

# VALOR

## OFFICER WELLNESS: ENHANCING YOUR HEALTH, WELLNESS, AND RESILIENCE

Little Rock, Arkansas • February 4 or 5, 2019

### About the Training

This course inspires officers to take responsibility for their own health and wellness. It increases officers' resilience by identifying stressors and providing practical solutions that can help officers work through their own personal challenges. This course addresses the stigma associated with seeking help through employee assistance programs and encourages officers to reach out to fellow officers who have risk factors associated with stress, anger, and burnout. In addition, this presentation discusses how health and wellness affects officer safety, department morale, and the agency's mission.

### Upcoming Event

You have the opportunity to attend the training on the date listed below.

**February 4**

or

**February 5**

Check-In 12:30 p.m. – 1:00 p.m.

Training 1:00 p.m. – 5:00 p.m.

Check-In 8:00 a.m. – 8:30 a.m.

Training 8:30 a.m. – 12:30 p.m.

### Registration

VALOR training is available at no cost to all currently sworn law enforcement officers. To register, please click on the registration link of the preferred training date/time below:

Monday, February 4, 2019 (1:00 p.m. – 5:00 p.m.)

<https://usaoaretraining.org/OFCRHLTH02042019>

Tuesday, February 5, 2019 (8:30 a.m. – 12:30 p.m.)

<https://usaoaretraining.org/OFCRHLTH02052019>

**BJA**  
Bureau of Justice Assistance  
U.S. Department of Justice



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## About the VALOR Program

Provided by the U.S. Department of Justice, Bureau of Justice Assistance (BJA), the VALOR Program is committed to promoting officer safety and to helping prevent injuries and deaths of law enforcement officers and the people they serve. For more information on the BJA VALOR Program, visit [www.valorforblue.org](http://www.valorforblue.org).

## Instructor—Olivia Johnson, D.M.



Dr. Olivia Johnson is a senior research associate for the Institute for Intergovernmental Research. She is the founder of the Blue Wall Institute, an organization dedicated to improving the quality of life for first responders through training and education on the dangers of the job. Because of her dedication in raising awareness of first-responder issues, Dr. Johnson was named the Illinois state representative and an active board member for the National Police Suicide Foundation. Dr. Johnson is a veteran of the U.S. Air Force. She worked for four years as an officer with the Sandoval, Illinois, Police Department and for one year as a federal police officer with the U.S. Department of Veterans Affairs Police Department. Dr. Johnson holds a doctorate degree in organizational leadership management from the University of Phoenix, School of Advanced Studies; a master's degree in criminology and criminal justice from the University of Missouri-St. Louis; a bachelor's degree in workforce education and development from Southern Illinois University; and an associate's degree in administration of justice from Southwestern Illinois College.

## Hosted By

Little Rock Police Department

United States Attorney's Office, Eastern District of Arkansas

## Questions

For questions regarding course content, call the Institute for Intergovernmental Research (IIR) at (800) 446-0912, extension 405 or 361 (8:30 a.m. through 5:00 p.m., ET).

MANAGED BY  
**IIR**  
Institute for Intergovernmental Research