

Miami-Dade Police Department

Director's Office



An Internationally
Accredited
Police Service

W
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February 28, 2023

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Mr. Larry Cecchettini, Senior Program Manager
National Law Enforcement Officers Memorial Fund
Destination Zero Award Nomination
Officer Safety and Wellness
444 E Street NW, Washington, DC 20001

Dear Mr. Cecchettini:

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During my law enforcement profession spanning 28 years, I have been promoted through all civil service ranks and attaining the position of Director in January 2020, for the Miami-Dade Police Department.

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Upon taking office, it has been my top priority to keep the community and my officers safe, continue to arduously address gun violence, and enhance community relations, while emphasizing officer wellness. I am extremely proud of the hard work and dedication shown by our employees. During the past few years of COVID-19, the Surfside Champlain Towers South Building Collapse, and an in-line of duty death, the wellness of our employees remains a priority. Therefore, I would like to nominate our Department for the 2023 National Law Enforcement Officers Memorial Fund's Destination Zero Award in pursuit of officer safety and wellness solutions.

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If you require additional information please contact Administrative Officer 2 Diana Garcia at dlgarcia@mdpd.com or 305-773-7491.

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Sincerely,

Alfredo "Freddy" Ramirez III
Director

DESTINATION ZERO AWARD SUBMISSION FORM

AGENCY INFORMATION

Name of agency: **Miami-Dade Police Department**

Award Category (If submitting for more than one category, a separate submission form must accompany each submission.)

- | | |
|---|--|
| <input type="checkbox"/> General Officer Safety | <input type="checkbox"/> Comprehensive Safety |
| <input type="checkbox"/> Officer Traffic Safety | <input checked="" type="checkbox"/> Comprehensive Wellness |
| <input type="checkbox"/> Officer Wellness | |

Agency contact name: **Alfredo "Freddy" Ramirez III**

Contact Email: **aramireziii@mdpd.com**

Contact phone number: **305-471-3518**

Please include the following items in your submission:

- Department Release Form
- Executive summary that provides a brief overview of the agency approach including innovative practices, programs, and established partnerships
- Narrative that details the elements and initiatives of the program. Examples of items to include:
 - Description of the agency characteristics
 - Description of the program and its implementation (including marketing material)
 - Before-and-after comparison of change(s) due to the program
 - Qualities that make this program unique compared to other initiatives
 - Challenges that were overcome to implement the program
 - Impact of the program on staff within the agency
 - Quantitative evidence of success
 - Steps other agencies can take to replicate the program
- Appropriate supporting documentation or attachments

AGENCY LEADERSHIP ENDORSEMENT

Signature of the agency representative on this form acknowledges that all information contained herein and in attached documents and/or submission is true and correct.

Signature of Agency Head

Date

2/28/23

2023 NATIONAL OFFICER SAFETY AND WELLNESS AWARD SUBMISSION



The Destination Zero program maintains a database of all submitted programs and corresponding materials in an effort to benefit law enforcement by providing a robust resource center of proven officer safety programs and wellness programs. The National Law Enforcement Memorial Fund and Museum require acknowledgment by the submitting agency that any materials submitted including, but not limited to relevant promotional materials, training guides, curricula, photos, policies and procedures that relate to the submitted officer safety and wellness program will be shared into the public domain website or other means of transmission.

AGENCY RELEASE

Signature of the agency representative acknowledges and agrees to the release of all submitted materials into the public domain via website or other means of transmission.

Name of agency: **Miami-Dade Police Department**

Alfredo "Freddy" Ramirez III, Director

(Printed Name and Title)

(Signed Endorsement of Chief/Agency Head)

(Date)

2/28/23

Destination Zero
Officer Safety and Wellness Awards

Miami-Dade Police Department
Mental Health & Wellness Services Bureau and Officer Wellness Program



History of Miami-Dade Police Department

Dade-County was established in 1836 and encompassed an area which now comprises Miami-Dade, Broward, Palm Beach, and Martin Counties. Dade County's seat was moved from Juno to Miami in 1899, when the population of Miami was approximately 5,000. Prior to this time, Dade's sheriffs were appointed by the Governor.

By 1950, the population had grown to 495,000, and the jurisdiction area had been reduced to approximately its present 2,139 square miles. The metropolitan form of government was approved in 1957, and the Dade County Sheriff's Office was subsequently renamed the Public Safety Department (PSD).

In 1960, in addition to providing Countywide police services, responsibility was assumed for police operations at the Port of Miami and Miami International Airport. In 1966, a longstanding controversy over the selection/election procedure for choosing a county sheriff was resolved by voter mandate. Subsequently, sheriffs were appointed by the County Manager as "Director of the Public Safety Department and Sheriff of Metropolitan Dade County."

PSD's organizational structure included responsibility for fire protection, the jail and stockade, civil defense, animal control, and motor vehicle inspection, in addition to police functions. By July 1981, the Department was renamed the Metro-Dade Police Department.

In its commitment to law enforcement excellence, the Department became fully accredited in 1993 by the Commission on Accreditation for Law Enforcement Agencies.

