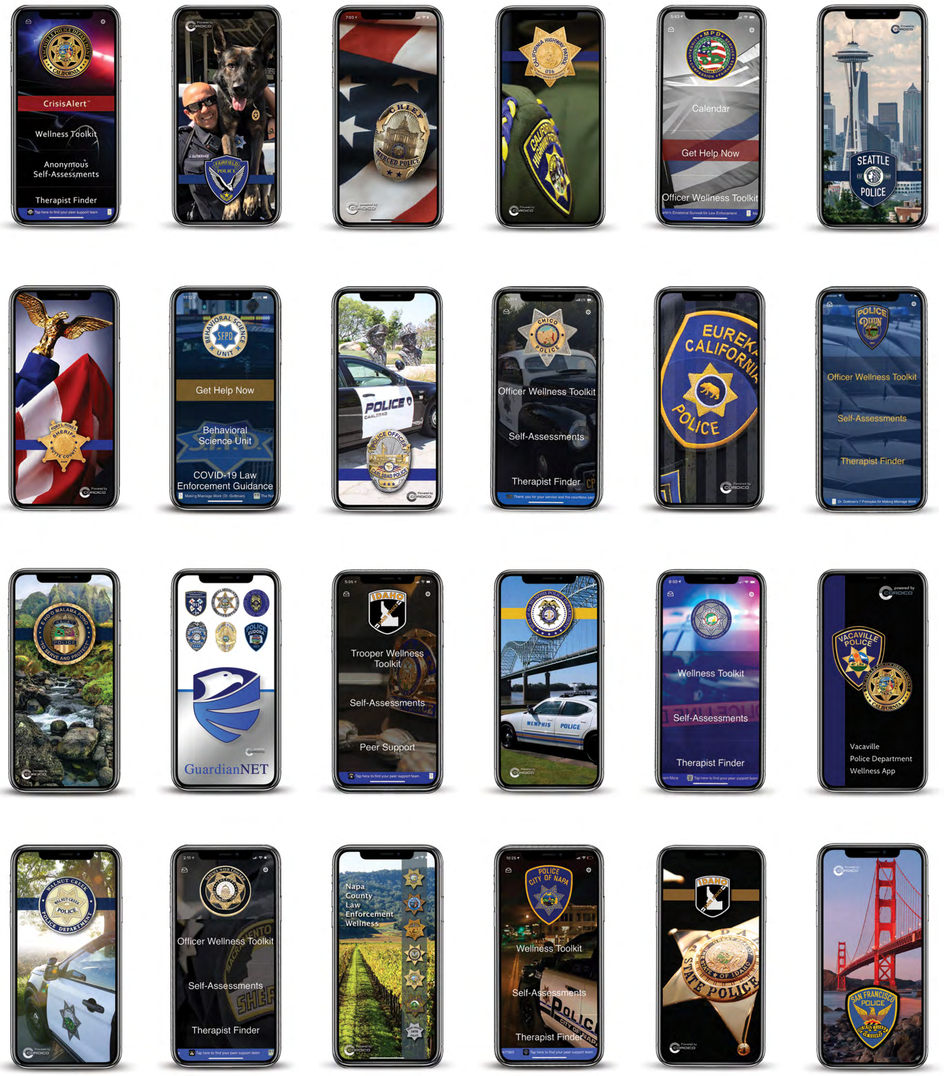
CORDICO®

The Leader in Law Enforcement Wellness Technology

"This is the best thing for our profession since the police car."

