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As we go about our busy lives, we should not forget our brothers and sisters in blue who have been lost in the line of duty or fallen victim to ‘Blue Suicide’. Now, more than ever, we have to provide a strong support network for one another. If you are struggling with depression, due to personal issues or the loss of a colleague, please reach out for help. At the Blue Magazine, we are dedicated to being that ‘blue wall of support’ to serve our fellow law enforcement officers. No problem is too big for law enforcement to overcome as long as we work together and make the right choices. Just as we are the first line of defense for our communities, we have to be the first line of defense for each other. So, keep the families of our fallen colleagues in your thoughts. For those of you who are struggling, don’t be too proud to reach out. Even the strongest among us needs a helping hand sometimes.

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Interview with Erika Vicente
The Blue Magazine interviewed Erika Vicente, an 18-year veteran of the Paterson Police Department. She is a cop who enjoys interacting with different people and meeting with a variety of situations each day. However, there is more to Erika than that which shows on the surface. In this interview, Erika explains how she came to be in a dark place in her life, and, like many others, found ways to hide it until someone noticed.

**The Blue Magazine:** What was life like before you sought help?

**Erika:** Work was my escape, but I was depressed at home. The ability to push my feelings away and concentrate on the job made me a better cop. I wanted to be the first one on hot jobs. I was easily angered, almost aggressive. I would explode when I was home, making it evident that there was an issue. There was plenty of crying and sleeping. My family noticed, but I disguised it by blaming it on exhaustion from working. I wanted to be left alone.

**The Blue Magazine:** When did you decide to get help?

**Erika:** It peaked about a year ago. It began to affect my eating and sleeping. I didn’t want to go to work, eat, or shower. I wanted to sleep in order to keep my feelings away. I didn’t want to wake up. Various people noticed my puffy eyes and asked if I was alright. At this point, I stopped working. I had the flu multiple times. Although I refused to talk about it, a friend saw what was happening. Rather than asking if I was okay and allowing me to say “yeah” and avoid the conversation, they looked me in the eyes and genuinely cared. They put everything aside, leaned over the table, took my hand, and said, “You’re not okay”.

**The Blue Magazine:** Can you describe the Florida House Experience?

**Erika:** I was there for a month and a half. With encouragement, I realized I needed help, called the Florida House, and booked my plane ticket. I was surprised when the doors of the House locked behind me. I had expected a resort and felt manipulated, hating everyone involved with getting me there. Others there had dependency issues, and I felt that I was better than them because I didn’t have those issues. To me, it was an eating disorder and sadness. The more I learned, the more I understood that we all have the same underlying issues but at different levels. It all starts with mental health. I was nasty to the staff for days until another first responder came in to speak to me. She related exactly to the way I felt. I realized that our problem was the same at the core: mental health. Dependency is just a symptom of it and a way to hide the problem.

After several days, I saw we all had the same issues with work, family, and stress. Those problems are all intertwined with
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PTSD and mental health.

The Blue Magazine: Did they teach you anything else?

Erika: The first thing they addressed was my eating disorder. Later, it was discovered that the issue was PTSD Hypervigilance. There are several things they do including therapy, questionnaires, and tests in order to find your diagnosis. I have Hyper-vigilant, Anxiety, and Compound PTSD as well as a brain injury. They teach that First Responders are always hyper-vigilant, and we tend to go into our careers predisposed. Florida House is a safe environment because you’re with First Responders, and you can talk realistically without being judged. The employees were all former addicts or former mental health patients and experienced it first hand. I didn’t figure out what made me depressed. I think it’s the way I am. Depression is something many of us have. It’s always there but sometimes gets aggravated. Some of us are prone to it, and some of us aren’t. I don’t regret going.

In the beginning, my ego outweighed the truth of my mental health issues. I was ashamed when I first got there but not when I left. I am happy to be living contently, enjoying myself, and helping others.

The Blue Magazine: Is there any advice you’d like to give?

