

# RESILIENT



## *Resiliency Newsletter* *Volume 2* *April 13, 2020*

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### A Message from Rob Czepiel Acting Deputy Director Chief Resiliency Officer for the State of New Jersey

The focus of our second resiliency newsletter is to provide some literature, resources, and guidance on resiliency and emotional wellness for all police officers, prosecutors, and first responders and their family members that have been on the front lines caring for the community they serve during the COVID 19 pandemic in New Jersey. I want to thank the following individuals for providing articles and resources for this edition: Detective Brian Lloyd, from the Gloucester County Prosecutor's Office; Lt. Michael Wiltsey, from the Burlington County Prosecutor's Office; and Dr. Kate Tumelty Felice from Rowan College of South Jersey. I would also like to thank Cherie Castellano, Executive Director of Cop2Cop, for also providing an article by Dr. Ellen Kirschman, Ph.D providing thirteen tips to help first responders get through the pandemic. Finally, I want to thank Mercer County Prosecutor Angelo Onofri and Chief of Detectives Tracy McKeon, Burlington County Prosecutor Scott Coffina and Chief of Detectives Darren Anderson, Ocean County Prosecutor Bradley Billhimer and Chief of Detectives Vincent Petrecca, and Acting Gloucester County Prosecutor Christine Hoffman and Chief of Detectives Tom Gilbert for allowing their personnel to actively participate with the Resiliency Newsletter and the new Resiliency webcast and website entitled "Resilient Minds on the Front Lines."

# RESILIENT



## Announcement of Resiliency Webcast and Website

### RESILIENT MINDS ON THE FRONT LINES

[www.onthefrontlines.us](http://www.onthefrontlines.us).

<https://youtu.be/Ftj5rCqUrxg>

I am also proud to announce the creation of a resiliency based webcast and website devoted to everyone on the front lines of this battle against COVID 19. *Resilient Minds on the Front Lines* is a webcast-based program created to bring fifteen minutes of HOPE in a time in which the world has been turned upside down. This website and webcast will continue well after the COVID 19 pandemic is over because the resiliency concepts taught and lessons learned can be applied every day, not just when there is an emergency. I personally wanted to thank Mercer County Chief Resiliency Officer **Michael Pellegrino** and his wife, **Diana Pellegrino**, DPM Shore Solutions, for all of their work on the website and webcast. I also wanted to thank the following individuals and their agencies/institutions for volunteering their time and providing their expertise:

- (1) Dr. Kate Tumelty Felice, Rowan University of South Jersey;
- (2) Dr. C. Gabrielle Salfati, John Jay College;
- (3) Joseph Collins, Acadia Healthcare, (Chief Two Rivers Police Dept. (ret));
- (4) William Mazur, Acadia Healthcare (Deputy Chief, Atlantic City Police Department (ret));
- (5) Cherie Castellano, Executive Director, Cop2Cop;
- (6) Detective Megan Flanagan, Mercer County Prosecutors Office;
- (7) Jack Aponte (Kaptain Jack), owner of Jerseyshorecountry.com;
- (8) Lt. Michael Wiltsey, Burlington County Prosecutors Office;
- (9) Michele Alberts, Teacher, Howell High School;
- (10) Rev. Barry Vazquez, Head Chaplain, Mercer County Prosecutors Office;
- (11) Assistant Prosecutor Renee White; Ocean County Prosecutor's Office
- (12) Rev. Gary Holden, Founder and President, Chaplains Program;
- (13) Captain Dmitri Collins, Camden County Corrections;
- (14) Holly Lees, Administrative Assistant, NJ Division of Criminal Justice;
- (15) Dr. Adrienne Fessler-Belli, Director of Disaster and Terrorism Branch, N.J. Department of Human Services-Division of Mental Health and Addiction Services;