Officer Mike Miller ~ *Vacaville Police Department*



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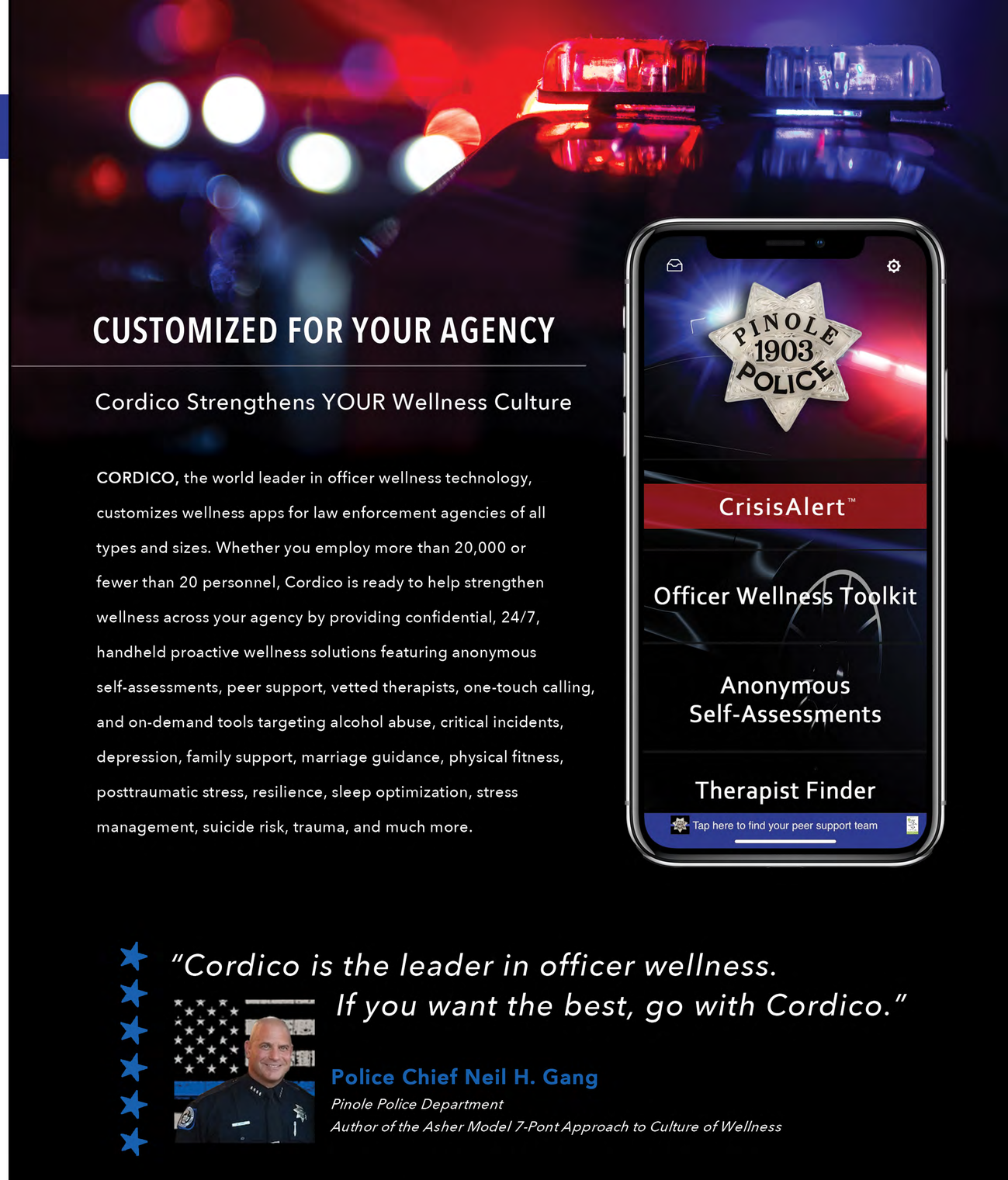


CUSTOMIZED FOR YOUR AGENCY

Cordico Strengthens YOUR Wellness Culture

CORDICO, the world leader in officer wellness technology, customizes wellness apps for law enforcement agencies of all types and sizes. Whether you employ more than 20,000 or fewer than 20 personnel, Cordico is ready to help strengthen wellness across your agency by providing confidential, 24/7, handheld proactive wellness solutions featuring anonymous self-assessments, peer support, vetted therapists, one-touch calling, and on-demand tools targeting alcohol abuse, critical incidents, depression, family support, marriage guidance, physical fitness, posttraumatic stress, resilience, sleep optimization, stress management, suicide risk, trauma, and much more.

"Cordico is the leader in officer wellness. If you want the best, go with Cordico."

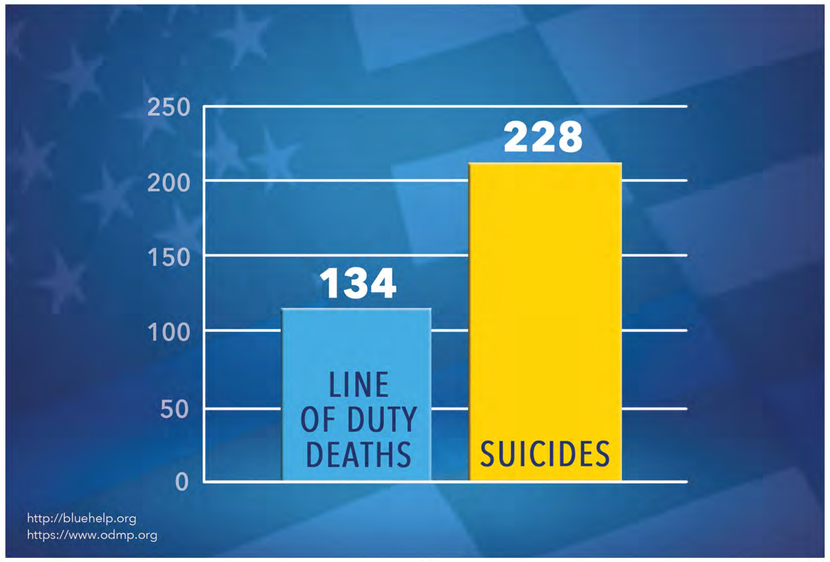
Police Chief Neil H. Gang

Pinole Police Department

Author of the Asher Model 7-Pont Approach to Culture of Wellness

LAW ENFORCEMENT

LOD Deaths vs. Suicides



Are you doing everything in your power to help protect the lives of those who serve and protect our communities?

