

The American Institute of Stress

COMBAT STRESS

Harnessing Post-Traumatic Stress for Service Members, Veterans, and First Responders

Volume 11 Number 1

Spring 2022



Celebrating the Life,
Times and Extraordinary
Accomplishments of Dayton
Police Chief Richard Biehl



Inside: Editorial - Reprisal, Tyranny and Genocide, By Kathy Platoni • Where can I find peace?, By Tom McMurtry
• Moving Beyond Survivor Guilt, By Louise Gaston • Wreaths Across America, By William C. Heckman
• Chaplains Are Like a Box of Chocolates, By David J. Fair
• A Tribute to a Unique Leader in Law Enforcement Chief (Retired) Richard Biehl, By Kathy Platoni



The mission of AIS is to improve the health of the community and the world by setting the standard of excellence of stress management in education, research, clinical care and the workplace. Diverse and inclusive, The American Institute of Stress educates medical practitioners, scientists, health care professionals and the public; conducts research; and provides information, training and techniques to prevent human illness related to stress.

AIS provides a diverse and inclusive environment that fosters intellectual discovery, creates and transmits innovative knowledge, improves human health, and provides leadership to the world on stress related topics.

COMBAT STRESS

We value opinions of our readers.

Please feel free to contact us with any comments, suggestions or inquiries. Email: editor@stress.org

Combat Stress magazine is written with our military Service Members, Veterans, first responders, and their families in mind. We want all of our members and guests to find contentment in their lives by learning about stress management and finding what works best for each of them. Stress is unavoidable and comes in many shapes and sizes. It can even be considered a part of who we are. Being in a state of peaceful happiness may seem like a lofty goal but harnessing your stress in a positive way makes it obtainable. Serving in the military or being a police officer, firefighter or paramedic brings unique challenges and some extraordinarily bad days. The American Institute of Stress is dedicated to helping you, our Heroes and their families, cope with and heal your mind and body from the stress associated with your careers and sacrifices.

Combat Stress magazine is indexed by EBSCO where it is featured in their open access suite EBSCO Essentials™ and archived online at stress.org. Information in this publication is carefully compiled to ensure accuracy.

Copyright © 2022 the American Institute of Stress (AIS). All rights reserved. All materials on AIS' website and in AIS' magazines are the property of AIS and may not be copied, reproduced, sold, or distributed without permission. For permission, contact editor@stress.org. Liberal use of AIS fact sheets and news releases is allowable with attribution. Please use the following: "Reproduced from the American Institute of Stress website [or magazine], © AIS 2022."

Editor In Chief

Daniel L. Kirsch, PhD, DAAPM, FAIS
AIS President

Editor

Kathy Platoni, PsyD, DAAPM, FAIS, COL (Ret), US Army

Contributing Editors

Josh Briley, PhD, FAIS

Reverend Charles Grantham, PhD, MSH, FAIS, APF

Jeff Jernigan, PhD, LPC, BCCPC, FAIS

Tom McMurtry, DAIS

John H. Thurman, Jr. M.Div., MA Richard Young, PhD, FAIS

Managing Editor

Kathy Schoop

Creative Director

Michael McMahon

AIS Combat Stress Board

Chaired by Colonel Platoni, the role of this board is to develop initiatives and communications to serve the stress management needs of Service Members and Veterans.

Chair: Kathy Platoni, PsyD, DAIPM, FAIS, COL (Ret), US Army, COL, Ohio Military Reserve/State Defense Forces, Dayton SWAT, Editor, Combat Stress magazine

Richard S. Biehl, MA, FAIS, Police Chief (Ret), Dayton, Ohio

Brian S. Earthman MD, FAIS, Psychiatrist, MAJ (Ret), US Army Reserves, Medical Director, EPI, Inc.

Dave Fair, PhD, D Min. CMC, FAIS, Certified Master Chaplain, President ChaplainUSA, Senior Chaplain, Brown County, Office of Emergency Management

Charlie Bass, PhD, MD, FAIS, LTC (Ret), US Army, Veteran of OIF/OEF

Daniel L. Kirsch, PhD, DAAPM, FAIS, Pain and Stress Specialist, US Navy Contractor (Ret), President, The American Institute of Stress



The American Institute of Stress

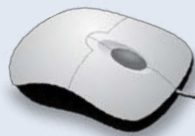
Stress Management Experts Wanted!