# RESILIENT



- (16) **Steven Crimando**, Director of Training for Disaster and Terrorism Branch, N.J. Department of Human Services- Division of Mental Health and Addiction Services;
- (17) **David Leonardis**, Training & Outreach Liaison; NJ Division of Criminal Justice
- (18) **Randy Richert**, FBI National Resiliency Instructor (Colonel USAF (ret.));
- (19) **Rev. Barry Vazquez**, Mercer County Prosecutors Chaplain
- (20) **Sgt. Mark Castellano**- Morris County Prosecutors Office
- (21) **Matt Kennon**, singer/songwriter

This webcast is dedicated to all that make up the frontlines. From truckers to cops, doctors, nurses, firefighters, first responders, members of the military, clergy, grocery store workers, warehouse workers, farmers, those that keep our stores stocked and postal service workers, who all place themselves in harm's way. This includes members of the press who put themselves at risk to report the story of COVID 19. In addition, we dedicate this webcast to all the families who have loved ones fighting for us on the front lines.

We have put together a team of professionals and resiliency experts to produce a series of webcasts to help those "On the Front Lines" help themselves and others through resiliency. The team is comprised of resiliency practitioners, trainers, educators, change agents, experts, psychologists and retired and active law enforcement officers.

Two to three webcasts will be produced each week and posted on the You Tube Channel "Resilient Minds on the Front Lines," as well as archived on the official website [www.onthefrontlines.us](http://www.onthefrontlines.us). The website will also provide valuable resources and referral information.

Please see the link below to view the first webcast of RESILIENT MINDS ON THE FRONT LINES. The first session features Attorney General Gurbir Grewal and Middle Township Police Chief Chris Leusner, President of the New Jersey State Chiefs of Police Association.

You Tube at <https://youtu.be/Ftj5rCqUrxg>



# RESILIENT



## Office of Attorney General Press – Division of Criminal Justice Press Release Announcing “Resilient Minds on the Front Lines.”



OFFICE OF THE ATTORNEY GENERAL  
DIVISION OF CRIMINAL JUSTICE NEWS



NEW JERSEY DEPARTMENT OF LAW & PUBLIC SAFETY

Gurbir S. Grewal, *Attorney General*

Division of Criminal Justice  
Veronica Allende, Director

For Immediate Release:  
April 13, 2020

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### AG Grewal and NJSACOP President Chief Christopher Leusner Featured in Debut Webcast of “Resilient Minds On The Front Lines”

*Series of webcasts will promote mindfulness, wellness and resiliency for all workers on the front lines of the COVID-19 Pandemic*

TRENTON – Attorney General Gurbir S. Grewal and Middle Township Police Chief Christopher Leusner, President of the NJ State Association of Chiefs of Police (NJSACOP), appeared today in the debut webcast of “Resilient Minds on the Front Lines”— a new program to promote resiliency for workers on the front lines of the COVID-19 pandemic.

The 19-minute webcast can be found here: <https://njoag.box.com/s/g7h6gsobue7btb2duzt4epwnagletg4q>

“Resilient Minds on the Front Lines” is a collaborative initiative of the Attorney General’s Office, Division of Criminal Justice, Mercer County Prosecutor’s Office, and numerous partners. It was conceived by Mercer County Chief Resiliency Officer Michael Pellegrino and his wife, Diana, who saw a need to support all workers on the front lines of the COVID-19 pandemic, including, among others, police officers, firefighters, first responders, nurses, doctors, grocery store employees, factory workers, warehouse workers, military members, truck drivers, teachers, chaplains, and their family members.

# RESILIENT



In a series of webcasts, guests and experts will, discuss, teach and encourage mindfulness, wellness, and resiliency for those frontline workers and others. The webcasts will feature master resiliency trainers from New Jersey and the FBI National Academy, academic resiliency instructors from New Jersey and New York colleges, representatives of Cop2Cop, musical and celebrity guests, and first responders who have experienced hardship and are comfortable sharing their stories of resiliency. The webcasts will offer 15 minutes of hope in a world turned upside down by the COVID-19 pandemic.