Gordon Graham, the Founder of Lexipol, famously noted that preservation of life is the ultimate function of all public safety agencies. Law enforcement does a tremendous job preserving life externally, in the communities they serve, 24 hours per day, every day. Internal preservation of life is another matter entirely, and law enforcement agencies nationwide need help saving the lives of the law enforcement heroes who serve their communities.

Once again, in 2019, officer suicides outnumbered ALL COMBINED line-of-duty (LOD) deaths. It's important to understand that suicide is a singular cause of death, yet remains responsible for more officers losing their lives than ALL LOD deaths combined in total. Furthermore, it is widely acknowledged that officer suicide data remains underreported, so the full magnitude of this tragedy remains underestimated. This is what we know for certain: 1) Officers enter the profession with strong psychological health, 2) Officers nationwide serve their communities honorably and this takes a toll over time, and 3) We are all responsible for doing everything in our power to prevent officer suicides. We all must do more.

It's also important to note that if you can help prevent an officer suicide from happening you have almost certainly saved that individual's life for good. Research shows that 90% of people who survive a suicide attempt DO NOT go on to die from suicide – they lives out their lives fully. So if you help equip your officers with strong suicide prevention tools, you are taking enormous steps to help preserve the lives of your officers.

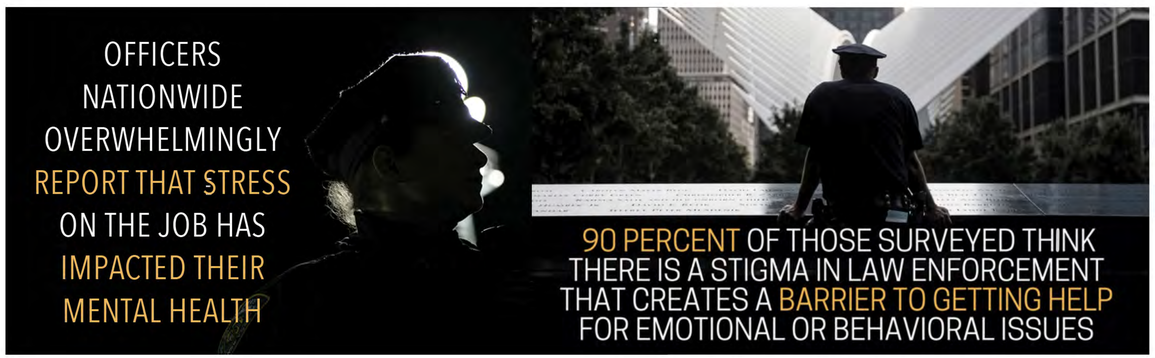
FOP Survey of 8,000 Officers

Do you expect law enforcement officers to consistently perform at their best across years of high-stress work without providing them with high-quality, on-demand support? Working as a law enforcement officer consistently ranks at the top of the most stressful jobs in the United States, along with active-duty military service. To complicate matters further, 90% of officers report that law enforcement culture creates a stigma that prevents officers from seeking emotional help. Furthermore, the profession requires officers to mask their emotions daily, so it can be very difficult to tell when an officer needs help. The solution? Place confidential access to high-quality tools and support resources directly into officer's hands, so it's easily available whenever needed. This is how we change the culture, make it okay to not be okay, and give officers the support tools they need and deserve.

★★★★★★

Sheriff Kenneth McGovern
Douglas County Sheriff's Office

"The Cordico App is a powerful tool that provides easy access to all of our officer wellness resources in one place confidentially 24/7."



https://www.nbcnewyork.com/news/local/i-team-nearly-1-in-5-cops-has-considered-suicide-amid-stigma-around-mental-health-issues/1817436/?akmobile=y&akdevice=androidphone&sslEnabled=true&amp

CONFIDENTIAL
ACCESSIBLE
PROACTIVE
QUALITY
EASY

5 Reasons Police Chiefs Want the CordicoShield Solution

24/7: Confidential Support for Your Department

Ease of Use: In-Hand, On-Demand, Push-of-Button

Best Quality: Most Comprehensive & Trusted Wellness Resources

Customized: CordicoShield Strengthens YOUR Wellness Culture

Innovative: Continuously Updated to Keep You Cutting-Edge

COST SAVINGS

How to Make the Case for a Strategic Investment in Officer Wellness

- **40% of job turnover is the result of stress.**
- **Depression is the largest single predictor of absenteeism and work-related performance.**
- **Preventing a single workers' comp stress claim can provide hundreds of thousands of dollars in cost savings.**

  Conversations with multiple risk management professionals responsible for workers' comp stress claim payments

- **$52 billion: Approximate amount of money employers pay per year for direct workers' compensation costs.**
- **One public safety employee resigning can cost in excess of $125,000.**

  Conversations with multiple municipalities.

https://www.uml.edu/research/cph-new/worker/stress-at-work/financial-costs.aspx
https://www.uml.edu/research/cph-new/worker/stress-at-work/financial-costs.aspx
Occupational Safety and Health Administration, United States Department of Labor
https://www.osha.gov/dcsp/products/topics/businesscase/costs.html

THE #1 LAW ENFORCEMENT WELLNESS SOLUTION

Customized at All Levels to Strengthen YOUR Wellness Culture

24 HOUR CRISIS ALERT FEATURE

Cordico CrisisAlert™ Technology allows officers to activate a multitude of peer support resources simultaneously utilizing a coded phone number during a time of personal crisis.

