



The Reserve NEWSLETTER

A Word from the President

Re-Creating Stress

By David Sohm

Stress has long been considered a detriment to effective operation and optimal performance for Law Enforcement personnel as well as creating a barrier and destructive environment to learning and task accomplishment in training.

Stress wrongfully or overly applied in training can detract, deteriorate or defeat an officer's ability to perform optimally, process cognitively and ultimately to survive. Training stress that focuses on "messing with the officer" can have significant short term, demoralizing effects as well as long term considerations, creating a cognitive reset in the officer and their operational performance.

Poor training programs or stress wrongfully applied can have a profound impact and negative influence on those officers who place their trust and lives in us as trainers.

First, we do a huge disservice to the officers by allowing static programs and exercises to make up the majority of our training plan.

Second, we fail to challenge officers in reinforcing and practicing task mastery of previously learned skills and tactics (perishable skills set) and in providing the opportunity to rise to

the next level of their skill set.

Third, we fail in providing the officer the opportunity to gain new skills and knowledge, but more importantly the technique



and decisional confidence in their abilities and the tactics they use.

Fourth, we do not prepare the officer for the "real life duty" challenges they

face that will most assuredly fall outside the static drills and sterile responses they learn in the "classroom threats" training.

Lastly, we fail to prepare the officer for the real response stress they will face operationally and the effective management of those stressors for a trained response both during and what can happen after an encounter.

However, on the opposite side when we consider the introduction of managed stress or the role of stress inoculation in our training, these critical considerations and components can have immeasurable benefits.

Retraining the stress process starts first by simply rearranging and retraining the officers thought process and consideration of stress, its influence and purpose.

Secondly, stress introduced into a training program begins to inoculate the officer from some or most of the physiological responses and in turn trains the officer to learn to control or manage stress to their benefit.



Well we all made it through another successful and exciting conference this year. It was nice to meet and see many of you there.

We are in the planning stages for next years conference as you read this. It was a well-attended conference and there were many great topics and speakers. I would like to thank all of you the members for attending and showing support for your organization.

Speaking of showing support I would like to put out a call to our members to become active on our Board of Directors.

There are limited seats available. Our board needs to continue to grow and replace board members as they finish their terms, or put in their time and move on. Terms are for a period of 2 years.

It takes a very serious commitment to make a monthly meeting once a month as well as work on other special projects. (Like this newsletter.) There are grants to be looked at and funds to be disbursed all in the name of the MPROA, which are in turn you and others like you throughout out this state. This association is growing and we need the help of serious minded, committed and dedicated people to help this association run smoothly. You will get out of it as much as you are willing to put into it.

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MPROA Board of Directors

President

Todd Schmeltzer

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Jeremy Shackle

(Immediate Past President)

Mitch Aleckson

Timothy Hughes

Kevin Vernon-Harris

Michael Kunze

Business Manager

Darlyne Erickson

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GUEST COLUMN

Gary B. Link, Chief
New Hope Police Department

It is my pleasure and honor to address the men and women reserve police officers and reserve deputy sheriffs throughout the state of Minnesota. Your significant contributions to your agencies and communities are a vital component for the continued safety and quality of life we all desire.

During my career and travels throughout the state I have encountered reserves performing a variety of tasks in service of their community. Many times the reserve is working in extreme weather conditions to ensure that others can enjoy a fun day with family or friends. Reserves are a uniformed beacon for those needing information, various types of assistance, and sometime life saving services. Reserves provide vital support to licensed officers making them more proficient, increase safety, and enhance the capabilities of their law enforcement agency to successfully deliver critical services to the community.

Law enforcement professionals are a special group of people tasked to provide services and perform a job that requires a unique set of skills and character. Reserves are also a special group of people. They cross the line from civilian life to law enforcement life every time they put on their uniform. More importantly, when you put on the uniform you are doing it for the highest ideals. A reserve deliberately makes a choice to spend discretionary personal time performing a service for others. I know your families sacrifice time with you, individually you miss events and can't participate in things you otherwise would have, and all too often are not recognized or receive thanks for your efforts. In spite of this each reserve continues reporting for duty donating hundreds of hours every year no matter what challenges they face. Why? I believe it is because each of you is driven by a desire to serve, to make your community



better, and to make a positive impact where you live and work.

As we enter the summer season we know the demand for law enforcement services increases along with all the community festivals and other activities that require a significant law enforcement presence. Each time you go out in your reserve role be confident that you have the full thanks and appreciation of police chiefs, sheriffs, officers, deputies, elected officials, and the community for your dedication. You are an important part of the law enforcement organization where you volunteer as well as the Minnesota law enforcement community. Thank you for choosing to serve as a reserve. I hope you experience a safe and enjoyable summer.