Obtaining credentials from The American Institute of Stress is a designation that sets members apart as stress experts and reflects their commitment to the advancement of innovative and scientifically based stress management protocols. The AIS Seal and credentials inform the public that the certificate holder commands advanced knowledge of the latest stress research and stress management techniques. For physicians and other healthcare practitioners, it designates your practice as an advanced treatment center for stress-related illnesses.

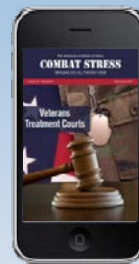


	Member	Diplomate	Fellow
Features Save 20% on years 2 and 3 with our 3 year plan	\$95 per year or \$247 for 3 years	\$395 per year or \$1,027 for 3 years	\$495 per year or \$1,287 for 3 years
Requirements	Open to everyone	Hold a degree or healthcare license and have been in practice or profession for 3 years	Hold a doctorate degree or special license and have been in practice or profession for 5 years
Collaboration with International Professional Community	✓	✓	✓
Continuing education training programs		✓	✓
Subscription to quarterly magazine Contentment and Combat Stress	✓	✓	✓
Membership certificate	✓	✓ + use of DAIS designation	✓ + use of FAIS designation
Quarterly Research Roundup publication		✓	✓
Opportunity to join Speakers Bureau		✓	✓
Discount on annual online conference		✓	✓
Access to AIS research archives		✓	✓
Media spokesperson opportunities		✓	✓
Opportunity to contribute to magazines, blogs, and social media		✓	✓
FREE: Hans Selye and the Origin of AIS ebook	✓	✓	✓
FREE: The Body Electric, a documentary movie produced by AIS	✓	✓	✓

**Sign up for
membership today
at stress.org**



**Enjoy exclusive AIS features and articles online,
or on your smartphone or tablet.**



Subscribe today and begin receiving your copy of *Contentment* and *Combat Stress* in your inbox each quarter.

The American Institute of Stress is a 501c3 non-profit organization, headquartered in Weatherford, Texas. We serve the global community through both online and in-person programs and classes. The Institute is dedicated to advancing understanding of the role of stress in health and illness, the nature and importance of mind/body relationships and how to use our vast innate potential for self-healing. Our paramount goal at the AIS is to provide a clearinghouse of stress related information to the general public, physicians, health professionals and lay individuals interested in exploring the multitudinous and varied effects of stress on our health and quality of life.

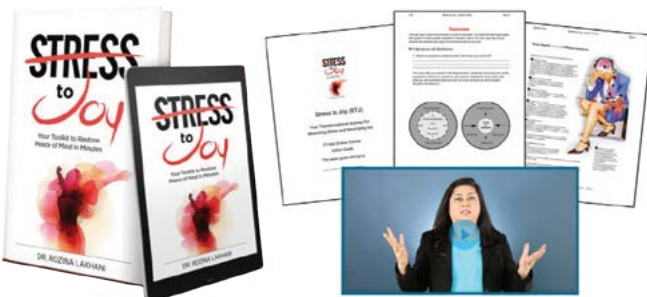
The American Institute of Stress
220 Adams Drive, Suite 280 - #224, Weatherford, TX 76086 USA
Main: (682) 239-6823 info@stress.org

REDUCE YOUR STRESS.

Grow your happiness.

Is stress dragging you down physically and emotionally? The comprehensive, online “Stress to Joy” program, taught by bestselling author and board-certified psychiatrist Rozina Lakhani, MD, MPH, FAIS, gives you the tools you need for a return to joyful living. Dr. Rozina shares her proven stress management techniques in a way that’s both practical and inspirational. The program includes a workbook with step-by-step guidance, and it takes just 15 minutes per day for about three weeks. Make this powerful investment in your health and happiness – and turn the corner from stress to joy.