In 1997, citizens voted to rename our county Miami-Dade County. Currently, 3,147 sworn officers and 1,454 civilians are employed by the Miami-Dade Police Department (MDPD). As we enter the 21st century, the Department will continue to build partnerships and expand its resources to meet the needs of our ever-changing community.

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The MDPD has been at the forefront on focusing on officer wellness, and for over 40 years has offered a wide range of holistic services that include a physical fitness program, psychological counseling, financial guidance, and other self-improvement programs. In an era when there was stigma attached to seeking help, the Department imparted a different message to its staff, that seeking help is nothing to be ashamed of or viewed as a weakness. Having someone to talk with about stress, relationships, substance abuse, and traumatic experiences improves overall mental health and well-being, and can benefit one's career and home life.

Additionally, the physical demands placed on police officers require that they prioritize their fitness and nutrition. The Department not only places an emphasis on fitness, but it also offers a diverse range of activity programs to help officers achieve and maintain a high-level of fitness. There is also a wide range of financial counseling services that help officers manage and align their financial responsibilities and retirement goals. Along with various support groups and peer counseling, the Department is wholeheartedly committed to officer wellness. This proactive approach is reflected in Director Alfredo "Freddy" Ramirez' public speeches and in his internal messaging to the staff.

Mental Health & Wellness Services Bureau (MHWSB)

The Department is one of the few police agencies in the country to offer comprehensive, in-house psychological services to its employees. The MHWSB offers a robust mental wellness program, which includes a full spectrum of clinical, educational, and consultation services for all departmental employees. This includes short-term and long-term individual and couples counseling, as well as group counseling in the areas of substance abuse, bereavement, and veterans. The MHWSB also provides 24/7 on-call response to all critical incidents, including officer-involved shootings, child deaths, or any crisis involving an employee. Each year, the MHWSB staff responds to and provides psychoeducational debriefings to approximately 150 employees involved in such incidents.

Additionally, the MHWSB regularly distributes "Mental Health Monday" or "Wellness Wednesday" informational e-mails, sent to all personnel, on topics related to mental health. The clinicians also conduct proactive outreach and workshops to personnel from various bureaus and districts, particularly employees assigned to the Internet Crimes Against Children Unit, along with our Special Victims, Homicide, Crime Scene & Evidence, and Communications Bureaus. Staff members of the MHWSB also provide training to both police recruits and in-service personnel. In addition to facilitating the mental health related training mandated by the Florida Department of Law Enforcement, the MHWSB often creates and provides innovative training designed to improve officer wellness, including, but not limited to, the topics of longevity, women's issues, law enforcement self-care, stress management, mindfulness, substance abuse prevention, posttraumatic stress disorder awareness, suicide prevention, and retirement preparation.

The MHWSB is located inside a privately leased office with multiple exits allowing visitors to enter and exit without the likelihood of seeing another employee, thus providing another layer of

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confidentiality. The Bureau's staff, consisting of both sworn and civilian mental health professionals, licensed by the state of Florida, and trained in police psychology. Visits have increased by 60 percent since 2017; as a result, the staff has grown from four licensed mental health professionals to seven, with an additional clinician and two psychologists to be hired in 2023. The clinicians, who possess expertise offer individual counseling for a variety of mental health concerns to include anxiety, depression, Post-Traumatic Stress Disorder, marriage and relationship counseling suicide and crisis intervention, substance abuse treatment, and stress and anger management as well as in the treatment of and co-occurring disorders. Our

clinicians are trained in all areas of mental health and have different areas of expertise; therefore, depending on the presenting issue, employees are matched with the best therapist for treatment. MHWSB utilizes empirically validated and research-driven interventions designed to improve overall quality of life and increase adaptive coping strategies as a means of preventative care and treatment for emotional wellness and longevity.



The clinical staff is available 24/7 and has implemented a call-out criteria to be utilized by supervisors, when incidents occur that can potentially leave responding officers with psychological trauma. The MHWSB hosts three wellness groups that are open to sworn and professional staff: the "Badge of Hope" is a monthly bereavement support group, the Military/Veteran Group meets once a month, and the "Blue In Recovery" substance support group that meets weekly. To decrease the likelihood of development of psychological distress, the Bureau has taken a more proactive approach in reaching out to officers, who may be potentially impacted by those incidents. The psychological staff teaches psychoeducational courses to recruits in the academy as well as in-service training to sworn and professional staff. In addition, the clinical staff regularly visits district stations to attend roll-calls, and ride-alongs with officers during shifts. This practice has been instrumental in demystifying the clinical staff and allowing them to develop a rapport with officers.

Throughout the pandemic, the clinicians continued to provide counseling services to employees, both in-person and via telehealth. They also continued to teach numerous courses to recruits and in-service personnel at the Miami-Dade Public Safety Training Institute & Research Center. The Department has more than doubled the number of training hours provided to personnel in recent years.

During January 2019 to January 2022, the Department experienced a drastic increase in the utilization of clinical services offered by the MHWSB. Since January 2019, the increase in the volume of clients seeking counseling services has increased by 138 percent. Specifically, the increase has been as follows:

- 2019 to 2020 – an increase of 28 percent
- 2020 to 2021 – an increase of 59 percent
- 2021 to 2022 – an increase of 15 percent

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A notable result, of the many programs implemented by the MHWSB, coupled with its proactive approach, the Department has seen a 24% decrease in employee crisis calls since January 2020.



