

# THE SAPPHIRE SENTINEL

## EMPLOYEE ASSISTANCE UNIT NEWSLETTER

### In Blue

DET. CHRIS GIBBONS #766

"The only source of knowledge is experience" -Albert Einstein

Nobody learns how to be a police officer from a lawyer. The lawyer may teach us about criminal procedure but nothing about the criminal. We can all look to our early days in the zone car with gratitude for those who shared their experience on the job to ensure our safety and growth. Having said that I want to thank Mike Benz, Joe Haggerty, Capt. Maurice Brown, Sgt. Stephanie Murphy, Dan McCandless, Bob Yuhas, Kevin Stucin as well as retired Officers Don Robinson, Kathy Cruz and deceased Lt. Zappala and Sgt. Kilbane and many, many others for the lessons they taught me. Some of them had less time on the job than I, but they all brought some lesson of their life experience and time in uniform to my career that I will never forget.

How can I thank people that may have, directly or indirectly, saved my life or kept me from letting my temper get me into trouble? I can only do my best to share freely with others what has been given to me. Recently I was in the 4th District with my radio set to Channel 4 and heard the Gang Unit following a suspect vehicle, when Officer Geoff Walter moved into position to take the vehicle down, the vehicle took off at a high rate of speed. Due to the nature of the crime (stolen plate) not justifying the pursuit in today's political climate, he was forced to break off the chase before it even began. I reflexively texted him a note of disappointment at the state of policing today, saying that "If that happened in the 6th District in '98 we would have chased that car 'til its warranty expired." Instantly I regretted the pessimistic tone of the text and tried to buoy Geoff's spirits by saying "It's gonna get better." The truth is the vast majority of CDP officers are doing the best they can during very difficult times and that the pendulum will swing in our favor, hopefully sooner than later. Sadly, the people some of the politicians say they are looking out for are those who will suffer the most; to the point that they clamor for the return of more proactive policing.



Furthermore, not every change has been for the worse. Having worked a z/c in the 4th a few years ago, albeit for one shift, I can say that the officers out there and throughout the division are striving to give the community as much concern as they possibly can. My hat is off to the folks who really took time to attend to the callers' issue before clearing the scene. I know that a higher priority is placed on that now than during my time in the z/c and I hope that when the pendulum does swing back we maintain that concern for the people and don't just return to running and (Dare I say, as we used to?) gunning. While we are no longer on the street, the folks in Employee Assistance look forward to serving you with any concern you may bring our way. We have had a variety of experiences that may help you on your journey to recovery.

If it is regarding military service or the struggle that entails, please take advantage of the experience of Bill Adams, a Sgt. Major in the Army who has been a soldier longer than some of you have been alive.

Sudden loss; reach out to Chris Porter who lost his brother in the line of duty, Gerald Bronson who lost his son, Sgt. Dawson who lost 2 parents in the same incident or me who lost my daughter this past summer. Alcohol or drug problem; take advantage of my 28 years of sobriety.

Special needs child, remote learning struggles; contact Beverly Fraticelli. Shooting on the job; Bronson has you covered there. If you are facing a problem that none of us has dealt with we have many contacts and will direct you to someone who has. Commonality of experience can be a real comfort in times of need.

Be safe, Chris

### IN THIS ISSUE

**ESTATE PLANNING**

**ATTENTION CDP LADIES!!!**

**BLUE TEAM UPDATE**

## VETERAN'S CORNER

### *Wills, Living Wills or Healthcare Power of Attorney's Services For Free*

Good afternoon.

As always, I want to take a moment to thank all of you that previously served in the Armed Forces of the United States and those that are currently serving our nation.

Sgt. Dawson has secured a resource for Veterans of our Division to get free estate planning. It would normally cost hundreds of dollars for those services. So, what I need to know is, what veterans out there are in need of the services? Please don't pass up on this opportunity because you need to ensure your wishes are met if something were to happen to you. I need a response by **March 12<sup>th</sup>**.

If interested, please provide an email, and phone number you would like to be contacted at.

Once I have compiled a list, I will send out further updates. Thank you.  
Det. William Adams #19

[wadams@clevelandohio.gov](mailto:wadams@clevelandohio.gov)



## BLUETEAM

### *Blue Team 6 Update*

**DET. ERIC ZEITZ #1174**

Quick User Guides for all current possible Blueteam entries are now live! They can be found in the following places:

- Share Point (Under Policy Unit> Manuals, Guides, and Miscellaneous Resources)
- Target Solutions (Under File Center)
- Box App ( Manuals, Guides, and Misc.)

If you have any questions or concerns, feel free to reach out to me at my extension 5143 or my city Email at: [ezeitz@clevelandohio.gov](mailto:ezeitz@clevelandohio.gov).

Be safe and watch out for each other!

## WOMEN IN LAW ENFORCEMENT

### Attention CDP Ladies!!!

**“Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women”** – Maya Angelou

Join The Cleveland Division of Police Women's Network. We plan to have the next Meet and Greet on Friday, April 16, 2021 at 0800 HRS. If you were unable to attend the first Meet and Greet we hope to see you then. The Women's Network is committed to mentorship, supporting women in law enforcement, study groups for promotions and community engagement. The Women's Network is a great opportunity to build friendships with other female officers, strengthen individual potential and to improve confidence and self-esteem. We can work together to celebrate victories in our SHE-ROES personal and professional lives.

Contact Det. Beverly Fraticelli  
[bfraticelli@clevelandohio.gov](mailto:bfraticelli@clevelandohio.gov)

## MENTAL HEALTH

### Estate Planning

One devotes plenty of time to planning vacation or making dinner plans. Why do we not devote as much time planning what happens to our assets or even our children? While this may not be fun it is important. We work hard!! We should let others know where we want our assets to go and who should care for our children and pets. Estate planning isn't just for those who are rich. If we do not have a plan it could be a lengthy and expensive process for our family we leave behind.

Benefits of estate planning:

- Reduces taxes on your assets
- Estate planning protects young children
- Stops fighting before it even starts

If you need help finding the right person to help you plan please call the Employee Assistance Unit.



## F.I.R.S.T. SUPPORT

First Incident Response Support Technology app:

This app is free and you can find it in your Play store.

It addresses mental health head-on: which is critical to our survival. Stress and depression have been directly linked to health conditions such as diabetes, high blood pressure, hypertension, and more. This is about more than your emotions - it's about your long-term overall health.

The F.I.R.S.T. app has:

- Research-based tools and exercises
- Proven long term results
- Accessible to everyday people
- Trackable improvement
- Easy to use, implement, and scale for organizations



Resources are there when you need them with on-demand tools, exercises, and content to help you cope, build resilience, and regulate your mental health.

Break negative cycles of stress with regular self-guided check-ins to build resilience.

Mental health affects you, no matter where you are.

The F.I.R.S.T. app also recognizes that Professionals are increasingly more emotionally exhausted, overwhelmed, and disconnected from their work.

Backed by research completed at The Ohio State University, the F.I.R.S.T. app uses a proven method to reduce stress and increase resilience.

How It Works

Personalized: Take a quick assessment to track mental health. Based on a 100-point scale, the app lets team members quickly check-in on their current mental state.

\*This app is designed to be used in conjunction with therapy, not as a substitute for professional treatment.