

Core Components:

Blue Courage:

The Heart and Mind of the Guardian

- 2-day (16 Hour) In-Service Training for Police Officers
- More than 20,000 Officers Trained Directly
- In 41 States

Blue Courage Academy

- 5-day (40 Hour) Instructor Certification Course for Officers
- Employs a Train - the - Trainer Model
- More than 1,400 Officers Certified
- In 39 Different States

Blue Courage:

Immersion State Process

- Designed to Concentrate Blue Courage at the State Level
- Eleven States were Immersed:
 - New York
 - New Hampshire
 - Vermont
 - Ohio
 - Michigan
 - Iowa
 - Nebraska
 - Kansas
 - Texas
 - Arizona
 - Washington
- Entire Police Departments were Immersed in Some States:
 - Syracuse Police Department
 - Buffalo Police Department
- Others became "Regional Training Hubs" with local "Master Trainers":
 - Washington
 - Ohio
 - Texas
 - Georgia

What is Blue Courage?

1. Represents a Philosophical Shift in Policing Towards Guardianship
2. Uses Concepts of Nobility and Purpose to Stimulate Officers and Counteract Feelings of Cynicism and Apathy
3. Introduces an Emphasis on Mental and Emotional Health in the Profession
4. Pushes Officers to be Lifelong Learners



Blue Courage Curriculum

Nine Modules:

1. Foundations
2. Culture
3. Nobility
4. Respect
5. Resilience and Hope
6. Positive Psychology
7. Practical Wisdom
8. Health and Wellness
9. The Immortal Cop

Anticipated Outcomes:

- Reduced Substance Abuse
- Reduced Stress
- Lower Divorce Rates
- Improved Job Satisfaction
- Reduced Burnout and Turnover
- Improved Community Relations
- Lower Rates of Officer Suicide
- Improved Personal Relationships
- Less Use of Force

CPSI Contact Information

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Whole Person Wellness