Under the purview of the MHWSB, the Backing Our Brothers & Sisters in Blue (BOBS) Peer Advocate Team was established in 2020 and has been instrumental in providing an additional layer of support to officers and professional staff. Sworn and professional staff were recruited to serve as peer advocates at their respective entities and received extensive training on how to spot warning signs among their peers that could be linked to psychological distress. Some of the BOBS Team members are current and/or former clients of the MHWSB. One officer anonymously shared that after suffering from anxiety and depression on the job, he created a suicide plan; he credits the MHWSB for saving his life. Now as a peer advocate, he hopes to share his experiences with young officers, in hopes that they do not have to go through the same things he did.

In the predawn hours of Thursday, June 24, 2021, the Champlain Towers South condominium building in the Town of Surfside collapsed, resulting in mass casualties. A nearby surveillance video captured the moment the middle of the condominium collapsed, disappearing into dust. Seconds later, the oceanside building seemed to melt into the ground. First responders rushed to the scene and into the debris before even knowing if it was safe. One rescuer reported they heard a woman trapped alive; she could be heard pleading to be rescued. The rescuer told local news, "Everybody that was there, that's what we were trying to do, get this lady out and comfort her....she was asking for help and she was pleading to be taken out of there. We were continuously talking to her...'Honey, we got you. We're going to get to you.'" With multiple tons of concrete and rebar in their way, first responders spent ten hours attempting to save the woman. Sadly, their efforts failed, and she passed away. This story made national news as the "Woman in the Rubble," was later identified as Live Nation L.A. Executive Theresa Velasquez, 36.

The collapse claimed the lives of 98 people and countless others were directly impacted. Family members and friends of the missing flooded the area, anxiously awaiting news of their loved ones. Our entire community felt the effects of this catastrophe, including first responders and community leaders. One casualty hit first responders very close to home. Seven-year-old Stella Cattarossi, was the daughter of one of our own firefighters. Young Stella's father, a 10-year veteran Miami firefighter, joined in the search-and-recovery efforts. When they were close to where Stella may have been, he was made aware. He used his jacket to cover his daughter's body and placed a U.S. flag over her. As he carried her out of the area, a group of firefighters and police officers lined up on the roadway.

The unique nature and magnitude of this tragedy necessitated support unlike any other in Miami-Dade County history. Consequently, the MHWSB was called upon to take the lead in providing immediate crisis and grief counseling to the family members and friends of the victims who were waiting for news of their loved ones. In addition, the MHWSB supported families at the daily informational meetings, assisted in delivering death notifications to the families of the recovered victims, and provided on-site support to its first responder family.

The MHWSB rallied its resources, to include, all staff clinicians, the BOBS Team members, Chaplains, and the Community Oriented Support Dogs. The MHWSB Clinicians and BOBS members worked tirelessly around the clock at the tragic site for 6 weeks, providing crucial support and counseling to not only Department personnel, but to a multitude of first responders from

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around the world. On-site support continued for months after the tragedy. As of today's date, Department personnel are still assigned and actively working the aftermath of the catastrophic Surfside Building Collapse. The MHWSB continues to provide clinical support to those affected by the incident.

During this tragic event, the BOBS Team witnessed the positive impact the support dogs had on first responders who worked tirelessly at the collapse site. The MHWSB immediately partnered with the Department's Community Oriented Support Dog Program to enhance the BOBS Team's ability to provide much needed support to personnel. Both the handlers and dogs are receiving peer training along with Critical Incident Stress Management training, specifically designed for support of officers involved in critical incidents, police shootings, and other traumatic responses. Since its inception, 570 employees have reached out to a BOBS member for assistance, and to further its outreach, the Bureau was assigned a full-time Peer Advocate in 2022.

The MHWSB manages the Department's Cordico wellness application, which gives officers 24/7/365 confidential support. It provides access to a wide range of wellness programs and services on their phone or other mobile devices. For example, the "Wellness Toolkit" on the app includes information about family support, financial fitness, healthy habits, psychological first aid, marriage guidance, and other topics. The app also includes a variety of self-scoring assessment tools, allowing officers to quickly obtain feedback about their wellness. Additionally, with one-click, officers can immediately reach a staff clinician or a BOBS Team member. To date, 450 people have downloaded the application.