“We’re leading the nation with our comprehensive statewide program to promote officer well-being and prevent officer suicides - the New Jersey Resiliency Program for Law Enforcement,” said Attorney General Grewal. “This new program recognizes that, with this unprecedented health emergency, we have many more workers who suddenly are also experiencing extraordinary levels of stress every day and bringing that stress home to their families. These webcasts will serve to throw a lifeline to all of the heroes on the front lines by introducing them to ideas, practices and sources of support that can help them cope with pressures that can be truly overwhelming.”

“Many are struggling during this pandemic with feelings of isolation, fear, and stress, and for healthcare workers and first responders, those feelings are heightened by the risk of being infected while performing their jobs and potentially exposing their families,” said Director Veronica Allende of the Division of Criminal Justice. “It is gratifying to be able to take what we have learned from teaching resiliency to police officers and apply it now to all of our frontline workers in this time of crisis.”

“I want to thank Michael and Diana Pellegrino for conceiving this program and for devoting so much of their own time, energy, and resources to make it a reality,” said DCJ Deputy Director Robert Czepiel, New Jersey’s Chief Resiliency Officer. “In the course of my work, I have seen how the principles of resiliency can transform lives, and I have met inspiring individuals who came back from the brink by practicing resiliency. I know that these webcasts will have a real impact.”

“Our police officers and other essential workers are answering the call to serve and protect our state in these unprecedented times,” said Chief Leusner. “These brave men and women know the risks but understand their communities need them. This pressure can understandably take a toll on them and their families. We must do everything in our power to provide them with support and tools to cope with these uncertain and challenging times. My hope is these webcasts will help accomplish that.”

Attorney General Grewal would like to thank the following individuals for providing their expertise, time, and support creating the webcast and website: Mercer County Chief Resiliency Officer Michael Pellegrino and his wife, Diana Pellegrino, owner of DPM Shore Solutions; Dr. Kate Tumelty Felice, Rowan College of South Jersey; Dr. C. Gabrielle Salfati, John Jay College; Joseph Collins, Acadia Healthcare (Chief Two Rivers Police Department [ret.]); William Mazur, Acadia Healthcare (Deputy Chief Atlantic City Police Department [ret.]); Cherie Castellano, Executive Director Cop2Cop; Detective Megan Flanagan, Mercer County Prosecutor’s Office; Jack Aponte (Kaptain Jack), owner of Jerseyshorecountry.com; Lt. Michael Wiltsey, Burlington County Prosecutor’s Office; Michele Alberts, teacher at Howell High School; Rev. Barry Vazquez, Head Chaplain, Mercer County Prosecutor’s Office;

# RESILIENT



Assistant Ocean County Prosecutor Renee White; Rev. Gary Holden, Founder and President of the NJ Chaplains Program; Captain Dmitri Collins, Camden County Corrections; Holly Lees, Administrative Assistant, Division of Criminal Justice; Dr. Adrienne Fessler-Belli, Director of Disaster and Terrorism Branch, NJ Division of Mental Health and Addiction Services; Steven Crimando, Director of Training for Disaster and Terrorism Branch, NJ Division of Mental Health and Addiction Services; David Leonardis, Division of Criminal Justice Training and Community Outreach Liaison; Randy Richert, FBI National Resiliency Instructor (Colonel USAF [ret.]); and Matt Kennon, singer/songwriter.

Visit the newly launched website of “Resilient Minds on the Front Lines” for additional information about the program and to watch new webcasts as they are posted: [www.OnTheFrontLines.us](http://www.OnTheFrontLines.us)

## Trauma Being Experienced by Our EMT’s and First Responders as a Result of COVID 19 Deaths

A special thank you for Lt. Mike Wiltsey for providing us the link to this article that describes the stresses that all first responders are facing on the front lines.