Erika: It’s been fourteen months since Florida House. I’m alive today because of Florida House, and the people who got me there. I’d like to encourage officers in a dark place to try Florida House. Approach an officer in need. We hear rumors about others, but we don’t speak to that person. I think that would make a big difference. We need to stop thinking it isn’t our problem and make it our problem. It is our brother or our sister, and maybe they need that helping hand. We need to save lives, and we need to start with those of our brothers and sisters. I believe a solution starts with being proactive. Perhaps counseling would be effective as long as it’s kept confidential.
The Blue Magazine: What is your objective with the Moment of Silence organization?

Erika: Moment of Silence was the friend I spoke about. They were the ones who were able to reach me after years of being unreachable. They hold dinners, and that is where I first got wind of asking for help. I encourage officer to attend, observe, and try to feel comfortable speaking. Anyone is welcome. We will not judge you.

The Blue Magazine: Is there anything that you would like to say that I left out?

Erika: Yes. I used to think that people who went to Florida House were officers that were weaker in some way because they’re not able to deal with their sh*t. Then I realized they’re actually strong because they’re opening up and letting people in their world and tell them “yeah, I have a problem, but I did something about it”.

Let me help you. To me that was an eye-opener and that helped me there. I saw the other officers doing that and I said, you know what “I’m going to do that. I’m going to pay it forward instead of being quiet and just doing it for my benefit and being ashamed and that stigma following me”. I’m not going to allow that because we need to break it. We need to save lives out here and we need to start with our brothers and sisters.
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Yesterday evening, Officers in Elmwood Place, Ohio attempted to conduct a vehicle stop on an armed and dangerous individual who was wanted for felony burglary. The male took off and led police on a vehicle pursuit. Springdale Police Officers Kaia Grant and Sergeant Andrew Davis were notified the chase was heading into their jurisdiction on Interstate 275. The officers exited their patrol vehicles to deploy stop sticks and safely end the pursuit. The suspect appeared to divert his course of travel on the roadway and intentionally struck the pair of officers at a high rate of speed. Sergeant Davis suffered minor injuries in the collision. Officer Kaia Grant was airlifted to the hospital where she was pronounced dead. Kaia was an 8-year veteran of the Springdale Police Department and leaves behind both parents. She was 33-years old.
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CORONAVIRUS: are we mentally prepared?

Lt. Patrick J Ciser (ret.)

Admittingly, I’m not an expert in the medical field, however, as an old-time street cop I look at many things the same as you do. LEO’s should be like; “just the facts Ma’am” and forget the hype. I’ve seen two other coronaviruses’ come and go, such as SARS, (severe acute respiratory syndrome) and MERS, (Middle East respiratory syndrome). Now while this new strain called COVID-19, (Coronavirus Disease 2019) also attacks the respiratory system, there are some interesting differences. COVID-19 is much more contagious than SARS was, however, it doesn’t seem to have the high mortality rate that SARS had back in 2003. It took SARS about 8 months to infect about 8000 people, whereas, COVID-19 infected about 100,000 in the first 10 weeks. SARS mortality rate was roughly, 9.5% while COVID-19 is much lower at about 1-2% according to the CDC (Centers for Disease Control). Also, according to NIH (National Institute of Allergy and Infectious Diseases) director, Dr. Anthony Fauci, 80% of those infected “spontaneously” recover on their own.

The actual rate of death could be even lower because many infected get well without even realizing that they had COVID-19. There are now 7 known coronaviruses, with 4, including the common cold, being quite mild (rhinovirus also cause the common cold). Young people are doing particularly well with COVID-19; and as of this writing, no child has died from COVID-19; also known as, SARS-COV-2.

