exercise, almost every day, for life and for living.

*Dr. Griggs is the Patrol Physician with the North Carolina State Highway Patrol and he is on the Medical School Faculty, UNC-Chapel Hill.*



## DRINKING AND DRUGGING IN THE LAW ENFORCEMENT COMMUNITY

According to Princeton sociologist, Robert Wuthnow, the world's major religions all encourage their followers to be compassionate. The Hebrew scriptures teach that men and women are created in the image of God and are for this reason deserving of all the caring and kindness that can be given them. The Scriptures also teach that loving others is a duty we owe to God. The Koran teaches that those who give charity guard themselves against evil. Buddhist thought elevates compassion above all other virtues. The Dalai Lama taught, "Compassion seems to be the greatest power." Christianity has emphasized love of neighbor, deeds of mercy, and charity for the needy.

The word compassion comes from two Latin words **pati** and **cum**, which together mean "**to suffer with.**" Whatever our religious tradition, compassion seems to have the same meaning.

"It asks us to go where it hurts, to enter into places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears. It means full immersion in the condition of being human."

I say these words about compassion because in the last months I have watched the leadership of state law enforcement do something truly compassionate. As is widely known, in addition to divorce rates and suicide rates higher than the general population, the law enforcement

profession wrestles with extremely high rates of alcohol abuse and addiction. Under the acronym L.E.O. (Law Enforcement Only), the way has been opened for all sworn personnel who have an interest to participate in a law enforcement-based group where they can get help for this troubling issue.

The brief space of this article will not allow a full description of the L.E.O. program. Simply put, it is a partnership effort between The SC Law Enforcement Assistance Program and Vocational Rehabilitation. It is an idea whose time has come. Officers and their families now have a confidential starting place to seek help among a group of peers who understand what its like to wear the badge and gun and who long to break free from the bonds of addiction. If you would like more information about the L.E.O. Program, you

can visit our website at [www.scleap.org](http://www.scleap.org) or call us for a fax copy of the LEO brochure at 803-783-3024. Also, you may make confidential contact with the L.E.O. group leader directly. His name is Tom Hammill and he may be reached on statewide pager by calling: 1-800-614-2507. This program is open to all S.C. law enforcement.

It is our prayer that, for those officers who need it, this program can be the difference between staying married or getting divorced, between maintaining a relationship with their children or losing it, between keeping their job or getting fired, between life or death.

*God grant me the serenity to accept  
the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.  
Reinhold Neibuhr 1926*



## CAROLINA C.O.P.S

Carolina C.O.P.S. works hard to help build the shattered lives of law enforcement families who have lost a loved one in the line of duty. Concerns of Police Survivors is a national organization which has its headquarters in Missouri. In the past several years, 35 states have organized 45 chapters (including one in South Carolina) to minister to police survivors at the local level. Membership is composed of families of law enforcement officers killed in the line of duty.

Carolina C.O.P.S. begins its ministry immediately following the loss of an officer. The family is initially met at the visitation and/or the funeral. A follow-up phone call or letter is sent, and an encasement for the American Flag is presented to the primary survivor with her/his officer's name and the "End of Watch Date."

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# STRENGTHENING RESILIENCE, PROMOTING RECOVERY

Roger Solomon, Ph.D.  
(Lecture Outline on Resilience)

**I. Stress** – The body’s response to the demands placed upon it.

**II. Resilience**

- A. Wade through – The ability to react and respond to stressful situations with strength.
- B. Adapt – Ability to be flexible and adapt rapidly to changing circumstances.
- C. Rebound – Bounce back after adverse circumstances.
- D. Maintain balance and focus

**III. Resilient Attitudes**

- A. I am vulnerable, but not helpless.
- B. I can focus on my ability (skills) and capability (resolve, focus, and skills) to respond.
- C. “I have strengths” to see me through, and vulnerabilities that can be managed.
- D. After coming to grips with my sense of vulnerability, there is not a whole lot else in life to overcome. Therefore I come out stronger and can utilize this strength to deal with other life challenges.
- E. Commitment (Maddi) – I am important enough to fully involve myself in dealing with the problem.
- F. Control (Maddi) – I have the ability to influence the outcome of a problematic situation, either positively or negatively.
- G. Challenge (Maddi) – In dealing with this problem I can learn and grow from it so it is worth dealing with the situation fully, with commitment.