<https://www.nbcnews.com/news/us-news/nyc-first-responders-describe-devastating-coronavirus-cases-cardiac-arrest-calls-n1179376>

# RESILIENT



## A Look at COVID-19 Through a Resilient Lens

By

Detective Brian Lloyd

Gloucester County Prosecutors Office

It's March 26<sup>th</sup>, 2020, my wife and I are working from home, working with our boys on school work, the heat isn't working, our septic is having major issues which is resulting in sewage leaking into the back yard, our brand new hot tub, that has been a saving grace during quarantine is shutting off randomly, and my wife is 8 months pregnant and is terrified of our daughter coming into this crazy world. Like most people that are staying at home during Covid-19 pandemic, this has been a strange and challenging journey. On this day, the stress of social distancing/quarantine, the challenges of working, daily stressors, teaching and making the best of a scary time was absolutely getting to us. It is sad to say that me being the "master resilient" individual was the worst out of the family. It seemed to be a deluge of stressors all at once, and more importantly, the inability to fix any of it (the thing I do best) was tearing me apart.

Like most people, their balance is in a significant other or best friend, the one person in your life that has that ability in all situations to navigate you out of that downward spiral. My wife is that person for me; she is able to snap me back with brutal honesty, which at times can be as harsh as drinking sour milk. But it wasn't her telling me I wasn't being myself, in her not so gentle way, which really woke me up. It was a social media post she pointed out to me. The post said something to the effect that 20 years from now we will remember the fear, the media, the social distancing/quarantine, and the hassles of working from home while playing teacher. Our children on the other hand will remember spending tons of time with their family, teacher mom and dad, scavenger hunts, board games, ice cream at 10:00 AM, and the amazingly fun things as parents we try to do to shelter them from our fear. They will ultimately remember it as one of the best times of their childhood. What an amazingly resilient way to focus on the positive of an awful time in world history. The reality is that we may never again get time like this in our lives. Here are some helpful tips on how to make the best of it.

It is a blessing to have this time to be with our family. Yes, it is hard, but be pliable, find that fit that allows you to find that beauty amongst the chaos. For those of you that live by yourselves or have family not close by, find creative ways to connect with those you love. This past Friday, I had a happy hour over Zoom with three of my closest friends. After the initial

# RESILIENT



awkwardness of staring at each other over the computer, we quickly got back to our norm of making fun of each other and for that brief time all seemed slightly right with the world.

For most of my adult life I have talked about, “if only I had time” to finish that project. We should all set goals, a “Corona Virus check list” of achievements or projects that have always taken a backseat to the hustle of non-quarantined life. Understanding that setting these goals and achieving them (even if it is as small as making a bed) will provide you a new purpose while increasing positive attitude.

Take this opportunity to focus on you! The stagnant life of quarantine is a great opportunity to take a deep introspective look at who you are. If needed, reformulate your “Why” and chart a course for you that realigns yourself with your core values and goals. A “Why” statement is almost like defining your purpose, many write it down. In resilience defining your “Why” or creating a “Why” statement is a way to align your core values with the goals you set. In resilience we tell people to define their why, and occasionally during tough times, redefine it to make sure that your “Why” is still in line with who you are. Do not be frightened if you are quarantined “Why” is slightly different then what you expected, honestly nothing right now is ever what many of us expected. Here is a link to a Goalcast video that talks about purpose finding <https://www.youtube.com/watch?v=58HPpS514Bc>.

Be sure to be self-aware of the potential of bad habits, especially in a world that feels like the movie “Ground Hog’s Day”. If drinking while binge watching “Tiger King” started out as quarantine day 1, but has become your daily occurrence quarantine day 14, then you need to understand the importance of finding healthier outlets. For example, take walks outside, find a home workout online, read a book. These habits can be like a trail in the woods. The trail has been taken so much the path is forever carved into the undergrowth of the woods, and before you know it; you are following the path without understanding where it is taking you. I know this time is not easy during Covid-19, but our job still needs to be done, virus or not. Take all the necessary measures to protect yourself health wise as well as mental health wise. Understand that if you dread being at home because you’re all alone, please know we are all a family and you are never alone. If every day feels the same, readjust your course and find your purpose. Connect with friends and family through FaceTime, Zoom, House Party App, or any of the great new ways to stay connected. Find beauty in the little things, and do not take for granted this scary, but amazingly beautiful time that we are in.



