

VALOR

SPECIALIZED
SESSIONS





The Bureau of Justice Assistance (BJA) VALOR Officer Safety and Wellness Training and Technical Assistance (VALOR) Program strives to build and maintain relationships with law enforcement agencies. VALOR Specialized Sessions and technical assistance are available at no cost to state, local, territorial, and tribal law enforcement agencies upon request. Each training course is designed and instructed by experienced law enforcement officers to provide comprehensive information, demonstrations, exercises, and discussions on officer safety topics. These courses are based on the latest data and research to provide officers with the necessary tools to perform their duties effectively while ensuring their safety and the safety of the citizens they serve and protect.

CASUALTY CARE AND RESCUE TACTICS

This training is designed to better prepare law enforcement personnel to deal with casualties during and after a critical incident. This presentation specifically addresses the need to eliminate the threat before administering aid, the dangers posed by preventable bleed-out, the importance and use of tourniquets, and the management of airway and/or breathing issues associated with trauma.

CHARACTERISTICS OF WEAPON CONCEALMENT

This training program aims to enhance officer awareness of both common and less typical weapon carry locations. In addition, it offers an overview of the behavioral and visual cues displayed by armed individuals. The course also emphasizes the significance of clearly articulating observations for both officer safety on-scene and report writing, considering tactical factors, and conducting thorough searches and pat-downs during legal encounters.

FINANCIAL FITNESS

This presentation will cover key areas of building basic knowledge to make sound financial decisions aligned with your personal goals and objectives. Through discipline and application of these easy-to-understand concepts, you can immediately position yourself to develop your financial fitness for both the present and your future aspirations.

FIT FOR DUTY: PHYSICAL HEALTH FOR OFFICER SAFETY

As officers, we regularly place ourselves in harm's way to protect others. Too often, however, we do a poor job of addressing our own well-being. This course will use a data-driven approach to identify potential long-term health risks that come from working in law enforcement. This course will focus on the physical aspects of officer health and identify purposeful actions that we can take to attain and maintain optimal health and fitness.

OFFICER SURVIVAL STORY

There is no teacher like experience. During this course, you will hear from officers who have survived critical incidents. These survivors will share their personal stories and observations about what they learned from their incidents. During these personal accounts, VALOR officer safety concepts are tied together to emphasize the importance of preparation before an event, action during an event, and resilience after an event in order to survive and thrive.

SAFETY MINDSET AND PREPAREDNESS

The old saying “an ounce of prevention is worth a pound of cure” is equally applicable in a law enforcement safety context. This training emphasizes that the mindset that officers bring to work each day matters. One’s mindset has a direct correlation with performance and the ability to think clearly during critical incidents. This module also examines the importance of remaining calm during a crisis. As experience increases, so does the risk of complacency.

SAFETY DURING ENCOUNTERS

Approaching and interacting with the public is a large part of most law enforcement officers’ jobs. This training explores the different dynamics affecting all officer-public contacts and provides practical tools for increasing officer safety and positive outcomes while officers are engaged with individuals.

SAFETY THROUGH MENTAL WELLNESS AND RESILIENCE

This training examines the leading cause of officer death—suicide. This reality emphasizes the importance of investing in your mental wellness. Learn how to take back control and be responsible for your health and wellness. Mental wellness will enhance your officer safety, agency goals, and personal satisfaction through a work-life balance.

SURVIVING ASSAULTS

What are some behavioral cues that can appear prior to an assault? What can you do to increase your survivability when an assault happens? This course is designed to increase law enforcement officers’ awareness and understanding of the “totality of circumstances.” It provides an overview of the importance of, and legal authority for, officers obtaining a reasonable tactical advantage. In addition, this presentation describes common pre-incident indicators of violent attacks and some actions that are known to increase survival during critical incidents.

THE CALM PROFESSIONAL

This training serves as a level set, refocusing officers on why they took the oath to protect and serve to the best of their abilities in the first place. Equally important, the CALM Professional places combined emphasis on officer safety, crime reduction/prevention, and positive influence and impact in the communities they serve.

The CALM Professional is a law enforcement archetype that embodies the ethos of the CALM concept at a high level:

- ① Competence: Being knowledgeable and skilled.
- ② Awareness: Staying informed and vigilant.
- ③ Living Your Oath: Being a professional, a scholar, a communicator, and a protector.
- ④ Motivation: Having the right mindset, preparedness, and engagement.

The CALM concepts and core competencies form a framework for maximizing officer safety, defusing difficult situations, and achieving excellence in policing.



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