Rubber band – the ability to stretch out, maintain emotional balance, without breaking...and utilize the skills you learn to snap back.

**III. Coping Strategies**

A. TAKE A DEEP BREATH, REMEMBER TO EXHALE

- 1. Relaxation Rhythms
- 2. Resource activation

B. WHAT GOT TRIGGERED?

- 1. Unpack it – Issues of Responsibility, Present Safety, Control
- 2. Breath through it

< Yourself

< All involved – others’ view.

< Detached, objective view (the fair referee) Turn this around and make your DAY

2. CONSIDER THIS:

< A-B-C: Event-Interpretation-Emotion

< Stinking thinking: “It’s not fair...I am a bad person” – leads to negative self talk

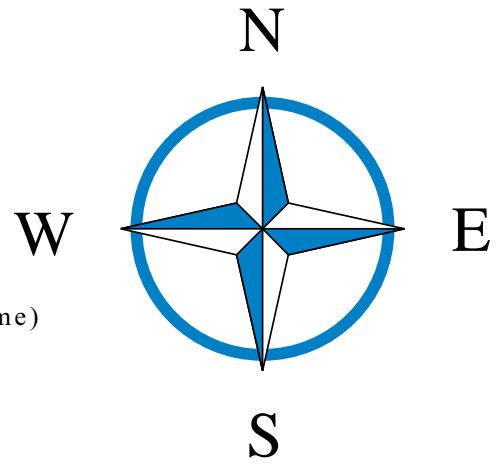
< Actively deal with your own inner critic:

“Whether fair or not, I can understand what happened and deal with it.”

“Just because I feel bad does not mean I am bad.”

“I count and deserve to deal with this the best way I can.”

- SSDD (What happened to me is fairly routine.)
- Worse things could happen (I'm not dead yet), this is manageable.
- Time limited vs. Forever
- Specific to situation vs. General and all encompassing in my life
- Internal (my fault) vs. External (due to circumstances outside of me)
- Defines me vs. One among many things that define me
- Shit Happens (negative things occur, it's my turn)
- Performance/skill experience deficits



- D. DIFFERENTIATE ISSUES OF CONTROL – what are you in control of, what is beyond your control.
- E. MY TWO CENTS/WHAT BUTTONS I PUSHED
- F. THERE IS LIFE AFTER “OH SHIT” – Where could things be in the near future?
1. How could the situation realistically improve and what could you do to get there?
  2. How could the situation further deteriorate, and what could you do to get there?
  3. How would your hero cope with the situation (be realistic), or how would you advise your child to deal with this?
- G. WHAT I LEARNED FROM THIS ABOUT MYSELF AND THE WORLD AND WHAT I WILL DO DIFFERENTLY IN THE FUTURE
- H. TALK IT OUT  
WRITE IT OUT  
WORK IT OUT  
RELAX IT OUT  
TAKE CARE OF YOUR BODY (eat healthy, avoid substances that reduce functioning)

#### **IV. Plan It Out: Moving Forward (Action)**

- A. BE AWARE of physical and emotional signs of stress.
- B. IDENTIFY STRESSOR – Define the problem clearly and think it through as described above.
- C. APPRAISING AND DEVELOPING COMMITMENT – What are you willing to do? Check your attitude, which determined 50% of the end result. Make sure your attitude is healthy and positive. There is no sense planning it out if you do not really want to change anything. All you will do is end up sabotaging your plan.
- D. BECOME AWARE OF BEHAVIOR PATTERNS – List what you have already tried that has not worked. Many people, when frustrated, do the same things, only harder with more emotion ...and it still does not work..
- E. DEFINE YOUR GOALS CLEARLY – Be as specific as possible.
- F. FORMULATE A SPECIFIC PLAN OF ACTION –What are you going to do about it?
- G. ACT: DO IT! No one else and no outside “cure” can ever effectively manage your stress. You must take responsibility for the corrective action yourself.
- H. EVALUATE THE RESULTS AND REVISE THE PLAN AS NECESSARY – No plan is forever. Test out your ideas and plans for coping. Observe their effects. Continue the ones that work well; drop or revise plans that do not. Utilize the feedback you gain from your experience to make mid-course corrections.