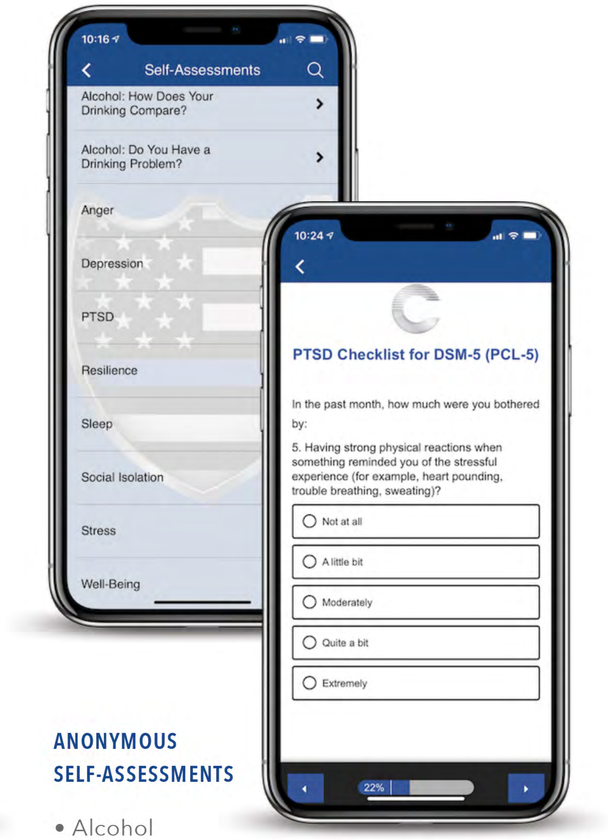
"I'm very impressed with what Cordico is doing to support our first responders. Take a look at what Cordico is offering for law enforcement, firefighters, EMS, and dispatchers. I think you too will be impressed."

Gordon Graham *Lexipol Founder, Risk Manager/Lawyer*

CORDICOSHIELD WELLNESS FEATURES

WELLNESS TOOLKIT

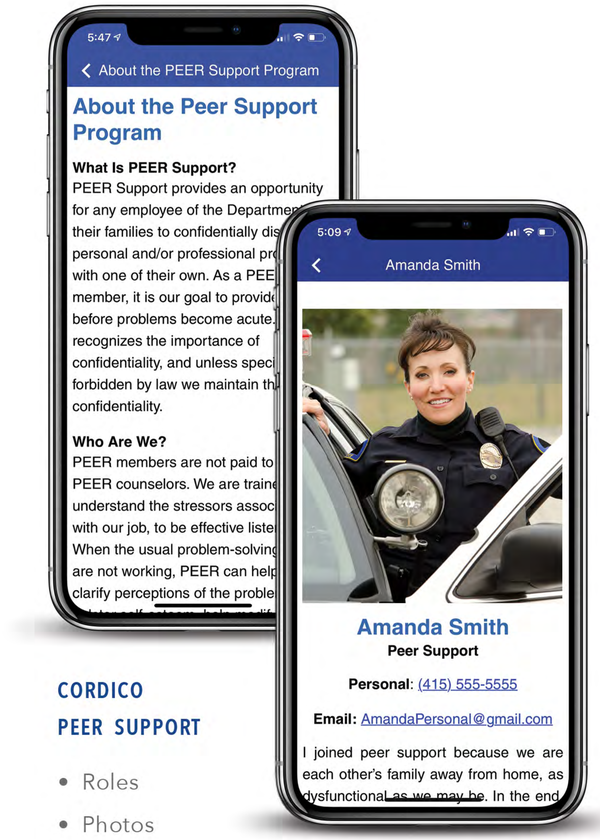
- Critical Incidents
- Depression
- Family Support
- Financial Fitness
- Emotional Survival (Dr. Gilmartin)
- Marriage Guidance and Support
- Mindfulness
- Officer Wellness
- Peer Support
- Posttraumatic Stress
- Sleep Optimization
- Suicide Prevention
- Includes More Than 40 Officer Wellness Modules



ANONYMOUS SELF-ASSESSMENTS

- Alcohol
- Anger
- Compassion Fatigue
- Depression
- PTSD
- Resilience
- Sleep
- Social Isolation
- Stress
- Well-Being
- And More

Now you can place peer support team resources directly into the hands of your people. With CordicoShield, your personnel can access peer support with the click of a button, and that can make the difference between life and death.



CORDICO PEER SUPPORT

- Roles
- Photos
- Profiles
- Contact Info
- Ease of Access
- In-Hand Support
- One-Touch Calling
- Availability Information
- Multiple Teams (Optional)
- Peer Support Team Sharing (Optional)

Every peer support team member gets their own profile with their photo, contact info, and bio. If you don't have a peer support team, no problem, this feature can easily be activated in the future and we're here to help.

