

Principles for Emotional Intelligence

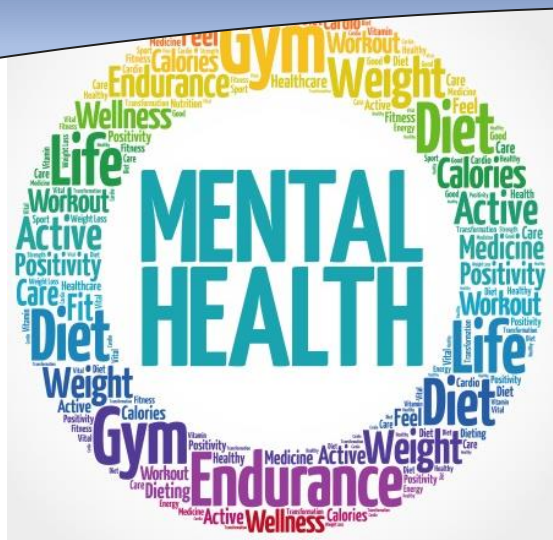
“The capacity to be aware of, control, and express one’s emotions, and to handle interpersonal relationships judiciously and empathetically.”

PURPOSEFUL

To be purposeful is to have or show determination or resolve. A purposeful person sets ambitious goals and works diligently towards them. They focus on outcomes and are discipline-driven. If you have difficulty achieving your goals, start by setting SMART goals (specific, measurable, achievable, relevant, and timely).

FLEXIBLE

A flexible person is ready and able to change so as to adapt to different circumstances. Flexible people tend not to get ruffled when things change or when priorities shift. If you find you’re not as flexible, work towards learning to embrace change. Be willing to explore different approaches and different opinions.



this issue

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A Message from Chief Parks

Policing and public safety are demanding, stressful careers physically, emotionally, and mentally. Officers endure long hours and shift work, regular interaction with hostile people or people in crisis, and trauma can occur at any time. These work stressors, combined with the everyday burdens of personal life, can lead to burnout or more serious issues. Despite all the stressors, mental health is an often overlooked component of safety and wellness. Failure to address the mental health and wellness of public safety officers can ultimately undermine community support for law enforcement and result in officers being less safe on the job.

In collaboration with mental health practitioners, the UTPD will be working towards mental health and resiliency initiatives throughout the year to help combat the stigma of mental health issues and ensure our officers have access to resources and training to protect their own health and safety. More info will be forthcoming, but if you have questions or suggestions, please pass them along.

Chief Parks

Shout Outs!

- PSO Allen – assisted an elderly lady who had fallen down and applied first aid measures.
- PSO Hayden – awareness and quick reporting helped PO locate individual walking into traffic.
- The RAD Team - excellent classes. “The officer instructors were amazing.”
- Ahmed - was “an amazing associate” who helped a department save some money on a tech issue.
- Ofc Castillo - an interaction where he was “a shining example of law enforcement.”
- Ofc Johnston - a traffic stop during which he “very polite and understanding.”
- Ofc Martin - without his “diligence and compassion, we would have never found the way into the hospital.”
- Ofc Reyna - being “kind and professional” during a traffic stop.

Excellence is the gradual result of always striving to do better.

— Pat Riley —

FITNESS CORNER

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

[Wobble N Gobble 5K Fun Run](#)

Saturday, Nov 23 8am
Wagner High School
3000 N Foster Rd
San Antonio, TX 78244

[Comal Cops for Kids Turkey Trot](#)

Thursday, Nov 28 8:30am
Gruene Hall
1281 Gruene Rd
New Braunfels, TX 78130

[Reindeer Run](#)

Saturday, Dec 7 8am
North Central Baptist Hospital
520 Madison Oak Drive
San Antonio, TX 78258

[SJRC Jingle Bell Run](#)

Saturday, Dec 14 8am
Gruene Hall
1281 Gruene Rd
New Braunfels, TX 78130



SECC Update

Thank you everyone!