In the United States we have roughly 24 million cases of Flu-like illnesses annually, resulting in 180,000 hospitalizations and approximately
16K-20K deaths. The H1N1 swine flu pandemic stuck the U.S. in April 2009, and by April 2010, 60.8 million Americans were infected, and 12,500 died. Oh, you forgot? But as cops, should we panic when a new virus comes along? Not for nothing, but I’m one of the guys who lived through the AIDS epidemic. I was pricked by a hypo in a raid of a “shooting gallery” in Paterson, (NJ) and spit at by a suspect with full blown AIDS in Clifton. Did these things stop us from doing our job? No f—kin way bro! Approximately 36,000 people die in America from automobile accidents, but that doesn’t stop us from chasing felons, at over 100 mph.

Countless people worldwide, I believe, will eventually contract COVID-19 and a certain percentage will die. But who is the most at risk from dying of COVID-19? Not cops really, nor our kids, but many older people; usually with underlying health conditions. Most cops are between the ages of 21-60, and not in the age range of most people that are succumbing. While folks over 60 are “at risk,” it seems that people over 70 are the hardest hit, so yeah, look out for the seniors in your life. What about symptoms? Generally speaking, if you have the Flu, you’ll have a fever, sore throat, coughing, aches and pains. Symptoms of COVID-19 are pretty much the same making it hard to distinguish
still put on that Badge and go to work every day; it’s what we do.

I’ll close now by telling you my secret to fight off any infection.

WATER FASTING!! Having a strong immune system is the best thing you can do for yourselves during this period, as there is no vaccine yet available. Experts on this subject claim, and I believe them, that a 72-hour starvation period kills off old white blood cells and even cancer cells. Once you reintroduce food after your fast, your body makes brand new white blood cells which gives you a recharged immune system. I took care of my daughter last year through a cold, and later the Flu, and I never got sick. Personally, I like to fast for 96 hours once a year, just to make sure. Eat until 5 pm on Sunday, for instance, then start eating again on Wednesday (72 hours) or Thursday (96 hours) at 5 pm. Drink water, black coffee, and tea throughout the fasting period. Also take magnesium and a little salt in a couple of ounces of water each day. It’s not as hard as it sounds as you eventually become disinterested in food. On day 3, of my 4 day fast, I was actually shopping at Costco and it didn’t bother me in the least. Search “YouTube” for Dr. Valter Longo for additional information.
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The Brooklyn Wall of Remembrance in KeySpan Park stands as a graceful and beautiful tribute to those who made the ultimate sacrifice on September 11th, 2001. Three 30 x 12 panels form the Coney Island memorial, containing the laser-engraved images of 346 Firefighters, 37 Port Authority Officers, 23 NYC Police Officers, 3 NYS Officers, 1 Fire Patrol, First responders and 1 K-9 Rescue dog named Sirus. Touched by the magnitude of their sacrifice, Brooklyn-born and raised Sol Moglen conceived of the idea for a memorial commemorating the loss of Brooklyn Firefighters. He also recognized the particular despair of those families whose loved ones were never found. The Wall of Remembrance gives them a place to come, where the Lost are honored and recognized.
I’ve noticed that even though we are vilified, we are the first to be called and respond to the public’s cries for help! While the country is dealing with the fear of the COVID-19 virus pandemic, the law enforcement community has that and a crisis of its own, suicide. Officers are under constant attack from; the communities we serve, the media, politicians, our own agencies and yes ourselves.

Many people would be shocked to learn that law enforcement are at the highest risk for suicide of any profession. In 2019 13 out of every 100,000 people die by suicide, 17 out of 100,000 law enforcement officers died by suicide.

President Trump is even addressing the issue by supporting legislation to curb law enforcement suicide. Trump signed the Law Enforcement Mental Health and Wellness Act. The law will make grants available to initiate peer mentoring pilot programs. The bill will also help develop resources for mental health providers on the specific challenges that LEOs face. It will also take a look into the effectiveness of crisis hotlines and annual mental health checks.

Many people believe that social media could be the main culprit to the rising suicide rates amongst police officers. Some factors are; constant bombardment of negative press, line of duty deaths, frivolous lawsuits, biased video footage, peer micromanagement and slander, increased number of law enforcement suicides.