Dr. Kimberly A. Miller

President, National Sheriffs' Association, Psychological Services Committee

"Dr. David Black and Cordico are at the forefront of officer wellness and are setting the standard. Their on demand, in your hand, 24/7 app that has tools, resources, assessments and competent providers that can all be accessed anonymously from wherever you are is improving wellness, reducing stress and isolation and saving lives. If you do one thing for your agency this year, get this app, it will show that employee wellness is a priority, you truly care and want to make the best tools and resources accessible 24/7."

CORDICOSHIELD FEATURES

CORDICO THERAPIST FINDER

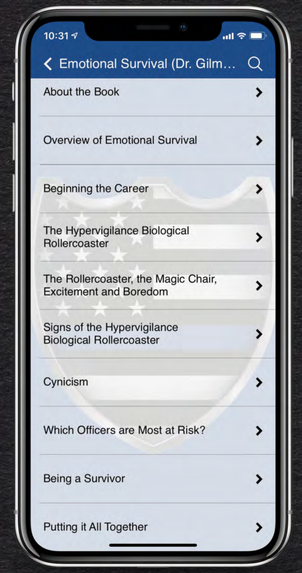
Providing confidential access to culturally competent law enforcement therapists is a vital and common-sense strategy to help strengthen officer wellness, resilience, morale,and long-term retention. The CordicoShield Therapist Finder highlights vetted clinician specializations, provides one-touch calling and map directions, and even enables optional teletherapy via HIPAA-encrypted video, an important consideration for officers in remote locations and also for departments that lack sufficient access to local police therapists.

CORDICO CHAPLAIN SUPPORT

Who would you most want to contact in your moment of distress? For many officers, the answer is their law enforcement chaplain, and Cordico Wellness Apps make it easy to do just that.

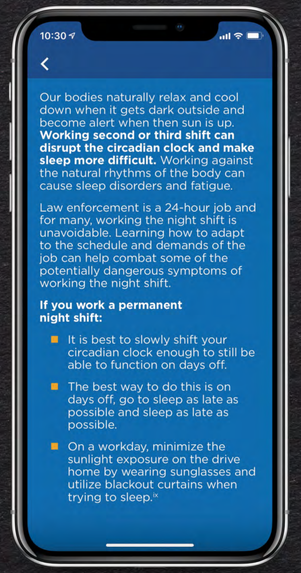
"The GuardianNET phone app enables our first responders to access a Chaplain 24/7. The app takes away the guesswork of identifying and contacting the "On-Call" Chaplain. No more delays identifying "who is available or what's their number." First responders, on duty or off, can now contact our Chaplains directly for assistance. Yet another benefit of having the GuardianNET phone app always within arm's reach."

PAUL TAYLOR,
1st Responder Assistance Coordinator
Douglas County Sheriff's Office



Dr. Gilmartin's Emotional Survival

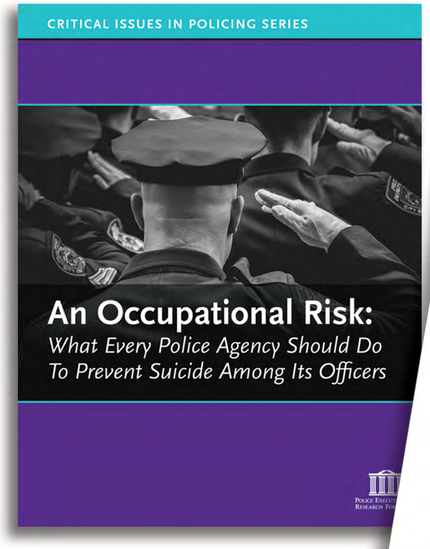
Critical Incident Support



Night Shift Sleep Optimization

- 24/7/365 Proactive Officer Wellness Solution
- In-Hand, On-Demand Access to Wellness Tools
- Agency-Branded and Customized App
- Anonymous Access + Confidential Utilization
- Private App Access
- Apple iOS + Android Compatible
- App Admin Portal Access
- Alcohol Abuse
- Anger Management
- Behavioral Health Tools
- Brain Health and Cognitive Strength
- Critical Incidents
- Chaplain Support
- Compassion Fatigue
- Depression
- Emotional Health
- Emotional Survival (Dr. Gilmartin) Overview
- Family Support
- Financial Fitness for Law Enforcement
- Goal-Setting and Achievement
- Healthy Habits
- Injury Prevention
- Local Resources
- Making Marriage Work
- Mental Toughness
- Mindfulness for Law Enforcement
- Mobile One-Touch Calling
- New Hire: Keys to Wellness
- Nutrition for Law Enforcement
- Parenting Tips for Law Enforcement
- Peak Performance
- Peer Support
- Physical Fitness for Law Enforcement
- Posttraumatic Stress
- Psychological First Aid
- Relationship Success
- Resilience Development
- Retirement: Getting Prepared
- Self-Care Checklists
- Sleep Optimization
- Stress Management
- Stress Response
- Suicide Prevention
- Supporting Children Who Fear for Your Safety
- Teletherapy Portal w/HIPAA Encryption (Optional)
- Therapist Finder + Geo-Mapping (Optional)
- Trauma
- Wellness Push Notifications (Optional)
- Wellness Self-Assessment Tools
- Wellness + Technology Updates
- Wellness Videos
- Work-Life Balance

CORDICO IN THE NEWS



Featured in the October 2019 Police Executive Research Forum (PERF) report An Occupational Risk: What Every Police Agency Should Do to Prevent Suicide Among Its Officers.

