



“The Grand Prairie Police Department is committed to Comprehensive Wellness for all our team members so that we may best serve our citizens.”

The four cornerstones of GPPD Fit Force are:

Physical

At GPPD, we train our officers to be efficient at performing constantly varied, functional movements at relatively high intensities. This is what our profession demands of us, outside the gym, so we are dedicated to providing our citizens with the highest, most effective service possible by ensuring we are well-trained and well-conditioned for any circumstance we may encounter.

GPPD provides the following to the employees:

- Multiple workout facilities
- Group workout sessions
- Private workout sessions
- Fitness and diet plans
- CrossFit Instruction/Training
- Fitness incentive compensation

Spiritual

Spiritual wellness is essential to maintaining balance in life and is intricately linked to our emotional wellness. Where do we go for strength and comfort when faced with the challenges of our profession? What are the most important relationships in life and how do we maintain them? How do we maintain our character and values in the midst of a challenging job? The spiritual wellness initiative of GPPD Fit Force supports our officers and civilian employees find answers to questions regarding help, hope and healing.

Spiritual resources available to employees include:

- Grand Prairie Police Chaplains
- Non-denominational Grand Prairie Police and Clergy Coalition
- Crisis Response Ministry

Emotional

The addition of a Mental Health Coordinator position at the Grand Prairie Police Department has improved Crisis Intervention efforts by helping our first responders, first responder families, and the mental health consumers in our community.

Advocacy and benefits include:

- Routinely coordinate efforts with community professionals including mental health and medical providers, educators, advocacy groups and other local, county and state agencies
- Serve as a Peer Support Coordinator to assist GPPD employees
- Represent GPPD at community meetings regarding mental health issues
- Assist with Crisis Intervention Training and consult with detectives, victim assistance coordinators, hostage negotiators, chaplains, and others who might need assistance
- Follow-up on police reported incidents and assist in coordination of resources for mental health consumers and their families to include:
 - Evaluation
 - Assistance with medication
 - Counseling
 - General community service information

In addition to access to a Mental Health Coordinator, GPPD employees can also contact our Employee Assistance Program, which offers anonymous free counseling to all employees.

Financial

Officer wellness is an important contemporary topic in law enforcement and many agencies and organizations have developed programs to help officers get in physical shape, expand their education, and deal with the mental stressors of the profession. Unfortunately, one of the most neglected topics regarding officer wellness is financial health.

What can law enforcement, as a profession, do to help officers with financial fitness? GPPD recognized the need to start instilling financial wellness into our team members. Thus, the *Building Financial Strength in Police Families* course was born at GPPD. The total financial wellness class is designed to teach our officers about the following topics:

- Budgeting tips
- Importance of wills and estate planning
- Road maps for spouses to allow them to pick up the financial pieces after a tragedy
- Adverse effects of debt on people's lives and strategies to live debt free
- Life insurance planning (types and purposes for different policies)
- Retirement planning (understanding one's pension, 457 plans, and IRAs)
- Pitfalls officers fall into (the overtime cycle, failing to plan for emergencies)
- Dave Ramsey's seven "baby steps" to financial freedom

The Grand Prairie Police Department has helped our officers learn how to better manage their finances so we can eliminate the stress that financial hardship brings. We imagine our police department to be full of officers and civilian team members who are financially fit and able to focus on being the very best at serving our citizens.