

# SHERIFF MONTHLY



THE ATLANTIC COUNTY SHERIFF'S OFFICE NEWSLETTER

JUNE 2018 | VOL 1 | ISSUE 1

SHERIFF ERIC SCHEFFLER

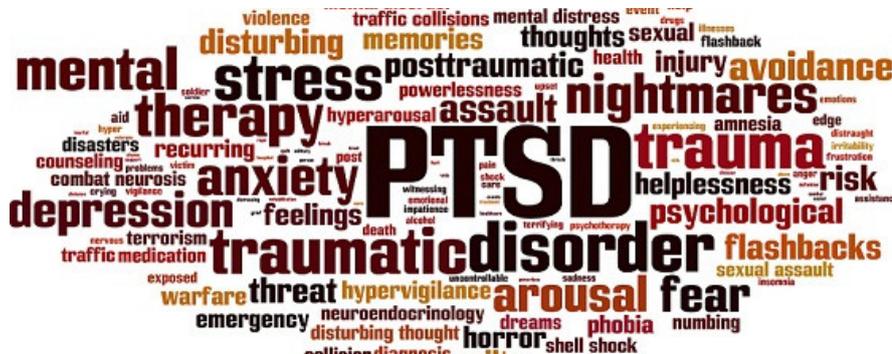
## OFFICER RESILIENCY AND WELLNESS

by Sheriff Eric Scheffler

A key component to a comprehensively fit officer is resilience. People are not born resilient; they learn to be resilient through life experiences. Resiliency is a new approach to officer safety and wellness from lessons that we have learned from the military. In the past law enforcement has failed to give consideration to all the physiological and psychological experiences that officers go through. Too often officers were told to "get back to work" or "suck it up." In some cases they were forgotten all together. A

police officer commits suicide every 81 hours. We are working to stop that and help officers get their lives back on track.

A critical part of this paradigm shift is erasing the stigma associated with mental health. We don't want officers to be afraid to ask for help out of fear of being outcast or losing their job. Asking for help does not need to be a career-ender anymore. Just like any physical injury, we want to help get you healed and back to a quality of life that you deserve.



## JUNE IS PTSD AWARENESS MONTH

by Ken Buck

June is Post Traumatic Stress Disorder (PTSD) awareness month. If you struggle with PTSD it's important to remember YOU are not alone, and sometimes the hardest part is to ask for help. Please take a moment to reflect on stressors in your own life that may be building up. There are many ways to combat life stressors, one of the most powerfull is having

a positive mindset.

We recognize how hard it is to remain positive when there is such a negative stigma attached to the term PTSD. That's why we are determined to keep fighting to change the wording of this diagnosis from PTSD (Disorder) to PTSI (Injury).

Here is an acronym to help you remember and

## UPCOMING EVENTS

- June 20 - Sheriff's Health and Wellness Fair in the ML Courthouse multi-purpose room from 1000 to 1400
- June 20 @ 0900 - Part 3 of Rapid Deployment Training at the ML Courthouse for Support Services Units
- June 28 @ 1900 - NJ LEOS meeting - EHT Civic Center

## DID YOU KNOW?

The first Sheriff of Atlantic County was Issac Smith, who was appointed by Governor Philemon Dickerson in February of 1837 when the county was formed. Sheriff Smith was elected to office in the fall of that year. He served three one-year terms.

assist with overcoming the effects of stress:  
(P)ositive  
(T)ough  
(S)trong  
(I)nspiring

Be DETERMINED to heal these INJURIES. Always try your best to be (P)ositive, (T)ough, (S)trong, and (I)nspiring! PTSI is an injury to the brain which can be

(continued on page 2)



## JUNE IS PTSD AWARENESS MONTH

(continued from page 1)

healed, not a disorder that defines us. Let's work together to raise awareness, take away the stigma of PTSD, and promote a healthy mindset.

How can we accomplish this task? Sheriff Scheffler and his team have many plans that will be implemented and available county-wide to law enforcement.

The Sheriff is very passionate about Resiliency Training, Health and Wellness, and positive ways for alleviating stress. His door is always open for assistance and encouragement.

Another great resource is the peer support group New Jersey Law Enforcement Officer Survivors. Many of you may remember Retired FBI Agent Mark Johnston. After retirement, Mark worked at the Atlantic County Police Academy and started the South Jersey Law Enforcement Peer Critical Incident Support Program. We have taken on his legacy, and plan on expanding it statewide. This program is a nonprofit organization that offers support to all law enforcement officers, on the job or retired. This peer support group is confidential, and meets every third Thurs-

day of the month at 7pm. Meetings are held at the Egg Harbor Township Civic Center, right next to the Atlantic County Police Academy. We have volunteer Police Chaplains and psychologist that are available to offer support. This peer support group is confidential, and meets every third Thursday of the month at 7pm. Meetings are held at the Egg Harbor Township Civic Center, right next to the Atlantic County Police Academy. We have volunteer Police Chaplains and psychologist that are available to offer support.

\*Please note June's monthly meeting date has been changed to the fourth Thursday of the month (June 28th) at 7pm.\* As stated previously regular meetings are held the third Thursday of the month. You can find more information about this program at [NJLEOS.org](http://NJLEOS.org) and on Face-

### NEW ARRIVALS!



Our department recently acquired seven new Ford Interceptor SUVs (8016-8022). The new vehicles will be assigned to K9, Legals, and Mays Landing

book's page "New Jersey Law Enforcement Officer Survivors". If you have any further questions about this peer support group, please feel free to email [NJLEOSurvivors@gmail.com](mailto:NJLEOSurvivors@gmail.com).

### HEALTH AND WELLNESS FAIR ON JUNE 20

We will be sponsoring a Health and Wellness Fair in the multi-purpose room at the Criminal Court Complex from 1000 to 1400. Representatives from AtlantiCare, Horizon Healthcare Benefits, Optimum Rx, NJWELL, Shore Physicians Group, and Great Bay Country Club will be on site offering a variety of health screening services at no cost.

Healthcare providers will be offering body composition and vascular screenings for officers. If you are interested in the vascular screening please pre-register by calling (609) 484-7355 prior to the event date.

Courts and Transportation. We will begin phasing out some of our older high-mileage vehicles. Most of the new SUVs will also be equipped with LoJack tracking computers. LoJack training will be offered in the near future.

If you have an idea for a future topic, please submit an email through the chain-of-command to Lt. Ade for consideration.