Cordico Shield Mobile Wellness App and Crisis Text Line

spit-shine polish on his shoes, smiling from ear to ear.

So that's the type of situation that can be uncovered when officers are able to use an anonymous service to explore options for assistance.

Cordico Shield mobile wellness app

In addition to online tools, mobile apps are another way to improve access to mental health support and resources. Cordico, a company that specializes in wellness technology products, offers wellness apps for law enforcement officers, firefighters, and other first responders.

The law enforcement app, called Cordico Shield,[70] gives officers access to a wide range of wellness programs and services on their phone or other mobile device. 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.

At the PERF conference, Pinole, CA Chief of Police Neil Gang explained why he recently decided to provide the Cordico Shield app to all of his officers:

We're a small agency in the San Francisco Bay area, and we think we found something that's going to be a crucial part of the puzzle for us in creating a culture of wellness. We issue cell phones to all our employees, and we're putting this officer wellness app on each phone. It is confidential and anonymous. It's all about proactive prevention, and this provides on-demand access, 24/7/365, to powerful stress management and resilience tools in the hands of all of our employees. It drives early awareness and solutions to stress-related problems and hopefully will change outcomes.

The app also provides a way for officers to "vet" therapists, and to get rapid, confidential and easy access to support services and resources; from rookie to retirement, all in one place under one platform.

And the last part, which we think is crucial, is that it provides a HIPAA-encrypted teletherapy. Participating therapists have to provide their cell phone number, so officers are not calling a third party, they're calling the therapist directly. We feel that this will eliminate some of the obstacles to people reaching out to get help.

We are also bringing officers' family members in and including them in the orientation process, and providing resources as well as access to this app to spouses and significant others.

Crisis Text Line

The Crisis Text Line was developed in 2013 as a free, 24/7 resource for persons in crisis to seek help via text messages to trained counselors.[71] Individuals can text 741741 from anywhere in the United States

70. Cordico Shield. https://www.cordico.com/shield/
71. https://www.crisistextline.org/

★★★★★★

"The wellness app is a resource that works day or night for public safety professionals. The amount of information contained in the app helps our Peer Support members deliver a higher level of service to our department members."

Sgt. Brian Schopf
Peer Support Team Leader

★★★★★★

TECHNOLOGY Exposition

Stay up to date on new products and advances in technology to ensure your officers are equipped with the tools they need.

AGENCY-CUSTOMIZED OFFICER WELLNESS MOBILE APPS

www.cordico.com/police

Cordico Wellness Apps are confidential, available 24/7, easy to use, and customized for law enforcement agencies of every size. The apps provide law enforcement with powerful wellness resources, self-assessments, peer support, instructional videos, geo-mapping of vetted providers, one-touch calling, and on-demand tools targeting critical incidents, depression, insomnia, marital problems, trauma, suicide risk, and much more. "This is a great win," said Police Chief John Carli. "It combines the best national wellness resources with the best local resources and peer support, and puts these tools directly in the hands of officers. This is a game-changer and there's nothing else like it."

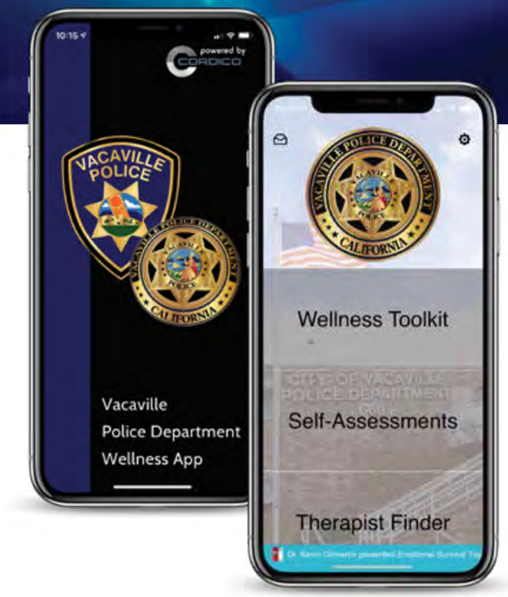
Cordico, the worldwide leader in officer wellness technology, builds customized mobile apps for law enforcemer
types and sizes. Focused on delivering the highest quality solutions for law enforcement, Cordico provides inno
programs, resilience strengthening tools, mindfulness training, pre-employment psychological screening, office
support, and leadership acceleration platforms for departments seeking to tackle 21st century law enforcemo
on. Known for his passionate support of law enforcement, Dr. David Black, Founder/CEO of Cordico, has prov
IACP, the National Police Foundation, the National Sheriffs' Association, and Fortune 500 companies includin
Honeywell, and Starbucks.

www.cordico.com/police

Featured in the May 2019 Officer Wellness and Resiliency issue of IACP Police Chief Magazine.

