



Agency Strategies for Addressing Alcohol Abuse Implementation Guidance

Description

Without healthy coping mechanisms and a strong support system, officers may turn to self-medicating through alcohol. An effective agency-led alcohol abuse recovery program supports and promotes wellness and healing. In this podcast, Nick Breul, senior project manager with the National Law Enforcement Officers Memorial Fund, a partner with the SAFLEO Program, talks about the alcohol abuse recovery program implemented by the Baltimore City, Maryland, Police Department with Vernon Herron, director of the Office of Health and Wellness and the Office of Early Intervention.

Suggested Activities for Executives and Administrative Team Staff

1. Listen to this podcast.
2. Distribute or assign this podcast to agency executives and command staff members.
3. Review current resources provided by your agency to address alcohol abuse.
4. Locate culturally competent resources in your area that address alcohol abuse.
5. Lead a discussion with command staff and executives about how to improve or implement an alcohol abuse program.
6. Identify and address ways that your agency culture may be promoting alcohol abuse.

Takeaways

- Acknowledge that your agency culture can intentionally and unintentionally promote alcohol use and abuse.
- Recognize that officers can heal from alcohol abuse.

- Understand that confidentiality may help promote officers' willingness to seek help for alcohol abuse.
- Know that culturally competent wellness providers are an important part of an agency alcohol abuse recovery program.

Resources

Sources of Support poster:

<https://safleo.org/ResourceLibrary/Resource/8a4b7976-a2ee-4eda-b507-08da341296ee>

The Dangers of Self-Medicating:

<https://safleo.org/ResourceLibrary/Resource/8fbc6f71-7ed0-41c3-6b5e-08da34f75b16>

The Cost of Alcohol as a Coping Mechanism:

<https://safleo.org/ResourceLibrary/Resource/254ef89a-9bf1-4b36-6b58-08da34f75b16>

Got A Minute? Let's Talk About Alcohol Abuse:

<https://safleo.org/ResourceLibrary/Resource/5b388b6b-dd25-4e99-9bfb-08da39a76081>

Speaker Biographies

Questions for Nick Breul or Vernon Herron may be directed to info@safleo.org.

Lieutenant Nick Breul (retired) served with the Metropolitan Police Department (MPD) of Washington, DC, for 26 years. During his tenure, he served as a patrol sergeant, detective, and homicide supervisor and managed the department's Traffic Safety Branch, where he oversaw the Major Crash Investigative Unit as well as the traffic-focused enforcement and public safety education initiatives. He still serves as departmental historian for the MPD. Lieutenant Breul is currently a senior project manager at the National Law Enforcement Memorial and Museum (NLEMM) and is the former director of its Officer Safety, Wellness, and Research Division, where his team did in-depth analysis of line-of-duty deaths. Prior to joining the NLEMM, he was the Director of Security for the Washington National Cathedral, a post he held for two years. Lieutenant Breul earned a bachelor of arts degree in history from Hobart College.

Vernon Herron serves the Baltimore City, Maryland, Police Department (BCPD) as Director of the Office of Health and Wellness and the Office of Early Intervention. He has more than 35 years of experience in public safety and law enforcement. In his current position, he promotes physical and mental health through training, seminars, and health publications. Prior to joining the BCPD, he served as the Deputy Chief Administrative Officer for Public Safety in Prince George's County, Maryland. Mr. Herron also served more than 27 years in the Maryland State Police.

Mr. Herron received the highest honor bestowed upon a Maryland State Trooper, the Governor's Citation of Valor, when he prevented an armed suspect from shooting several people, including officers, at a crowded restaurant. He holds a master of science degree in management from Johns Hopkins University and a bachelor of science degree in criminal justice from the University of Maryland, University College. Mr. Herron is a graduate of the 187th Session of the Federal Bureau of Investigation National Academy.

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