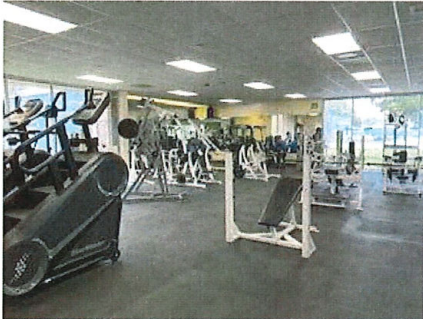
The Department offers religious-based counseling, provided by 12 volunteer chaplains on staff, who are also available around the clock. A chaplain is assigned to every departmental entity. Through its recruiting efforts, the Department has established a diverse team, which represents various religions, and its members speak multiple languages. They are pastors, rabbis, and reverends at their respective churches or synagogues, who are skilled counselors, allowing their conversations with employees to remain confidential. The primary task of a chaplain is to counsel and support officers and their families. The rigors of being a police officer combined with exposure to traumatic and violent events can have a lasting effect. The chaplains also support the Department's Communications Bureau, which receives more than 2.4 million calls annually through the 911 Center. With lives hanging in the balance during many calls, Communications Bureau personnel skillfully help citizens navigate through potentially fatal situations until police arrive. Chaplains are notified of every critical event that involves the Department's officers and are often requested to respond to scenes. Also, when neighborhoods are struck by violence, chaplains may be requested by district commanders to provide spiritual support or counseling to officers affected by the incident.



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Wellness Program



The Wellness Unit was established in 1989 corresponding to the opening of a fitness center at our training academy. It began with a staff of four officers, one exercise physiologist, and one recreational therapist. Nutritional services and physical therapy were also offered at that time. Today, the Wellness Unit consists of an exercise physiologist and a recreational therapist. Our facility is open to all employees and retirees, and has a full set of free weights, a variety of exercise machines, cardiovascular equipment, an Olympic size swimming pool, and a basketball gym. We also have showers,

locker rooms, and swimming spinners for wet bathing suits available for all employees. Members of the Special Response Team are authorized to work out on duty to maintain their readiness. In addition, AvMed, the insurance provider, also offers additional services to employees on nutrition counseling and health coaching, which provides additional health coaches and a registered dietician to employees. Also, our County's Mayor's WellnessWork Initiative aims to engage County employees on the benefits of a healthy lifestyle through the educational, wellness, and recreational programs. This initiative allows our employees to register and earn points by participating in health screenings, on-line trainings, in person lectures, and logging healthy habits. Several of our employees have won monetary incentives of \$250 and \$500 for their participation.



With an increase in focus towards officer wellness, the Wellness Unit offers courses on longevity, Nutrition 101, being "mindfully healthy," stress management, swimming lessons, yoga, body composition screenings, and instructions on how to reduce injuries and increase performance. Most recently, we have begun a Pickleball Club to expose officers to a new sport. With the addition of these programs, we have seen a 300% increase in participation in our Yoga program.

The Wellness Program aims to remaster how the Department offers services, to make it more system-based and aligned to one's progression throughout his or her career. Previously, the various components of officer wellness have been offered independent of one another, but now, with the holistic approach, they are wrap-around services, complementing each other to help the officer take advantage of the best in self-care. Opportunities to heat food, sit and eat after training, have meetings with colleagues, or decompress after a training session are available at our bistro tables and chairs in the lobby of our fitness center.



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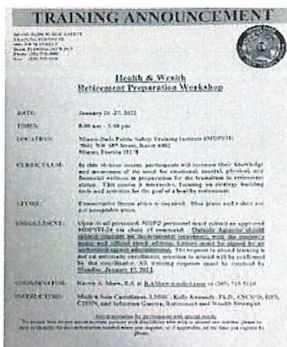
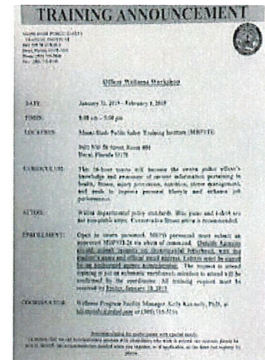


The purchase of an InBody Body Composition Analyzer, for more accurate readings on body composition, is used with our police academy recruits and Miami-Dade Corrections and Rehabilitation Department academies as well. Adding this to our program, has shown a 50% increase in assessments of officers walking into the fitness center. Allowing us to track data on lean mass, fat mass, basal metabolic rate, and track visceral fat for all recruits and officers to help track progress.

We have collected fitness testing results, recorded the results in a database called Microfit, and analyzed the data for our police academies since 2000. We have one of the most extensive databases available to analyze results and develop best practices to improve the quality of fitness training instruction for our recruits.

The fitness programs are diverse, offering routines for strength, and improving aspects of athleticism and sports nutrition to improve recovery and performance markers. Classes on Nutrition, Fitness Instructor, Advanced Training Techniques, Nutrition on the Road, Officer Wellness, Healthy Heart, Project Longevity, Diabetes Awareness, Health and Wealth, Water Safety Instructor, and Lifeguarding amongst other trainings, are offered year-round to help support a well-rounded employee.

The Department has a full-time exercise physiologist who teaches a fitness and recovery block of instruction in every Special Response Team, Rapid Deployment Force, Bike, and Defensive Tactics school to help address issues of dehydration and recovery during training. We also provide stress management courses that include hours devoted to mental and physical health. In addition, a two-day retirement workshop is offered as a "toolkit" to not only prepare for retirement, but to continue to live an active and engaging lifestyle after personnel leave the Department. Additionally, we are coordinating with universities like the Citadel, to have strength and conditioning interns this year. This provides them the opportunity to learn under the supervision of an exercise physiologist to help teach best practices for this population.