"I was looking for a way to inform our officers about the numerous resources that are available to support their emotional health and well-being. I also wanted to provide them with a roadmap to those resources. The Cordico wellness app is a confidential tool that hosts all of their wellness resources in one location which allows our officers to have 24/7 access in the palm of their hands.

Lynnette Hall-Lewis, Esq. CWPC
City of Memphis Health Engagement Manager



OFFICER WELLNESS IN THE *New Era of Policing*

By John Carli, Chief of Police, Vacaville, California

As a police chief, I am troubled by the pressures our officers are experiencing. How can we ensure the safety of each of our employees, both physically and mentally? As leaders, we focus on training so they are prepared to confront the threats faced. Yet, there is another risk lingering each day, the uncertainty that police officers are psychologically prepared to endure each crisis, able to emotionally survive.

For many years we have heard the national rhetoric that the police are the problem. Our profession was in shock as we watched the attack unfold against the Dallas police officers in 2016. I vividly recall what I was doing in the moment as many of you probably did as well. Having been at the White House with other law enforcement leaders discussing the President's Task Force Report on 21st Century Policing, I was traveling home and watching the in-flight television, absorbed with feelings and gripped with emotion. I was experiencing these same emotions again recently, the night Officer Natalie Corona was ambushed and murdered in Davis, California, on January 10, 2019.

Our society is facing a crisis, one that depends on logical solutions versus emotional reactions. The death of Natalie Corona drew significant attention, but the impact it may have on our profession in the future is far from over. Several of my officers heeded the mutual-aid call that night in January. An exhaustive search for many hours led an army of officers through the streets of Davis, an unsettling war-like atmosphere that is hard to describe to those who have never served in our profession. The suspect, in an act of cowardice, placed a gun to his own head in the presence of officers, and then went inside a house. A single gunshot, which was a self-inflicted suicidal death sentence, and another traumatic scar, would soon rain down on those seeking to end the clash.

A few nights later officers in my department descended on a violent scene where a man tried to kill his own family, stabbing two of them, setting the house on fire and trapping the children inside. The manhunt lasted for hours and included several allied agencies. I could feel the stress, just like the night of Officer Corona's death. "Shots fired" was broadcast over the radio. I knew how much danger our officers were in as they searched for this predator. The use of deadly force against this attacker ended the stressful search and triggered the officer-involved fatal-incident investigation protocol. Our city awoke never truly knowing the danger befallen on a seemingly peaceful town. However, some of our officers and dispatchers experienced a breaking point.

I drove to the crime scene and talked with officers, checking to see if they were okay. Some were reeling with emotions. One officer had also been involved in the recent

manhunt for Natalie Corona's killer in Davis. Struggling and needing help, he reached out to a licensed counselor with a click of a button using our department "Wellness App" on his iPhone. The next words out of his mouth got my attention, "I don't know how much you paid for the "App" but it is worth every penny!" His revelation confirmed that our wellness culture and App were beneficial.

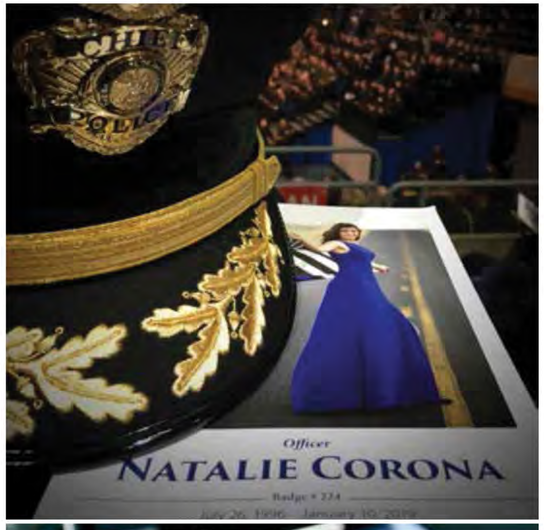
The Vacaville Police Department Wellness App was a solution born a year prior during a meeting I had with Dr. David Black, President and Founder of Cordico, a passionate and well-recognized psychologist and mental health expert who has focused his efforts to improve officer wellness in our profession. I shared my idea, an expectation and a call to action. I wanted to develop an App, include best-in-class tools, resources, and information to promote officer wellness and resilience, as well as make licensed clinicians just a few clicks away, in a fully anonymous environment, and put it in the hands of every officer in my department. A few months later the App was released, and my department embraced it! I quickly realized this mobile wellness app for law enforcement should be put in the hands of every first responder serving in communities across the nation. Now this powerful proactive officer wellness movement is underway.