The; media, politicians, public, trolls and yes, our very own have created the perfect storm of stress that have pushed many officers over the edge. These people feel like they are at the point of no return!

The law enforcement community screams that the mainstream media has knee jerk reactions to incidents. They are consistently reporting; inaccurate, improper, often false information to sell stories. These are known to be big, yet fake headlines to get people to read their stories. So why are we, the law enforcement community members jumping on the vicious social media bandwagon?

After doing a great deal of research, I have concluded that some of the contributing factors to police officer’s suicides can be prevented. Incident after incident, nationwide we are putting critical information (much of it inaccurate) on the web (social media).
Shockingly, families and friends have been alerted to officer involved shootings, injuries and even deaths long before the agencies have had a chance to notify the next of kin. While incidents are underway, we even critique the responses and actions of the officers involved even before the dust settles. All just so someone can be first to report. I’ve often heard the phrase, “People create their own storms.” Are we in law enforcement not creating our own stress with these posts? If so, are we not partially responsible for our own mental health and the associated problems?

Let’s look at COVID-19 alone as a topic for law enforcement creating its own storm. Officers constantly posting about; needing guns, purchasing ammunition, stock piling food and prepping. How do we not see that we are creating more panic for ourselves and the public, the very same people who rely on us to be clam? We are trained not to feed into the hysteria and panic. Yet we have become part of the problem which unfortunately causes loss of faith in the community.

The victims to this type of behavior (officers posting recklessly on social media & the web) are our own children, families, coworkers’, friends and the public. They see and feel the storm of those paranoid doomsday posts and even if they are intended as jokes, they many times fuel stress and panic.

While researching for this article, I’ve read many; law enforcement sites, hashtags, so-called vetted law enforcement pages and personal pages of those I saw posting frequently. I found posts that would shock the sensible to think; the world was ending, nothing was safe, the officer writing the post was in grave danger (while working), that it was the end of days and that officers families were scared. Wait, families scared? Are they serious? The law enforcement poster is perpetuating the fear themselves? Post after post about the lethality of the virus, picture after picture of them in gas masks, Tyvek, rifles at the ready, extra magazines, rounds of ammunition, stock piles of MRE’s, Even posts about overtime, cancelling days off and subjecting officers to torturous schedules that will surely garner attention and sympathy. I kept asking myself, what is the goal of the person posting these to social media? Is it attention? Is it shock? Is it to spread fear? Or is it just a social media frenzy? Do we care or even think about what effects we have
on; each other, our families and the public?

We add hashtags to get more exposure, so the post has a greater audience. I’m left to believe that this must be for attention. I know what you’re wondering, what are the consequences? While reading posts from the anti-law enforcement crowd, they were calling for the officers to be disciplined. At the same time, the anti-gun crowd was screaming about using red flag laws to disarm the officer posting because they deem the poster to be unstable. Is an ambiguous “take your M4 to the dance” or “target practice time” post unstable? Remember is you will post Rodney King the LAPD came under fire for MDT messages where they “kicked” a subject. Well “kicked” in that context meant to “release” or “kick a person lose” without charges. Communication is as much about what is said as what is heard. So who decides what the post means?

Is the post or temporary attention worth the headache or negative attention? The possibility of work-related discipline, the fight for your gun rights against Red Flag laws and anti-gun politicians. What about causing further pain or stress to one of our own who may already be at their breaking point?

I wrote this article to bring awareness to our own part in the law enforcement suicide rates increase. There is no other option for us, when we know better we must do better! We must after action our mistakes, learn from them and correct the problem. If we decrease our negative social media foot print and stop trying to “humanize the badge” in an uncoordinated effort that many times paints us in a negative light, we can minimize some of the stigma that pushed our own to suicide. If we stop trying to be social media influencers for the attention and chronic alarmists then we can hopefully save some of our own. If we concentrate on real issues, not grand stand and promote healthy dialog we can help decrease the negativity some in the law enforcement community feel about the profession and
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