## Social Distancing? Not If You are a Cop: Thirteen Tips to Help You and Your Family Through this Pandemic

Psychology Today - Posted Mar 24, 2020

Ellen Kirschman, Ph.D.

As a police psychologist, I am used to responding to crises and offering my help to first responders and families when they need it. It feels bad to be told to stay home, shelter-in-place and even worse to be among the vulnerable. My hat is off to everyone who has to work, is ordered to work, who drops their plans and volunteers to work—and to those first responder families who are holding down the fort, juggling jobs, homeschooling children and everything else it takes to keep life running.

I am also a writer. I have been sheltering-in-place for years. It is what writers do. I have learned a few things from both of these careers, odd bits of wisdom that have helped me in times of crisis. In the interest of trying to practice what I preach (see below), I would like to share them with you. Try them on, let me know what fits.

1. Get dressed and make the bed, no matter what.
2. Make a plan for the day: Schedule something with a tangible outcome so you can see results. Rearrange your sock drawer, mow the lawn, learn something new, teach your kids a magic trick, bake cookies, and work on a puzzle. Simple things that are doable. It will help you remember that you are not as helpless as you may feel.
  - 2a. Be content with tiny victories.
3. Remember to breathe.
4. Take a walk or download an exercise video. Exercise is the best medicine and it's free.
5. Practice gratitude: Write a letter or an email to someone who has helped you. You will feel less alone. Instead of focusing on the bad (there is some) look for times when you are the recipient of generosity and kindness. It does not have to be big.

# RESILIENT



A smile or a "thank you, officer" is enough. I am very grateful for the generous offerings I have found on the internet from celebrities and everyday folk: music, classes, tours, books, words of encouragement, friendship, and many laughs.

6. Do what resilient people do: Find something positive, yet realistic, in a negative situation. Think of it, pollution is down and the dolphins are back in Venice. On my daily strolls, I have noticed how many more fathers are walking with children. They may be out of a job or mandated to work from home, neither of which was in their control, but how they use this new-found time is entirely up to them (see #11).
  - 6a. Fight negativity: Make a concerted effort to add positive things to your day. Watch a funny video or movie. Find something or someone that makes you laugh. Smile at yourself in the mirror as you are washing your hands and singing Happy Birthday to your reflection. Dr. Carrie Steiner, police psychologist and former police officer, recommends lightening your day with [www.sunnyskyz.com](http://www.sunnyskyz.com).
7. Live alone or feel like you do because your mate is working overtime? People need people. It is in our DNA. Use social media in creative ways with virtual movie viewing parties or dance nights. Exercise with friends, check on your neighbors, and just keep your distance.
8. Homeschooling driving you bats?
9. Volunteer to help someone else: Shop for a neighbor, make masks for your local hospital, post something sweet, funny, or inspirational online. Helping others is an evidence-based way to reduce depression.
10. Go with the flow: Flow experiences are those experiences where you are so totally absorbed time flies by. It is different for all of us. For me, it is cooking, reading, and jigsaw puzzles.
11. Remember the donut: This is one of the most important teachings we offer at the First Responders' Support Network retreats. In the donut hole is what you can control: your thoughts, your attitudes, your professionalism, and your ethics. The donut itself is your sphere of influence. Influence is different from control.

# RESILIENT



Influence comes from love, caring, compassion, and emotional intelligence, meaning the ability to read yourself and others and regulate your emotions in proportion to the situation. Outside the donut is everything else, none of which is in your control. If you start to panic or rage, remember the donut.

12. Respect your fear but do not feed it: These are difficult times with an uncertain future and an invisible enemy. Respect your fear. Treat it and yourself with kindness. Get the most reliable information and use it to challenge your fears. Limit the amount of time you spend listening to the news or surfing the net. If you cannot stop catastrophizing, do it on schedule at the same time every day for no longer than 10 minutes. Remind yourself, this too shall pass.
13. Do what you can, leave the rest behind: My yoga teacher, Yiwen Chang, used to say this. She was a tiny woman who could push off from a plank position to a seated lotus in one move and never get out of breath. All I could do was what I could do. To blame myself for not being different or better would only have discouraged me further. I have not taken yoga in years, but Yiwen's words have become a mantra for way more than yoga.