**CLICK
TO GET
STARTED**



CONTENTS

Volume 11 Number 1

Spring 2022

- 6 **Editor's Message**
By Kathy Platoni, PsyD, DAAPM, FAIS
- 10 **Editorial - Reprisal, Tyranny and Genocide**
By Kathy Platoni, PsyD, DAAPM, FAIS
- 16 **Where can I find peace?**
By Tom McMurtry, U.S. Army Special Forces (RET)
- 22 **Moving Beyond Survivor Guilt**
By Louise Gaston, PhD
- 28 **Wreaths Across America**
By William C. Heckman, MS, NBCT, DAIS
- 32 **A Chaplain's Perspective - Chaplains Are Like a Box of Chocolates**
By Chaplain LTC (RET) David J. Fair, PhD, DMin, CTS, FAIS
- 36 **A Tribute to a Unique Leader in Law Enforcement Chief (Retired) Richard Biehl**
By Kathy Platoni, PsyD, DAAPM, FAIS
- 40 **Welcome Dayton Keynote - November 8, 2018**
By Richard S. Biehl, Police Chief (RET)
- 46 **Meet Dayton Police Chief Richard Biehl**
By Sharon Coolidge, Cincinnati Enquirer
- 50 **Remarks in Memory of Detective Jorge R. Del Rio**
By Richard S. Biehl, Police Chief (RET)
- 52 **Thirteen Years as Your Police Chief - Comments at Veterans Administration**
By Richard S. Biehl, Police Chief (RET)
- 56 **Private Message to Initial Officers Involved in the Oregon District Mass Shooting Response**
By Richard S. Biehl, Police Chief (RET)
- 58 **Opening Comments to Debrief for Oregon District Shooting Survivors**
By Richard S. Biehl, Police Chief (RET)
- 60 **Thirteen Years as Your Police Chief - Yearbook Letters - July 2021**
By Richard S. Biehl, Police Chief (RET)



We offer you a smattering of writings on subjects of tremendous importance in this issue, all of which provide rather stunning perspectives and experiences, though our last issue, edited by Dr. Christi Seifring, *is an extremely hard act to follow*. Dr. Christi has retired as a regular Guest Editor and as an integral member of the *Combat Stress Advisory*

Board in order to be more available to her family. It will clearly be impossible to even begin to publish issues that reach the caliber of what she has pulled together from some of this nation's finest clinicians, experts and authors, time and time again over the years. Her contributions have been legendary. As a friend, mentor, and expert along endless fronts, Dr. Christi is irreplaceable. ***This issue is dedicated to Dr. Christi Seifring***, who has elevated *Combat Stress* to unexpected levels of readership. It is insufficient to convey sufficient thanks to such a blessed soul.

At a time of tremendous concern about the longevity of the very world in which we live and the survivability of the planet itself, perhaps we have served up respite from these terrible times in which the loss of our very humanity is at risk. No doubt it is inflammatory to even mention a single word reflective of spiritual or religious beliefs, but perhaps that is all we have left upon which to hang. Lives and souls are being taken-murdered. God bless American and all its inhabitants. There. I said it. Go forth and read.

Within the mass psychosis surrounding the pandemic, there is much more to the story of the trickle-down effect upon healthcare providers and the completely unethical mistreatment of those who, for valid medical reasons, cannot take the COVID vaccine. My story tells of the recent journey to write the wrongs done to the medical and psychological

communities and the shameful manner in which we anti-vaxxers have been treated without reasonableness or any degree of fairness, stripped of credentials and privileges. We have become the hunted.

Army Special Forces CPT (RET) and police officer Tom McMurtry, has returned to our readers once again to share his journey of hope, as he adapts and overcomes the demons, we all carry home from war on the rivers of America in a stunning reflective piece, **Where can I find peace?** His accompanying magical photographs will no doubt lead at least a few of you to whitewater. I will be one of them. We await his forthcoming book, which we are sure is a not to be missed publication!

Dr. Louise Gaston, as a leading expert in the treatment of trauma, has addressed the exquisitely painful subject in her striking article, **Moving Beyond Survivor Guilt**. Through case study format, she has provided remarkable insights into the unspeakable burdens of war. Those of us who are combat Veterans know this all too well and struggle with the pangs of excessive guilt and self-blame in large doses and in grand proportions. Thank you, Dr. Louise, for the awareness's and astounding insights provided and for the gift of your invaluable role in promoting resilience and recovery for the hordes of suffering souls through your vast knowledge, expertise, and deep commitment to those who serve.

Our very own **Will Heckman, Executive Director of the American Institute of Stress**, has been intimately involved with the **Wreaths Across America** movement and chronicled his gift to those who have made the ultimate sacrifice for this beloved nation. We must stop for a moment to cherish the legacy left by those who commit to levying such honors at every national cemetery across America. Thank you, Will, for inspiring us, with your heart-rendering piece.