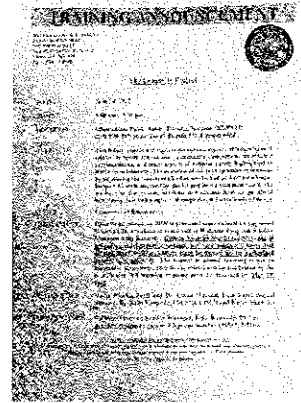


Currently, the Department offers a financial wellness program. Personal finances, especially about budgeting for fixed household expenditures and retirement, can often be the source of stress, which is directly linked to personal health and the health of relationships. In acknowledging that our officers have the same concerns and worries that anyone else would in society, the Department has taken a proactive approach in offering free financial wellness seminars guided by professionals, to help officers make well-informed choices with their finances.

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The "Longevity Project" is another popular class through the Wellness Program that was initiated in January 2020. It explores ways that personnel can create healthy strategies in their lives that mirror some of the longest living populations in the world. This class explores best practices of several small communities across the globe known for longevity. The program delves into keys elements for healthy living, through classroom sessions hosted by Kelly J. Kennedy, PhD, the Department's Exercise Physiologist and Wellness Program Facility Manager. A review of those communities revealed several commonalities, such as dietary considerations, regular exercise, and strong ties to family and friends. The class includes a holistic approach to life, stressing the importance of healthy relationships, eating vegetables, reducing exposure to chemicals and toxins, refraining from smoking, and limiting alcohol consumption, and if necessary, getting proper counseling or treatment for addictive behaviors.



In comparison to other known programs, we believe we might have one of the largest databases of fitness testing data, and longest running program for officer health and wellness in the nation.

TRAINING ANNOUNCEMENT

MIAMI-DADE PUBLIC SAFETY
TRAINING INSTITUTE
9601 NW 58 STREET
Doral, Florida 33178-1619
Phone: (305) 715-5000
Fax: (305) 715-5100



Officer Wellness Workshop

- DATE:** January 31, 2019 – February 1, 2019
- TIMES:** 8:00 am – 5:00 pm
- LOCATION:** Miami-Dade Public Safety Training Institute (MDPSTI)

9601 NW 58 Street, Room 404
Doral, Florida 33178
- CURRICULUM:** This 16-hour course will increase the sworn police officer's knowledge and awareness of current information pertaining to health, fitness, injury prevention, nutrition, stress management, and tools to improve personal lifestyle and enhance job performance.
- ATTIRE:** Within departmental policy standards. Blue jeans and t-shirt are not acceptable attire. Conservative fitness attire is recommended.
- ENROLLMENT:** Open to sworn personnel. MDPD personnel must submit an approved MDPSTI-24 via chain of command. Outside Agencies should submit requests on departmental letterhead, with the student's name and official email address. Letters must be signed by an authorized agency administrator. The request to attend training is not an automatic enrollment; selection to attend will be confirmed by the coordinator. All training request must be received by Friday, January 18, 2019.
- COORDINATOR:** Wellness Program Facility Manager, Kelly Kennedy, PhD., at kjkennedy@mdpd.com or (305) 715-5116

Accommodation for participants with special needs:

To ensure that we can accommodate persons with disabilities who wish to attend our courses, please be sure to identify the accommodation needed when you register, or if applicable, at the time you register by phone.

TRAINING ANNOUNCEMENT

MIAMI-DADE PUBLIC SAFETY
TRAINING INSTITUTE
9601 NW 58 STREET
Doral, FLORIDA 33178-1619
Phone: 305 715-5000
Fax: 305 715-5100



Health & Wealth Retirement Preparation Workshop

- DATE:** January 18 -19, 2023
- TIMES:** 8:00 am – 5:00 pm
- LOCATION:** Miami-Dade Public Safety Training Institute (MDPSTI)
9601 NW 58 Street, Room #402
Miami, Florida 33178
- CURRICULUM:** In this 16-hour course, participants will increase their knowledge and awareness of the need for emotional, mental, physical, and financial wellness in preparation for the transition to retirement status. This course is interactive, focusing on strategy building tools and activities for the goal of a healthy retirement.
- ATTIRE:** Conservative fitness attire is required. Blue jeans and t-shirt are not acceptable attire.
- ENROLLMENT:** Open to all personnel. MDPD personnel must submit an approved MDPSTI-24 via chain-of-command. Outside Agencies should submit requests on departmental letterhead, with the student's name and official e-mail address. Letters must be signed by an authorized agency administrator. The request to attend training is not an automatic enrollment; selection to attend will be confirmed by the coordinator. All training requests must be received by Monday, January 9, 2023.
- COORDINATOR:** Karen A. Shaw, B.S. via e-mail at KAShaw@mdpd.com or 305 715-5110
- INSTRUCTORS:** Mailyn Sola-Castellanos, LMHC, Kelly Kennedy, Ph.D., CSCS*D, HFS, CISSN, and Sebastian Guerra, Retirement and Wealth Strategist.

Accommodation for participants with special needs:

To ensure that we can accommodate persons with disabilities who wish to attend our courses, please be sure to identify the accommodation needed when you register, or if applicable, at the time you register by phone.

