



**Winning the Battle** is a nationally recognized training seminar designed to help police officers, military personnel, their spouses, friends and family, to deal with issues that result from their chosen professions. Clarke and Tracie Paris place their hearts on their sleeves as they share research, studies, and their experiences, both personal and professional, which are the result of more than five decades in the EMS/First Responder/Police/Military world.

Another powerful and dynamic element of 'Winning the Battle' is the option for an evening presentation of 'Spousal and Family Involvement'. Attendees in this portion of the seminar will learn why their officers behave the way they do as well as the importance of family communication and support.

Rather than overload officers, civilians, and military personnel with unnecessary information, the presenters apply their personal touch and cultivate credibility with the attendees which allows them to trust both Clarke and Tracie as well as relate to their experiences.

Upon conclusion of the seminar, personnel will be able to recognize signs of PTSD/Cumulative Stress, and Depression, not only within themselves but in peers, supervisors and subordinates. They will learn of several resources and different types of psychological help available as well as why those resources are utilized and how they are effective. Officers will know that should they be struggling, they are not alone, and that the help already in place does work.

More police officers and military personnel commit suicide than are killed by assailants each year, not because the help does not work or is not available, but because:

- **They believe the help does not work**
- **They are afraid of appearing weak**
- **Lack of trust**
- **They don't know where to get help**

Some of the most common statements made after a presentation of *Winning the Battle* are "This training should be mandatory", "I felt like you were telling my story", "You changed my life", and "I wish I would have brought my spouse".

It is not the Critical Incidents such as Officer Involved Shootings and Vehicle Pursuits that are driving a wedge between police agencies and their communities but the lesser incidents which have been overlooked as such since the inception of police work; Incidents that ruin the reputations and trust of police departments and the lives of their employees. This unique seminar addresses issues that have a direct impact on Officer Involved Domestic Violence (Failed Relationships), Use of Force, IAB Complaints, Insubordination, Substance Abuse/Alcoholism, Work Performance/Abuse of Sick Leave, Personal Health, and even Suicide.

This one day seminar does many things including repairing/maintaining public relations between agencies and their communities (result of mentally healthy personnel). Most importantly... it saves lives!