



Operation Shattered Stars Peer Support Team (OSSPS)

Mission Statement

To serve the Law Enforcement family by providing trained peer supporters who can give confidential, appropriate, and supportive assistance.

Vision Statement

Operation Shattered Stars Peer Support Team seeks to participate in the contemporary movement toward holistic wellness in the Law Enforcement community by allowing peer support teams to become an integral part of the organization.

Value Statement

Operation Shattered Stars Peer Support values the concept of brotherhood and sisterhood in which Police Officers support one another. This includes understanding that we have a duty to all Police Officers equally, and that we are all deserving of genuine support by our peers in a time of need, no matter the need.

Definition

Peer support is defined as a service by an individual or group of trained Police Officers who respond to Police Officers in need ~ whether that need be a **personal** or **professional** concern.

POLICE OFFICERS ~ HELPING ~ POLICE OFFICERS

Operation Shattered Stars, Inc.
Operation Shattered Stars Peer Support

www.operationshatteredstars.org

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Operation Shattered Stars Peer Support Team (OSSPS)

Police Officers helping Police Officers

What we do?

OSSPS serves the Law Enforcement family by providing trained peer supporters who can give confidential, appropriate, and supportive assistance.

Why we do it?

Operation Shattered Stars Peer Support Team seeks to participate in the contemporary movement toward holistic wellness in the Law Enforcement community by allowing peer support teams to become an integral part of the organization.

- Making it SAFE!
- Making it MATTER!
- Police Officers Helping Each Other
- Being Available
- Learning to allow yourself and other peers to be human
- Sharing the message
- Beacon of HOPE

Some of what we train?

- How does one be truly engaged and present being a Peer Supporter
- What is Peer Support and the OSSPS definition
- What is the difference between listening and hearing, why this is so important
- What to do when giving support
- What not to do when giving support
- Where to meet and why
- Confidentiality, when you can and cannot keep conversation confidential
- High Risk protocol, when to refer to professional clinical consultant
- How to "show up" emotionally and physically with inviting conversation
- How to listen, relate, validate
- Provide comfort, encouragement, instruction, correction, and advisement

We welcome an opportunity to discuss this training further with you. Please visit our website at www.operationsshatteredstars.org for further contact information and/or registration.

Sincerely,

The OSSPS Team