*Dr. Roger Solomon is Director of Critical Incident Recovery Resources and has led several training courses in South Carolina on Critical Incident Stress Management (CISM) and Peer Support. He is the Clinical Director of the annual Post Critical Incident Seminar.*



## THOUGHTS ON MARRIAGE, FAMILY AND LAW ENFORCEMENT

Before working full-time in the law enforcement community, I recall a conversation I had with a counselor friend who worked for a large statewide police agency in another state. He said, "one of the most consistent challenges faced by the officers I work with is the challenge of staying married. Over 80% of my officers have been married and divorced at least once." As a clergy person who has married well over 100 couples and spent hundreds of hours providing pre-marital counsel, his sober words are a haunting reminder as I have found much the same phenomenon in the law enforcement community of South Carolina. Rarely a week goes by that Rev. Kenyon (my colleague) and I don't have a conversation with a police officer struggling to stay married.

If I had to list the elements of a law enforcement marriage that contribute to the separation and divorce rate among police officers, I would include the same elements that contribute to separation and divorce in 60% of the general population, namely: overwhelming stress due to complex lives, issues around money, issues around communication, difficulty managing conflict and getting stuck in the way we argue and fight, and failing to deal with the "baggage" we all bring to the marriage relationship from our family of origin.

Yet, I would also include the stressors particular to the law enforcement family:

- shift work
- the tyranny of the schedule causing officers to miss regular and special times with spouse and/or children
- scrutiny by the public
- scrutiny by supervisors and administrators
- a tendency to compartmentalize life, keeping work in one box and family life in another box. While this tendency enables officers to feel they can keep their loved ones separated from the most distasteful elements of policing, it also shuts out critical communication with your life partner. For many spouses, the most they hear about our work is what they overhear when we are talking to other officers in person or on the telephone.
- The challenging and often unexamined effects of on-the-job critical incidents. The effects I see most often are: difficulty sleeping, intrusive memories, emotional distancing, numbing out

on alcohol and drugs, making spontaneous (often large) purchases and loss of intimacy. I once heard a NCSHP trooper give a talk where he used a pile of bricks to illustrate how critical incidents caused him to build walls between himself and the people he loved the most.

- Working in a culture where up to 80% of fellow officers are either separated or divorced.

As a law enforcement chaplain, I offer these three suggestions about marriage and family.

**First**, if you are considering engagement or re-marriage, seek out competent counseling prior to making that final decision to move ahead. I do not mean meeting with the preacher one or two times prior to getting married. I suggest 4-10 sessions with a pastoral or secular counselor skilled in the discipline of marriage and family counseling. Personally I like an inventory some counselors use called PREPARE/ENRICH. Search these words on the internet for a full description.

**Second**, if you are married and wish to stay married but find yourself feeling "stuck" in the way you and your spouse communicate and argue, seek out some assistance. The basic Blue Cross/Blue Shield insurance plan changed in January of 2002. After satisfying the basic deductible, fees for approved licensed marriage and family counselors are reimbursed at a rate of 80%. This means that after the deductible is satisfied, if your counselor charges \$100/session, the insurance company will pay \$80/session and you will only pay \$20/session. Contact the insurance folks at 803-736-1576.

**Third**, consider special weekend trainings designed to assist struggling marriages. Several law enforcement families have found a program called Retrouvaille (meaning: rediscovery) the program that saved their troubled marriage. Michael McManus, in his book *Marriage Savers* reports, "of the 817 couples who participated in Retrouvaille in the Fort Worth area, 40% were already separated and one to two couples per weekend were already divorced! Yet informal studies show 80% (4 out of 5) of the marriages were intact a year or more afterward." Find a Retrouvaille training in the region by calling 1-800-470-2230. See also: [www.retrouvaille.org](http://www.retrouvaille.org).

Sincerely,  
J. Eric Skidmore

*Postscript:*

*I acknowledge there are some marriage relationships which, over time, become unworkable. My own religious tradition says it this way: "It is the divine intention that persons entering the marriage covenant become inseparably united, thus allowing for no dissolution save that caused by the death of either husband or wife. However, the weakness of one or both partners may lead to gross and persistent denial of the marriage vows so that marriage dies at the heart and the union becomes intolerable; yet only in cases of extreme, unrepented-of, and irremediable unfaithfulness (physical or spiritual) should separation or divorce be considered. Such separation or divorce is accepted as permissible only because of the failure of one or both of the partners, and does not lessen in any way the divine intention for indissoluble union." It is my prayer that law enforcement officers seek discernment prior to engagement and/or remarriage in order to avoid future breakups and that officers who are already married, seek counsel during the course of their marriage to ensure that they do everything in their power to help heal hurting marriages and make good marriages even better.*