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MIAMI-DADE PUBLIC SAFETY
TRAINING INSTITUTE
9601 NW 58 STREET
MIAMI, FLORIDA 33178-1619
Phone: 305 715-5000
Fax: 305 715-5100



The Longevity Project

- DATE:** October 28, 2021
- TIMES:** 8:00 am – 5:00 pm
- LOCATION:** Miami-Dade Public Safety Training Institute
9601 NW 58 Street, Room #402
Doral, Florida 33178
- OVERVIEW:** This 8-hour course will explore the various aspects of longevity as it relates to social interactions, community connection, nutritional considerations, and other aspects of wellness rarely highlighted as it relates to longevity. The intention of this is to optimize retirement by improving the aspects of life often overlooked and create a longer happier lifestyle inspired by the longest living communities in the world. In this course, students will discuss how to go about increasing their own longevity through simple lifestyle adjustments.
- ATTIRE:** Conservative fitness attire.
- ENROLLMENT:** Open to all personnel. MDPD personnel must submit an approved MDPSTI-24, via chain-of-command to Wellness Program Facility Manager Kelly Kennedy. Outside Agencies should submit requests on their departmental letterhead, with the student's name and official e-mail address. Letters must be signed by an authorized agency administrator. The request to attend training is not an automatic enrollment; selection to attend will be confirmed by the coordinator. All training requests must be received by Wednesday, October 6, 2021.
- INSTRUCTORS:** Maria Brooks, PsyD, from Psychological Services; Dr. Kelly Kennedy, CSCS*D, CISSN and Karen Shaw, BS
- COORDINATOR:** Wellness Program Facility Manager, Kelly Kennedy, PhD via e-mail at kjkennedy@mdpd.com or telephone number 305 715-5116

Accommodation for participants with special needs:

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TRAINING INSTITUTE
9601 NW 58 STREET
DORAL, FLORIDA 33178-1619
Phone: (305) 715-5000 Fax: (305) 715-5100



NUTRITION 101 WORKSHOP

- DATE:** April 28, 2022
- TIMES:** 8:00 am – 5:00 pm
- LOCATION:** Miami-Dade Public Safety Training Institute (MDPSTI)
9601 NW 58th Street, Room #402
Doral, Florida 33178
- CURRICULUM:** In this 8-hour course, participants will increase their knowledge and awareness of current information pertaining to nutrition. Students will learn the basic principles of nutrition science including essential nutrients, nutrition calculations, label reading and meal planning. Students will participate in assessing their own diets and what to change to improve their nutritional health. Participants will learn of resources available to them, to improve their nutritional strategies for a healthier lifestyle. At the end of this workshop students should have the tools needed to improve their health through nutrition.
- ATTIRE:** Conservative fitness attire is required. Blue jeans and t-shirt are not acceptable attire.
- ENROLLMENT:** Open to all personnel. MDPD personnel must submit an approved MDPSTI-24 via chain of command. Outside Agencies should submit requests on departmental letterhead, with the student's name and official email address. Letters must be signed by an authorized agency administrator. The request to attend training is not an automatic enrollment; selection to attend will be confirmed by the coordinator. All training request must be received by Friday, April 15, 2022.
- COORDINATOR:** Karen A. Shaw at KAShaw@mdpd.com or (305) 715-5110
- INSTRUCTORS:** Jacqueline Lopez, RD, LD/N and Lara Benezra, MS, ACSM

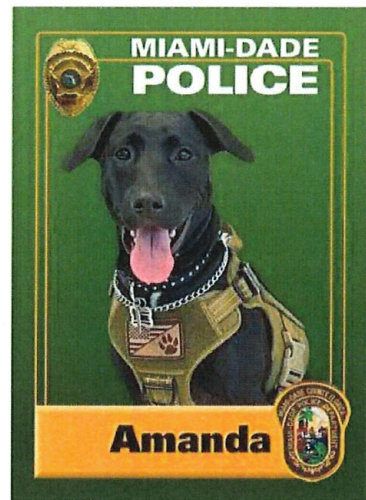
Accommodation for participants with special needs:

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Miami-Dade Police Department Community Oriented Support Dogs

Amanda, aka "Mandy" is a two-year-old black Labrador Retriever Mix that was adopted by the Department's Midwest District from Miami-Dade Animal Services Department on February 23, 2022.