A Word from the President

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Hiring our business manager Darlyne was a wonderful transition for the MPROA. It has streamlined our membership as well as opened up lines of communication to the members. There are many opportunities to help reserves across the state. But we need help to keep it going. So please contact me at our office or by email if you have a desire to get involved.

Todd Schmeltzer

President

MPROA

**WHAT'S
NEW?**
Mark Your Calendars!

The Date is Set!

The 2008 Spring Conference has been set. It will be held at the Earl Brown Heritage Center in Brooklyn Center, on Saturday March 29th.

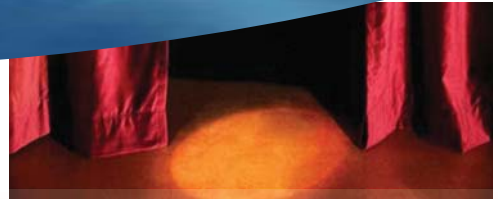
The MPROA is looking to *spotlight* your unit.

Each Quarter the MPROA Spotlights a Reserve Unit for their achievements, leadership, and overall effectiveness to their departments and their communities. If you would like to nominate your reserve unit for consideration please write a letter (or email) and send it to MPROA, 10800 Old County Road 15, Suite 102, Plymouth, MN. 55441. If you wish to email, send it to info@mproa.org. Letters of nomination will be accepted at anytime and considered for the nearest quarterly spotlight. Nomination letters will be kept and considered for a period of one year, or four quarters. Information in your nomination

should include:

your name, department, contact phone number or email address, department you are nominating, and why they deserve to be recognized for the quarterly spotlight award.

Once chosen the reserve unit will be contacted and notified of their recognition. A presentation of the plaque will be awarded to your reserve unit by a member of the Board of Directors.



2007 SPRING CONFERENCE *Snapshots*



MPROA president and the husband & wife team from Pequot Lakes



Lema Color Guard does opening ceremonies



MPROA President Todd Schmeltzer presents the Ronald E Perry award to Greg Smith from Sherburne County Sheriff's Reserve unit



MPROA members at the Presidents Reception Friday Night



Hennepin County Sheriff Rich Stanick Keynote Speaker



Craig Thrane from Target Forensics talks about their role and partnership with Law Enforcement



Saturday morning check in



Technical Director of Taser Mark Johnson explaining the benefits of Tasers in Law Enforcement



MPROA members at the conference



MPROA President & John Kirkwood Special Agent in charge of the Secret Service



Sgt. Jim Franklin from MPLS PD & MN Gang Task Force speaking on Gangs

Be sure to mark your calendars and save the date!

2008 Conference
Saturday, March 29th



Ramsey PD Reserve member Todd Brotkowski receives on behalf of his unit, one of four Tasers with cameras given away at the conference

Re-Creating Stress

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Training stress, appropriately applied using a "Stair Step Stress Training Model" can have a profound affect on the officer's Critical incident response (Decisional), Critical incident performance (Operational) and Cognitive (Critical thinking) abilities during high stress activities.

Likewise stress education, using an "Assessment Options and Crisis Response Model" of threat vs. challenge assessment thinking and response will reorient the officers processing and can have a profound affect on the critical moment (in time) event assessment and the mental follow through (through time) reaction and response to an event.

Training for the sake of training (simply mandating action) is ineffective and a waste of everyone's time. Training should

always have a purpose or objective and that purpose or objective should create a destination for the officer.

We must reconsider stress not only from the standpoint of its influence but as a positive motivator, new opportunity and positive driving force to improve and expand the physical, psychological, emotional and spiritual boundaries and capabilities of the officers we train. Article condensed for space purposes.

David Sohm has over 20 years experience in Law Enforcement and has been training in the areas of Pursuit, Use of Force, Firearms and Special Operations for over 15 years. He is President of A & S Training and can be reached at his office 651-213-0090 or by email at trainer716@comcast.net.



Grants Funded Last Quarter

Police & Sheriff Reserve units that received grants:

February

**Edina Police Reserves
Sherburne County Reserves
Isanti Police Reserves**

March

**Corcoran Police Reserves
Winona Police Reserves**

FOR MORE INFORMATION
Please visit our website
www.mproa.org for information on
upcoming events and how to apply
for memberships and grants from
The MPROA.

763-545-9499

Fax

763-231-0464

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