*JES*

### **New Law Calls for Critical Incident Support and Training**

“Section 23-3-65. The South Carolina Law Enforcement Division (SLED) shall administer the South Carolina Law Enforcement Assistance Program (SCLEAP). The purpose of this program includes, but is not limited to, responding to and providing counseling services to all requesting law enforcement agencies and departments in the State which have experienced deaths or other tragedies involving law enforcement officers or other employees, and providing any other critical incident support services for all South Carolina law enforcement agencies and departments upon their request. The SCLEAP may also utilize local critical incident support service providers including, but not limited to chaplains, mental health professionals and law enforcement peers. In consultation with the professional staff of the SCLEAP and the South Carolina Law Enforcement Chaplains’ Association, the South Carolina Criminal Justice Academy shall develop a course of training for the critical incident stress management and peer support team.

(continued from page 3)

Throughout the first year of the family’s loss, C.O.P.S. officers work with the department and the family, filling out paper work and providing information for benefits available to the family as well as information about trial procedures, if applicable. C.O.P.S. will also try to have a representative at Motion Hearings and Memorials that may take place throughout the year. During the trial C.O.P.S. will provide a basket containing goodies (e.g., soup, crackers, gum, mints, etc.) for the family’s use during court breaks.

C.O.P.S. notifies both the families and departments of fallen officers of the State and National Police Memorials which take place each year. Carolina C.O.P.S. continues its ministry by offering Line of Duty Death Seminars and also participating in Critical Incident Stress Debriefings. Carolina C.O.P.S. works hard providing support and information to police survivors and their agencies. Survivors never “get over their loved one’s death,” but in time learn to put the love in a special place and move forward.

The road of grief can be very difficult and lonely. Carolina C.O.P.S. seeks to lessen the confusion and pain that a survivor will encounter. For further information, contact Sally Guerry, President, Carolina C.O.P.S., 843-527-1634.

### **TRAINING AVAILABLE**

A 2-day module of Basic CISM training and a 2-day module of Individual Crisis Intervention and Peer Support training is available on an annual basis in cooperation with the SC Criminal Justice Academy. For departments or agencies who wish to hold an in-house training, SCLEAP is able to provide the two-day or four-day block of training. A sample training budget is available upon request. Minimum class size is 20 and maximum class size is 40.



### **THANKS!**

This newsletter was printed and mailed with funds provided by The Law Enforcement Chaplaincy for South Carolina. SCLEAP wishes to thank the Board and supporters of LECSC.

*SCLEAP OUTLOOK* is published periodically by SC Law Enforcement Assistance Program, P. O. Box 9552, Columbia, SC 29290-9552. Beverly Coates, Editor.

## RECOMMENDED READING

- **COPS DON'T CRY: A Book of Help and Hope for Police Families**, by Vali Stone, Creative Bound, Inc., Ontario, Canada, 1999.
- **COP SHOCK, Surviving Posttraumatic Stress Disorder (PTSD)**, by Alan R. Yates, Holbrook Street Press, Tuscon, Arizona, 1999.
- **ENDING MARRIAGE, KEEPING FAITH**, by J. Randall Nichols, Crossroad Publishing Co., NY, NY, 1991. (This book is out of print, but copies are available from SCLEAP.)
- **I LOVE A COP: What Police Families Need to Know**, by Ellen Kirschman, Ph.D., The Guilford Press, NY, NY, 1997.
- **MAN'S SEARCH FOR MEANING**, by Viktor E. Frankl, Washington Square Press, NY, NY, 1959.

### Grief Resources:

- **A GRIEF OBSERVED**, by C. S. Lewis, Bantam Books, NY, NY, 1961.
- **HOW TO GO ON LIVING WHEN SOMEONE YOU LOVE DIES**, By Therese A. Rando, Ph.D., Lexington Books, Lexington, MA., 1988.
- **LAMENT FOR A SON**, by Nicholas Wolterstorff, Wm. B. Eerdman's Publishing Co., Grand rapids, Michigan, 1987.
- **OUR GREATEST GIFT**, by Henri J. M. Nouwen, Harper Collins Publishers, NY, NY 1994.

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