Finally, please cut yourselves and your family members a little slack. These are tough times. We are all under stress. Be kind to yourself and everyone else. Remember to wash your hands and wear your personal protective gear. Stay safe, be well, and take as good care of yourselves as you do the rest of us.

Ellen Kirschman, Ph.D., is a psychologist and has been counseling police officers and their families for 30 years.

# RESILIENT



## Check Your Playbook: Some Quick Tips on Resiliency & Mental Health Wellness By Dr. Michael Wiltsey Lieutenant, Burlington County Prosecutors Office

As you may be aware, the Resiliency Program in New Jersey, is a program focused on teaching law enforcement officer's skills to cope with daily stressors with a focus on concepts of Positive Psychology. To be brief, the goal is to help officers (but anyone for that matter) better manage daily stressors through teaching them skills that have been psychologically tested and proven to increase life satisfaction and happiness. With COVID-19 occurring, the rollout plan for this training has been pushed back. So, in an effort to begin introducing everyone to these concepts in a time when we probably need them most, on a weekly basis, I will be putting out some basic information on how to incorporate some of these strategies now as just one way of assisting with the current stressors we are all experiencing. First, a very brief introduction on resiliency concepts. Then, an exercise to try. These are not just off-the-wall ideas. They have been supported to work by numerous research studies. Last, resources available to you.

### What is Resiliency?

- The ability to bounce back from adversity.
- To move forward toward our goals despite challenges, obstacles, and stressors.
- To continue to find meaning and purpose in life despite negative or even traumatic experiences.

### How do we do this?

- By actively shifting our perspective to be more positive.
- By focusing on what is good about our lives.
- By focusing on what is going well and what we have to be grateful for.

# RESILIENT



## Exercise to Try

- BLESSINGS – Every day, start the day by writing out three things that you have to be grateful for. Think small, but of course, they can be big also. How often do we do this in life? Most of us (it is human nature) focus a lot on the negatives in life. What is going wrong or bad. How often do we reflect on the things that are going well in our lives? How often do we stop to appreciate even the small things? Like a beautiful sunrise or sunset? A smile from a child or something funny a child said. Heck, even a good cup of coffee. Try it and try it with your family. Do this once, you might feel well for a little bit. Do it several days a week if not every day... the science of Positive Psychology says this alone can improve your mood, decrease stress, and have you feel – well – happier.

In the class we teach, we learn this on day one and every day we put post-it notes on the wall with our blessings. By the end of the training, the wall is filled with them. Try this. It is amazing to see how many things we have to be grateful for when we truly focus on them.

## Resources

Attached you will find the first Resiliency Newsletter put out by the AG's Office. The Newsletter contains information on the program, coping with COVID-19, and offers resources and coping strategies. In addition, I have attached some free resources available that offer stress reduction tools (all free!). Please share with family and friends.

### Calm.com Free Resource Page

Without a doubt, many of us are feeling anxious as we navigate the uncertainty of COVID-19. We are feeling it too, and we wanted to share some of the tools we are using to take care of our minds and stay grounded.

We have created a free resource page with meditations, stories, music, and discussion and more, all handpicked to support your mental and emotional wellness.

[https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult times nonsubs 0317](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times%20nonsubs%200317)  
[20](#)

# RESILIENT



## Resiliency Officers

Every police department in Burlington County and in New Jersey has at least one Resiliency Officer. If you have any questions about resiliency, and/or need contact information for other resiliency officers, you can reach out directly to me, Chief Resiliency Officer Rob Czepiel or through a confidential source of your choosing.

I hope you and your families are staying safe and healthy. Should you need anything at all that I can be of assistance with, please let me know.