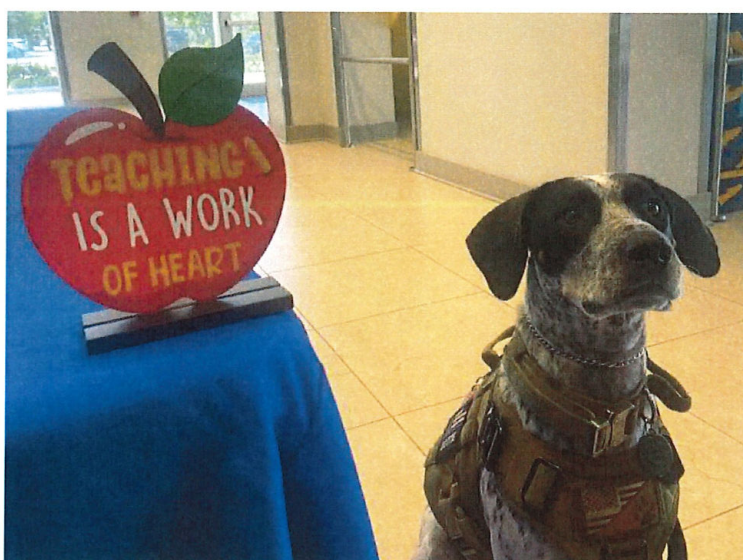
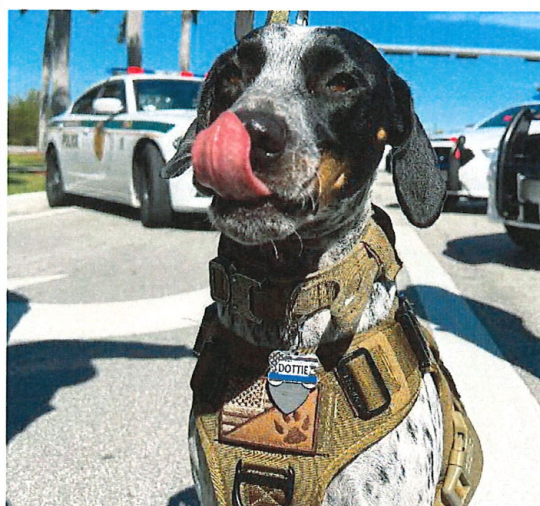
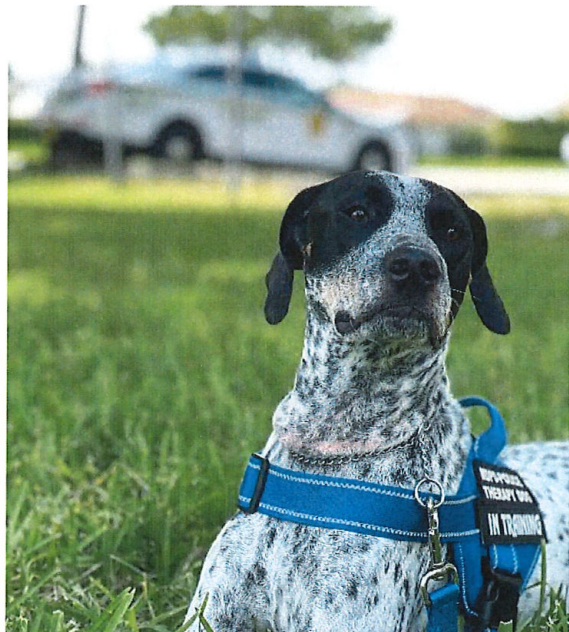
Amanda is named after Officer Amanda Haworth, who lost her life in the line of duty. She serves as the first legacy dog of the Miami-Dade Police Department. Additionally, she is Backing our Brothers and Sisters in Blue certified.



Miami-Dade Police Department Community Oriented Support Dogs

Dottie is a four-year-old Pointer Mix who was adopted by the Department's Community Affairs Bureau, and the Department's second rescue dog. She was adopted from Miami-Dade Animal Services Department on August 15, 2021.

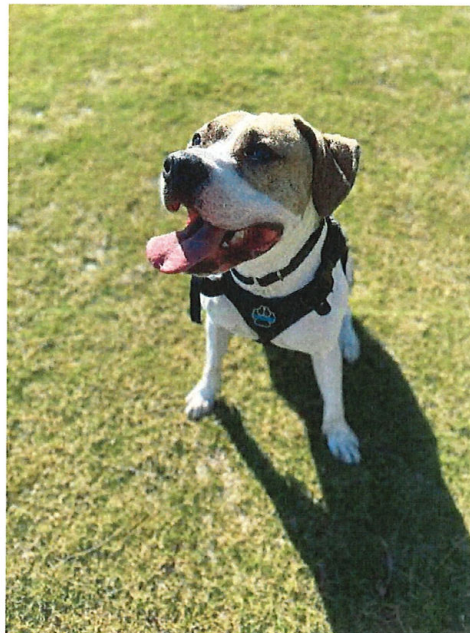
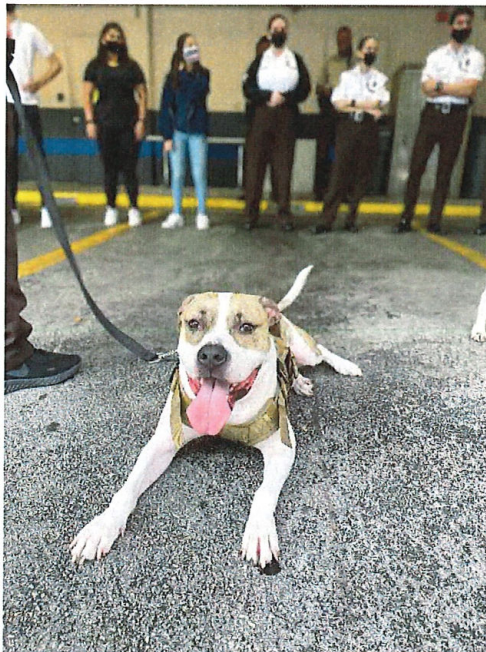
During the Surfside Champlain Towers South collapse, Dottie spent several days at the family assistance center. She offered comfort to the survivors' and victims' families and provided emotional support to police personnel working the task of documenting the scene and identifying victims.