During the 2019 SECC Campaign, the PD raised \$4,260. This was \$42 above our goal, so a big thank you for making this year's campaign a success.

The PD donated \$1,052 to the 100 Club of San Antonio, which provides for the families of fallen officers, firefighters, and first responders. The PD and the 100 Club appreciate your thoughtful contributions and continued support of the SECC.

SPOTLIGHT – PUBLIC SAFETY OFFICERS



Thank you to all of our PSOs for all their hard work each and every day!

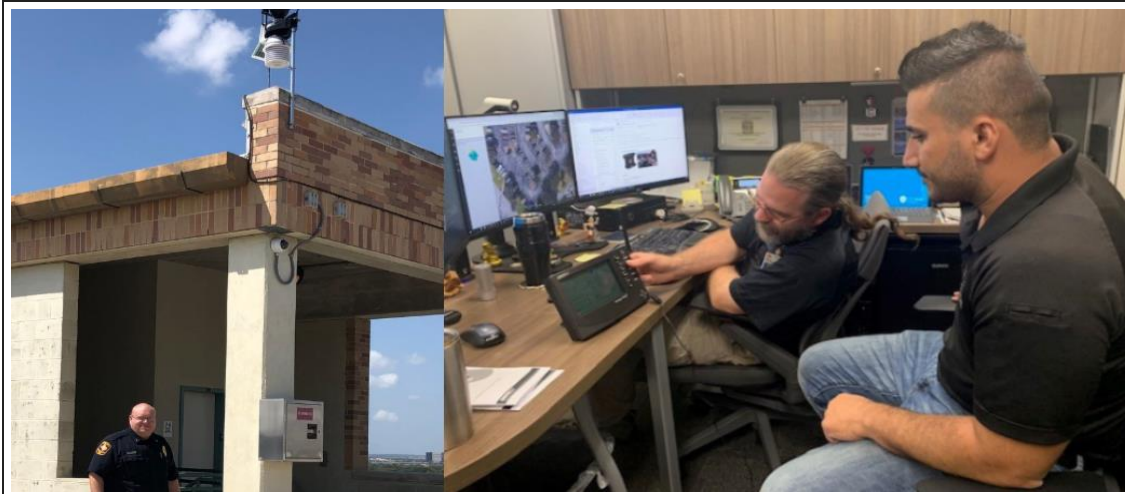
UTPD IN THE COMMUNITY



Above: Tony and Ryan work their recruiting magic at the Red, White, and You Job Fair on 11/7.

CALEA UPDATE

National accreditation provides evidence of an agency's commitment to excellence in leadership, resource management, and service delivery. In an effort to create an innovative, community-policing focused department and to conform to the highest professional standards for campus law enforcement, UTPD is working towards CALEA accreditation. With CALEA accreditation, the Health Science Center will become one of four dual accredited institutions in the UT System. Our Accreditation Manager, Officer Evelyn Castilleja, has been diligently working towards the department's CALEA accreditation since taking over the role last year. UTPD is currently in the second of five stages of accreditation, self-assessment. A mock assessment was conducted in October as a way to identify any possible issues and prepare for the official assessment, which will take place by August 2020. If you have questions about the accreditation process, contact Officer Castilleja.



Top Left: Lt. Boatright poses with the [weather station](#), which he is genuinely super excited about. On your phone, download the [Weatherlink from Davis Instruments app](#). Install the app, create a username, choose "+" to add a station, search for UT Health, choose the red/black dot over our campus, and save the location to favorites. **Photo credit to Sgt. Cano!** Top Right: Scott and Ahmed test the weather station. Thanks to Lt. Patterson and his team for their work on this.



Officer Monarez meets with 6 yr old Theresa Ann during her Love with Lemons Tour on 7/17.



If you have ideas for the newsletter, send them to Maritza!
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