## Fighting the Effects of Isolation By Dr. Kate Tumelty Felice Rowan College of South Jersey

There is a difference between being alone and being lonely. Sometimes we choose to be alone, and other times surrounded by people and still feel lonely. In this time of Covid 19, both are present, compounded by a myriad of other concerns and risks. How can we mitigate some of the effects of social isolation? Below are some tips, with clinical and experiential basis, to help you to feel more in control of and hopeful toward your own resiliency.

**Reach Out and Be Reached.** Sounds simple, but sometimes the hardest thing to do. Even if you do not feel like it, answer the call when other RPO's call. Reach out to at least one other, perhaps someone from your RPO Training Troop. Reach out to others that you trust, even if just to "check on" them. The contact is mutual and so too are the benefits.

**Replace Physical Contact.** Humans are social beings by nature and evolution. There are mental, emotional, and physical benefits to human touch. Although your range of contact may be limited, you can be physical in healthy ways. In difficult times, it may be unrealistic

# RESILIENT



to start a new fitness routine or work out effort. Instead, focus on walking around your exterior space, stretching and breathing, and being mindful of your movement.

**Reconsider your Social Media.** If you use social media (or even the news), be aware of and limit passively watching or scrolling through. It can feel like an endless cycle of negativity, and can make us feel more removed and detached. Instead, try reaching out via social media or the internet, searching things, people, or topics you are interested in, and be active in your consumption.

**Reorganize Blessings.** We know the importance of gratitude and counting our blessings, and how hard that can be to do when we feel isolated and alone. Change the paradigm; be the blessing. Psychology shows that altruistic behavior improves mental, emotional, and behavioral health. Offer to grab essentials for someone who can't, mow the neighbor's yard too, or send someone a nice text. When it's hard to find the blessings, be one.

**Resources are Critical.** The effects of isolation are real and long-term. If you feel that you are at risk, without hope, or are concerned about your overall well-being, seek help. You are not alone. The resources are quick and confidential. Reach out to any MRT, or to Cop2Cop: 1 866-COP-2COP (267-2267).

## Have a Suggestion or Article for the Next Newsletter?

Please send your suggestion, topic, or article to either David Leonardis at [leonardisd@njdcj.org](mailto:leonardisd@njdcj.org) or Holly Lees at [leesh@njdcj.org](mailto:leesh@njdcj.org). Please leave a phone number so we can call you.



## Spotlight on the Authors

**Detective Brian Lloyd**  
**Gloucester County Prosecutors Office**  
**New Jersey Master Resiliency Trainer**

Brian Lloyd has been in Law Enforcement for over twelve years. In 2007, he began his career at the Cape May County Prosecutor's Office. While there, he gained experience in Major Crimes, Fatal Crash, Crime Scene, and Narcotics. After spending seven years with the Cape May County Prosecutor's Office, he made the move to the Burlington County Prosecutor's Office in 2014. While at the Burlington County Prosecutor's Office, he spent time in many units including Financial Crime, Sexual Assault Child Abuse, and Crime Scene Unit. In October of 2019, he took a position with the Gloucester County Prosecutor's Office, and is currently assigned to the Major Crimes Unit.

Resiliency became a major part of his career and life while at the Burlington County Prosecutor's Office, and stems from his family's loss to suicide and the suicide of a Burlington County Sergeant in 2015. After the office's loss, he became PBA President at Burlington County. With that, he took on the responsibility of doing his best to pick up the pieces from a devastated membership and make it a priority to support the office's late Sergeant's wife and children. In 2016, he and then Sergeant Michael Wiltsey began working together so to take this tragedy and shape it into something that can be learned. They came up with the idea of a Mental Health Handbook, which is a reference guide that someone can use if they are having a tough time and do not want to talk about it to someone in their agency. They can pick up the book and find information and resources so that they have as much information as they could right there in the Handbook. In conjunction with Prosecutor Coffina and First Assistant Phil Aronow, he and Sergeant Wiltsey created the Mental Health Handbook, which was distributed to everyone in the Burlington County Prosecutor's Office.