Miami-Dade Police Department Community Oriented Support Dogs

Sparky is four-year-old American Bulldog who was adopted by the Department's Kendall District from Miami-Dade Animal Services Department in 2019.

Sparky was the Department's first rescue dog and has been instrumental at numerous events. He participates in community outreach events at local schools and hospitals, Career Days and Sports Days, visits with the elderly along with community walks such as the Juvenile Diabetes Research Foundation 5K, Cancer Awareness Walk, and Mothers Against Drunk Driving 5K.





**MDC – Police 311 Call Center
11500 N.W. 25th St.**

Room: 311 Call Center

Free Screening Includes:

- Blood Pressure • Cholesterol
- Blood Sugar • BMI • Massage

March 28, 2023

10:00am-2:00pm

[Schedule Appointment Here](#)



*Earn \$20 and 25 wellness points by participating

Please bring your AvMed Insurance card.



EMPLOYEE APPRECIATION WEEK
MARCH 3-10

GLOW TO

THRIVE

AFTER DARK WELLNESS FESTIVAL

PRESENTED BY MAYOR DANIELLA LEVINE CAVA

FRIDAY, MARCH 10, 2023
5 PM to 9 PM

Tropical Park
7900 SW 40th Street • Miami, FL 33155

DJ • KID'S ZONE • BOUNCE HOUSE
FOOD TRUCKS • AND MORE



ACTIVITIES



FOOD



PRIZES



TO REGISTER – scan the QR Code to the left, or click/visit

<https://www.signupgenius.com/go/10c0d4faea72ba6face9-03103#/>

Register by 5 PM on March 9 for a chance to win a Desk Bike. Winner notified March 13.



For more information click/visit <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>

Join the Dade County Federal
Credit Union Prize Hunt

Download App at goosechase.com/download

Enter game code J53JZL to play

This event is not advertised to the general public

Presented by the Human Resources Department Benefits and Employee Support Services Division



To request materials in accessible format, sign language interpreters, and any accommodation to participate in any County sponsored program or meeting, please contact Myra Marlow 305-375-4167 or Myra.Marlow@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Services).



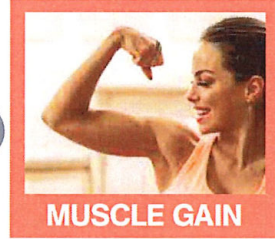
INITIAL ASSESSMENT DATES AND LOCATIONS

CHOOSE YOUR CHALLENGE



FAT LOSS

OR



MUSCLE GAIN

MORE THAN A COMPETITION... A WAY TO ACHIEVE YOUR PERSONAL GOALS!

This year's challenge will be both an individual challenge as well as a team challenge. The individual challenge will be designated by location and countywide. The team challenge will only be countywide.

- The team that wins each category overall countywide will be crowned the Biggest Winner Team and will receive a team trophy and each team member will receive a WellnessWorks mega swag bag.

- The individual that wins in each category (% Fat Loss and % Muscle Gain) for each location will win the \$250 incentive.
- The individual who wins countywide for each category (% Fat Loss and % Muscle Gain) will win a \$500 prize (250 location winner/250 grand prize).

All challenge participants will also receive free wellness and nutrition coaching throughout the challenge, incentives at the assessments, and 25 points for completing the challenge that will go toward their 75 points for the quarterly \$250 raffle.

All assessments at all locations, unless specified differently, will take place at the following times:
9:00 AM – 12:00 PM and 12:30 PM – 4:00 PM

DATE	LOCATION
2/13/2023	Water and Sewer Department 3071 Sw 38th Ave Miami, FI 33146 156A
2/14/2023	Aviation Department Building 5A 4200 Nw 36th street Miami, FI Second Floor Conference Room
2/14/2023	Stephen P. Clark Center 111 Nw First St Miami, FI 33128 18th floor room 18-4
2/15/2023	South Dade Government Center 10710 Sw 211 St Cutler Bay, FI 33189. Room 104
2/15/2023	OTV North 701 Nw 1 St First Miami, FI 33128 First Floor Conference Room
2/16/2023	MLK Office Plaza- 2525 Nw 62nd St, Miami, FI 2nd floor Conference Room 4
2/16/2023	MDPD Intracoastal Station 15665 Biscayne Blvd., North Miami Beach, FI 33160- Roll Call Room
2/17/2023	Miami-Dade Fire Rescue HQ 9300 Nw 41st St, Doral, FI 33178 Room 1-001
2/17/2023	Miami-Dade Police Department HQ 9105 NW 25th st, Miami, FI 33172 PMB room

The individuals and team members that win will also receive 1 year of Health Coaching and Body Composition testing at no cost and if they maintain the success and/or continue to improve from this year to next year will earn a Mystery Prize from the WellnessWorks team for their yearlong hard work.

FOR MORE INFORMATION VISIT <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>