



Finding Yourself Again: Stop Suffering in Silence Implementation Guidance

Description

Recognizing changes in yourself may be a key to knowing you need to get help. It is important to recognize those promptings and take action. In this podcast, retired Chief Sonia Quiñones with the SAFLEO Program talks to Lieutenant Jakisha Jones of the Arlington, Texas, Police Department about how she recognized that she needed to seek help after a critical incident.

Suggested Activities for Executives and Administrative Team Staff

1. Listen to this podcast.
2. Distribute or assign this podcast to all officers, including agency executives and command staff members.
3. Lead a discussion in a roll call or other training regarding healthy and unhealthy coping strategies.
4. Promote a culture that prioritizes wellness and views help-seeking as courageous and healthy.
5. Share sources of help available to officers in your agency.

Takeaways

- Learn to recognize changes in your eating, sleeping, drinking, and other habits.
- Build relationships with sources of help before a crisis occurs.
- Learn and implement healthy coping skills.
- Share with other officers your experiences with help-seeking, if appropriate, to build a culture of wellness within your agency.

Resources

Signs I Should Ask for Support poster:

<https://safleo.org/ResourceLibrary/Resource/437ae128-58d4-4b90-b505-08da341296ee>

Sources of Support poster:

<https://safleo.org/ResourceLibrary/Resource/8a4b7976-a2ee-4eda-b507-08da341296ee>

A Thousand Cuts video:

<https://safleo.org/ResourceLibrary/Resource/a7476125-df87-4519-6b5d-08da34f75b16>

10 Ways to Support an Officer in Crisis: Agency Action Plan for Supporting an Officer in Crisis: <https://safleo.org/ResourceLibrary/Resource/aafeebed-ab23-4330-f023-08da379930bb>

13 Ways to Manage Dark Thoughts: Action Plan for Officers Who Experience Suicidal Thoughts: <https://safleo.org/ResourceLibrary/Resource/1ffd0dcf-c128-4abe-92c8-08da33500451>

Three Words video: <https://safleo.org/ResourceLibrary/Resource/e18e918b-c3c7-4698-db53-08da380302e6>

Speaker Biographies

Lieutenant Jakisha Jones has more than 13 years of law enforcement experience with the Arlington, Texas, Police Department. Lieutenant Jones currently serves in the Internal Affairs Department. Her previous assignment was supervising the Special Response Team to include demonstration operations. Lieutenant Jones is a member of numerous professional affiliations and has received many awards and commendations. She holds a master's degree in criminology/criminal justice and a bachelor's degree in psychology from Texas Wesleyan University and is currently working toward a doctoral degree in urban planning and public policy.

Chief Sonia Quiñones (retired) is a senior research associate with the Institute for Intergovernmental Research. She served in law enforcement for more than 25 years, 18 of which were in management. In 1993, she became a patrol officer with the Hallandale Beach, Florida, Police Department and worked up through the ranks, becoming Chief of Police in 2017. Some of her most notable accomplishments include developing and implementing a specialized eight-week training program for new agents in the U.S. Drug Enforcement Administration and being the Sergeant of the Investigative Services Division, the Training Unit, and the Uniformed Patrol Division. As major, Chief Quiñones was the department's Public Information Officer, providing media representation for both the city and the police department. Chief Quiñones is fluent in Spanish and earned a master's degree and a bachelor's degree in public administration from Barry University in

Miami, Florida. She is a 2012 graduate of the Federal Bureau of Investigation National Academy.

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