In February 2017, he met with the Ian Oliu Foundation for Life, a nonprofit foundation created in the memory of Ian Oliu who took his own life in 2002. The meeting was to generate ideas on how we can provide a training about suicide prevention for Law Enforcement. Since then the Ian Oliu Foundation for Life collaborated with the Burlington County Prosecutor's Office in supporting and developing a program for Law Enforcement. In June of 2017 he, Sergeant Mike Wiltsey and First Assistant Phil Aronow began working on brining Resiliency into Law Enforcement. We collaborated with Maple Shade Police Department, FBINAA, Acadia Health

# RESILIENT



and Wellness, Atlantic County Sheriff's Department, The New Jersey State Police, and the New Jersey Chaplain's Association. In November of 2017, The Ian Oliu Foundation for life approved a grant application, and agreed to help us fund the training of the first FBINAA trained Resiliency Class. In June of 2018, he became one of twenty-three individuals trained as Master Resiliency Trainers by the FBINAA. Throughout the creation of the Resiliency Program, he has taken an instrumental role in the coordination and planning of the program. To date, this program is something he is most proud of in his career and is honored to be a part of something that will last far beyond his years in law enforcement.

**Dr. Michael Wiltsey**

**Lieutenant**

**Burlington County Prosecutor's Office**

Michael Wiltsey has been a law enforcement officer for over twenty-one years currently holding the rank of Lieutenant for the Burlington County Prosecutor's Office. Lieutenant Wiltsey is currently the Forensics Commander and oversees the Crime Scene, High-Tech Crimes, and Evidence Management Units housed at the recently renovated state-of-the-art Forensic Services Center.

Lieutenant Wiltsey earned his B.A.s in Psychology and Criminal Justice from Monmouth University. He then earned an M.A. degree in Forensic Psychology from John Jay University and a PH.D. in Clinical Psychology with a Specialization in Forensic Psychology from Drexel University. He is also a practicing Licensed Psychologist with experience and interest in police related psychological issues. Lieutenant Wiltsey is also a faculty member of New Jersey City University, Professional Security Studies Department. In addition, he is also a member of the Burlington County Mental Health Board.

Lieutenant Wiltsey is the Burlington County Prosecutor's Office Mental Health Liaison with the Attorney General's Office/Division of Criminal Justice. As such, he was the law enforcement coordinator for the statewide mandated *Special Needs/De-Escalation* training in 2017. Lieutenant Wiltsey and BCPO colleagues developed a Mental Health Handbook for the Burlington County Prosecutor's Office, published in February 2019.

Lieutenant Wiltsey has been a part of the professional working group for the New Jersey Resiliency Program since the beginning of this initiative in 2016, and has contributed to the development of the training and the directive. He was among the first group of 24 Master Trainers that attended the first ever FBI/NA Comprehensive Officer Resilience Program train-the-trainer

# RESILIENT



course held in New Jersey in June 2018. Lieutenant Wiltsey has been one of the presenters of the overview of the Resiliency Program in Burlington County in March 2019 and at the Resiliency Summit in October 2019. Lieutenant Wiltsey is a Master Trainer for the New Jersey Resiliency Program and is a Resiliency Program Officer (RPO) for his agency.

**Dr. Kate Tumelty Felice**  
**Professor**  
**Rowan College of South Jersey**

Dr. Kate Tumelty Felice is an education and psychology professor and Coordinator of Education Programs at Rowan College of South Jersey. She began her career in law enforcement as a major crimes and narcotics detective with the Gloucester County Prosecutor's Office. She then transitioned into education with a proactive focus on kids' wellness. She trains in and incorporates trauma-informed mindfulness with nutrition, nature, and movement, for kids, veterans, and first responders to increase long-term resiliency. Dr. Felice has implemented holistic wellness programs in schools and organizations, and is the Project Director for the National WholeHealthED. She speaks nationally on innovative education, wellness and resiliency, and other aspects of learning and wellness. She recently attended and completed the New Jersey Master Resiliency Officer training course and is advising the New Jersey Office of Attorney General, Division of Criminal Justice with other academic subject matter experts in the field of resiliency. Dr. Felice is also on the development and production team on the "Resilient Lines on the Front Lines" program.