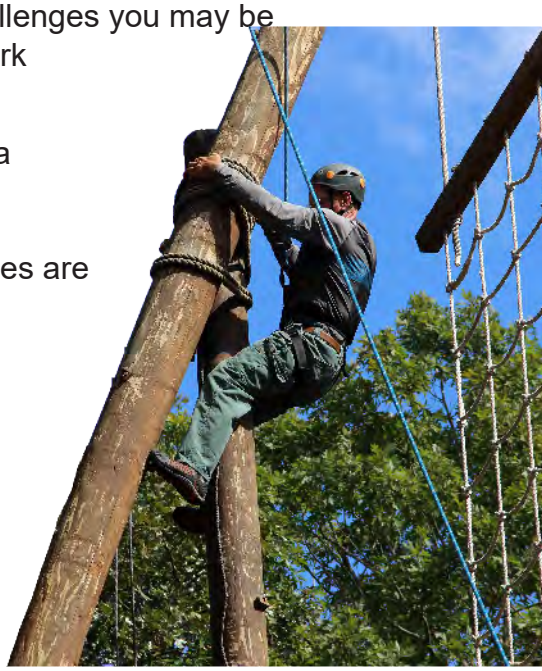
NATIONAL C.O.P.S. PROGRAMS FOR SURVIVORS

- Through chapters nationwide, C.O.P.S. provides immediate, strong peer support to newly bereaved families. “Seasoned survivors” can say to the grieving family, “We know how you are feeling,” and truly mean it.
- Survivor Weekends and Camps are planned for survivors who are members of C.O.P.S. From extended weekends to one-week camps and Outward Bound® experiences for surviving children, the only cost to the survivors is transportation to and from the event. Access to mental health professionals and peer support is available at every event.
- In addition to camp (ages 6-14), Young Adults Camp, and Outward Bound® (for teens ages 15-20), C.O.P.S. also has a counseling reimbursement program for surviving children. C.O.P.S. offers funding for counseling sessions for grief issues, and reimburse costs for grief-related medications for surviving children.
- Information is accessible on the C.O.P.S. website for federal and state-specific benefits that are available to the family.
- The C.O.P.S. scholarship programs covers surviving spouses and children (regardless of age) in states where educational benefits for survivors are not provided.
- National C.O.P.S. chapters and members will write parole letters for hearings and provide support during the trial, if requested.
- The May 14th and 16th National Police Survivors’ Conference is held yearly in Washington, DC, during National Police Week (the week that holds May 15th, National Peace Officers’ Memorial Day).
- C.O.P.S. produces tri-annual newsletters mailed to over 30,000 survivor homes nationwide.
- A monthly email newsletter is sent to anyone who registers for it on the C.O.P.S. website.
- All resource materials used to produce this guide are available on the C.O.P.S. website.
- C.O.P.S. holds a National Conference on Law Enforcement Wellness each year for law enforcement.

CO-WORKERS WEEKEND

C.O.P.S. Co-Workers Weekend is planned for surviving co-workers, active or retired, of law enforcement officers who died in the line of duty, as determined by C.O.P.S. criteria. Lodging, meals and activities are at ***no cost*** to the attendee.

During this weekend, attendees will get the chance to discuss any challenges you may be facing, whether these challenges relate to your loss or your current work environment.



It is our goal that survivors leave the weekend feeling truly heard with a continuing support system made up of peers who actually "get it".

Attendance of this weekend is strictly confidential, and participant names are not shared.

Session Examples (Click for description):

- Survivor Guilt
- Assisting Surviving Families
- How to Help your Department Understand What You Are Going Through
- Awareness of Post-Traumatic Stress Disorder
- Busting Burnout

C.O.P.S. Co-Workers for Couples Weekend is planned for surviving co-workers, active or retired, and their spouse/domestic partner* of law enforcement officers who died in the line of duty, as determined by C.O.P.S. criteria. Lodging, meals and activities are at ***no cost*** to the participant.
**Domestic Partner is defined as a long term committed legal or interpersonal relationship between two individuals who live together and share a common domestic life (i.e., not just a boy/girlfriend).*

C.O.P.S. Co-Workers for Couples Weekend will give couples the opportunity to discuss their grief in a comfortable setting and gain a better understanding of what each person is going through. Many times, surviving co-workers have a difficult time explaining to their friends and family what they are feeling after the loss of their co-worker. Additionally, significant others fear that something may happen to their loved one and may have difficulty knowing how to support them.

While at Co-Workers for Couples Weekend you will meet licensed mental health professionals who will facilitate various sessions and optional one-on-one counseling that will address your needs and provide tools to support you in your marriage and everyday life. You will also get to participate in fun, challenging couple-based activities. Attending Co-Workers for Couples Weekend will give you the opportunity to strengthen your relationship while also providing a support system made up of peers who understand.

Attendance of this weekend is strictly confidential, and participant names are not shared.

Session Examples

- The 5 Love Languages
- Self-Care for Spouses
- Anger – Name It to Tame It
- How to Overcome the "What Ifs"
- Dealing with Fear that has Crept into my Marriage

To register for C.O.P.S. Weekends, visit ***https://www.concernsofpolicesurvivors.org/survivor-weekends-and-camps.***

EMERGENCY CONTACT FORM:

C.O.P.S. recommends all first line supervisors have immediate access to up to date emergency contact information for every officer in the agency. This information should be limited to basic contact information but should include information about how to contact the officer's spouse, parents, adult children, and siblings. Addresses and phone numbers are sufficient.

Making these emergency contacts accessible from the supervisor's cell phone or mobile data terminal is ideal to ensure quick access, thus giving the supervisor the best chance to notify the family before they learn about the incident through social media channels.

Click here for access to a fillable form.

PERSONAL INFORMATION FORM:

C.O.P.S. recommends every officer in an agency fill out a personal information form containing information that will be vital to the agency and to the family in the unfortunate event of the officer's death. This information is very helpful for surviving family members to help ease the trauma of the number of decisions that will need to be made and where valuable information is stored.

This form is highly personal and should be treated with the utmost confidentiality. C.O.P.S. recommends this form be placed in an envelope, sealed with evidence tape and placed in the officer's private personnel file, accessible only upon their death.

Click here for access to a fillable form.