Principles for Emotional Intelligence

“The capacity to be aware of, control, and express one’s emotions, and to handle interpersonal relationships judiciously and empathetically.”

ADAPTABLE
To be adaptable is to be able to adjust to a new condition and embrace change. An adaptable person has the ability to think in terms of open-ended targets and change plans to suit unexpected circumstances. Too often we get carried away with the process (the how) and forget about the purpose (the why). If you focus on and agree about the why, it’s easier to be adaptable to the how.

LOGICAL
A logical person is able to be objective and apply reason to their actions and decisions. They weigh their options before choosing the one that is most reasonable. Be observant and pay attention to details to improve what you see vs what you feel.

I hope that everyone is having a great start to 2019 and still holding fast to your New Year’s resolutions. I have been very proud of the amazing work that many of you are doing, both within the PD and for our UT community. The community outreach programs and initiatives we are involved in, like R.A.D., Coffee with Cops, Family Day, the Sexual Assault Awareness Month activities, and the upcoming picnic (see pg 3), remind our community of who we are and what we do. Not a week has passed that someone has not complimented one of our employees for their great work. Our efforts have not gone unnoticed by our community and I thank you all for your role in supporting the mission of the UT Health San Antonio Police Department.

Chief Parks

Employee Spotlight!

UTPD would like to congratulate Lt. Marcus Williams, who was selected as the featured UTSP Officer of the Month March 2019. He’s kind of a big deal. Read all about his professional background here! Thank you, Lt. Williams, for your service and commitment to law enforcement!

UTPD would also like to congratulate the best team around, Lt. Robert Patterson, Ahmed, June, and Scott. The School of Nursing recognized them for their “extraordinary efforts in getting the school ready for the 50th Anniversary Event.” As Dean Breslin stated, “you live the HSC mission. You makes lives better.” We appreciate you!
FITNESS CORNER

If you’re looking to get fit or fitter and you enjoy running, here are some suggestions.

River City Half Marathon
Sunday, April 7 7:30am
Leon Creek Greenway
3215 Northwestern
San Antonio, TX 78238

Foam Glow
Saturday, April 20 6pm
Travis County Expo
7311 Decker Ln
Austin, TX 78742

The Color Run Austin
Saturday, April 27 8am
Travis County Expo
7311 Decker Ln
Austin, TX 78742

Five tips to maximize sleep for a well-rested and ready force.

Limit screen time
Keep electronics away from the bedroom. The blue light can make it harder to fall or stay asleep.

Keep a sleep schedule
Set a routine – aim to wake up at the same time each day to help improve your sleep quality.

Watch what you consume before bed
Some foods can keep you awake. Give your body at least 3 hours to digest.

Nap strategically
Late morning/early afternoon naps can help make up for reduced nighttime sleep. Naps can help increase alertness and improve mood.

Create a soothing sleep space
Cool, dark, and clean are key. Get rid of anything that might keep you awake.

UTPD IN THE COMMUNITY

Officer Castilleja, Officer Lobisser, and Lt. Williams teach a group of UT Health students and staff important self-defense techniques during a R.A.D. class.

Our best cooks participated in SAPDs inaugural chili cook-off as part of a fund raising effort for National Night Out. Check out their spot on KSAT!

UTPD shared a cup of coffee with hundreds of faculty, staff, and students. Thanks to everyone who participated in this successful community outreach project!
Officers join in the inaugural Family Fun Day, featuring depts from across the campus.
Below: Inspector Pettit swears in our youngest recruit.

Right: Chief Parks presents Dr. Tanaka with a plaque in appreciation of her years of assisting the PD with CPR/AED training.

Picnic with the PD
Date 4/17/19
11am to 1pm
Outside PD front entrance
Contact Inspector Pettit for more information.

TRAINING NEWS
This quarter’s mandatory training will be assigned online through Police One Academy. On the 1st of each month, you will receive notification and will be responsible for logging in and completing the course assignment. Trainings with “RC” next to them will be completed during a roll call. Please only use your department Police One account.

Email Ryan O’Connor at oconnorr@uthscsa.edu, if you do not remember your login details.

April
Pursuit Driving
Report Writing (RC)

May
Ethics in Law Enforcement Leadership Skills

June
Cultural Awareness & Diversity
Dynamic Resistance (RC)

If you have ideas for the newsletter, send them to Maritza!
ramirezrn19@uthscsa.edu

TRAINING AND EVENTS

Officers join in the inaugural Family Fun Day, featuring depts from across the campus.
Below: Inspector Pettit swears in our youngest recruit.

Right: Chief Parks presents Dr. Tanaka with a plaque in appreciation of her years of assisting the PD with CPR/AED training.

QUARTER 2 IN-SERVICE TRAINING

Attendees: Jaime Saenz, Hector Castillo, Evelyn Castilleja, Alicia Dockens, David Martin, Jason Paladie, Justino Monarez, Divine Peoples, Marcus Williams, Carlos Longoria

<table>
<thead>
<tr>
<th>Q2 Date</th>
<th>Q2 Schedule</th>
<th>Q2 Instructor</th>
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<tbody>
<tr>
<td>Tuesday May 14th</td>
<td>Crowd Control (Laredo Extension) – 8am-Noon</td>
<td>Lane</td>
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<tr>
<td>Tuesday May 14th</td>
<td>Taser (Laredo Extension) - 1pm-5pm</td>
<td>Saenz</td>
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<tr>
<td>Monday June 3rd</td>
<td>Taser - 8am-Noon</td>
<td>Saenz</td>
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<tr>
<td>Monday June 3rd</td>
<td>O.C.- 1pm-3pm</td>
<td>Saenz</td>
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<tr>
<td>Monday June 3rd</td>
<td>Flashlight Drill - 2pm-3pm</td>
<td>Riojas</td>
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<tr>
<td>Monday June 3rd</td>
<td>Ballistic Shield Drill - 3pm-4pm</td>
<td>Chavarria</td>
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<tr>
<td>Tuesday June 4th</td>
<td>Active Shooter Response - 8am-Noon</td>
<td>Gutierrez</td>
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<tr>
<td>Tuesday June 4th</td>
<td>Crowd Control 1pm - 5pm</td>
<td>Lane</td>
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<tr>
<td>Wednesday June 5th</td>
<td>Blue Courage 8am - 5pm</td>
<td>Martin</td>
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<tr>
<td>Thursday June 6th</td>
<td>Blue Courage 8am - 5pm</td>
<td>Martin</td>
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