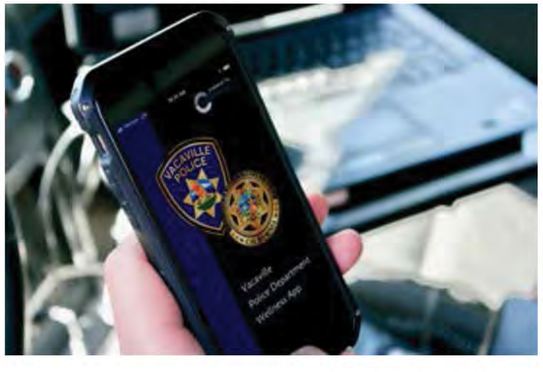
The Cordico Law Enforcement Wellness App provides officers with instant access to a powerful on-demand wellness toolkit and best-in-class resources. One key feature of the Cordico App is that it is entirely confidential, allowing officers to receive trusted information and immediate clinical services without fear of negative repercussion, a significant barrier to officers receiving necessary help.

The wellness toolkit is interactive and practical, incorporating the best tools and resources available to help officers emotionally survive their careers. Instant self-assessment tests are one of the most engaging features of the Cordico Law Enforcement Wellness App. Officers are able to complete a variety of self-scoring tests within less than five minutes in the App, and are then provided immediate feedback and guidance based upon their results.

The vision has been to make the best quality tools and resources instantly accessible to officers in crisis. Thus the interface is designed to be intuitive and simple to navigate, while providing access to trusted content that has been selected and reviewed by law enforcement professionals, researchers, and police psychologists. (You can learn more about the Cordico Law Enforcement Wellness App here: **https://www.cordico.com/police/**)

As leaders within our profession, we need to advocate for healthy organizations. The question before you now is whether you are promoting a culture of wellness? It is a call to action, not just a program. We all took an oath to lead our departments. More importantly, are we caring for those that put their lives on the line every day? My hope is that you, we, promote officer wellness. As leaders we need to lead the way and care for those that are in harms way. ■





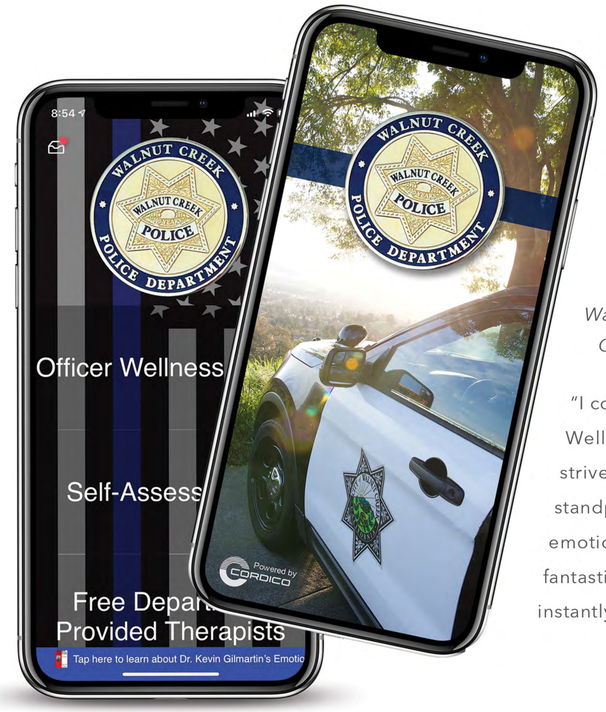
CORDICO MARKETING SUPPORT

Customized CordicoShield posters allow your personnel to install the app on their phones quickly and easily, while showcasing your agency as a leader in officer wellness.

"The Cordico team was easy to work with. They provided exceptional customer service and went out of their way to make the development process smooth and fast. The finished product far exceeded my expectations and those of my command staff. We couldn't be more pleased. I whole-heartedly endorse the Cordico wellness app as a critical source for emergency responders to be able to deal with the stresses of their demanding jobs. We need our emergency responders to be at their peak performance levels, and the Cordico wellness app gives them the tools and resources to do just that."

Captain Eric Dayley, MA
District Commander
Idaho State Police District Five

★★★★★★



★★★★★★

Police Chief Thomas Chaplin
Walnut Creek Police Department
Commissioner, California POST

"I could not be more pleased with the CordicoShield Wellness App. It is imperative that public safety leaders strive to protect officers, not just from a physical safety standpoint, but with a renewed focus on mental and emotional wellness. We have to do better. This is a fantastic step forward and will serve to connect officers instantly to the tools and resources they need."

"When you deploy this unique solution to all of your personnel and their significant others, think of the message that sends. It's very powerful. Consider what it means when we give this tool to our new hires, when we show it to them during the recruiting process, it's making a difference. This is ultimately about changing the culture, and the app is a major part of that process. This is a game-changer and there's nothing else like it."

Police Chief John Carli
Vacaville Police Department
Law Enforcement Wellness Leader

★★★★★★

"This is the best officer wellness solution in existence. Nothing else comes close."

~ Chief John Carli

CORDICO®

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