Underlying the premise of **Chaplain Dave Fair's** delightful article, **Chaplains Are Like a Box of Chocolates**, is that one never really knows what they are going to find in a unique chaplaincy such as the one that has enabled him to bring expertise far beyond that of a man or woman of the cloth to so many venues. Not only is Chaplain Dave an ordained minister, but a First Responder, a Veteran, and an expert of many talents and gifts in endless arenas of public voluntary services. His calling and his energy for giving back are boundless. We believe that Dave is what an angel looks like.

In the final section of the spring issue of *Combat Stress*, we celebrate the life, times and extraordinary accomplishments of the **Chief (RET) of Police of the Dayton (Ohio) Police Department, Richard Biehl**. What must be read and viewed will elicit shock, awe, horror, tears, and all things heart-wrenching. Please pay special attention to this **Chief (RET) Richard Biehl Tribute** section for the insights offered up to the banquet table of police work provided by this uncommon man for all seasons of law enforcement.

Profuse thanks to our readership for sticking with us and contributing to us. You have elevated *Combat Stress* to levels beyond expectations.

With warmest regards to all,
Your Editor
Kathy Platoni, PsyD, DAAPM, FAIS
Clinical Psychologist
COL (RET), US Army
Dayton SWAT
Member, Ohio Veterans Hall of Fame
www.drplatoni.com
Facebook ~ Dr. Kathy Platoni



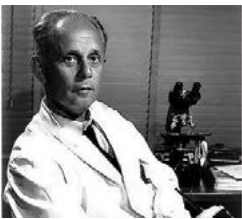
THE COST OF STRESS.

The more we learn, the more vital our mission becomes.

The American Institute of Stress is the only organization in the world solely created and dedicated to study the science of stress and the advancement of innovative and scientifically based stress management techniques. AIS provides the latest evidence-based knowledge, research and management techniques for stress and stress-related disorders.

Groundbreaking insights and approaches. World-changing mission.

Hans Selye, MD, PhD (1907-1982), is known as the father of stress research. In the 1920s, Selye coined the term “stress” in the context of explaining his pioneering research into



the signs and symptoms of disease curiously common in the majority of people who were ill, regardless of the diagnoses. Selye’s concept of stress was revolutionary then, and it has only grown in significance in the century since he

began his work. Founded in 1978 at Dr. Selye’s request, the American Institute of Stress (AIS) continues his legacy of advancing the understanding of stress and its enormous

impacts on health and well-being worldwide, both on an individual and societal level.

A forthcoming AIS initiative – called

Engage. Empower. Educate. – will leverage the latest research, tools and best practices for managing stress to make a difference in a world increasingly impacted by the effects of stress out of control. We hope you will consider supporting this critical outreach campaign.



[Click to view *The American Institute of Stress Case Statement*](#)

A campaign to Engage. Empower. Educate.

The AIS campaign will support three key initiatives:

Engage communities through public outreach



Improve the health and well-being of our communities and the world by serving as a nonprofit clearinghouse for information on all stress-related subjects.

The American Institute of Stress produces and disseminates a significant amount of evidence-based information, but there is a need to share this material with a wider audience in the U.S. and around the world.

Support for this initiative will provide funding to expand the organization's public outreach for its website and social media, documentary films, magazines, podcasts, blogs and courses.

Empower professionals through best practices



Establish credentials, best practices, and standards of excellence for stress management and fostering intellectual discovery among scientists, healthcare professionals, medical practitioners and others in related fields.

AIS provides DAIS (Diplomate, AIS) and FAIS (Fellow, AIS) credentials for qualified healthcare professionals.

The AIS seal means a practitioner has training and experience in stress management and access to the latest stress research and techniques. It designates their practices as advanced treatment centers for stress-related illnesses.

Support for this initiative will provide funding to continually update best practices in the field.

Educate all through the development and dissemination of evidence-based information



Develop and provide information, training and techniques for use in education, research, clinical care and the workplace. Some of the research-based information AIS develops and disseminates includes:

- Productions – *Mismatched: Your Brain Under Stress*, a six-part documentary featuring some of the world's leading experts on stress. Released in March 2021.
- Publications – *Contentment* magazine and *Combat Stress* magazine for service members, veterans and first responders.
- Podcasts, webinars and website resources – The free podcast series *Finding Contentment*



The American Institute of Stress

The American Institute of Stress is a 501(c)3 nonprofit corporation. Your tax deductible gift allows us to continue helping you along with Service Members, Veterans, First Responders and civilians navigate stressful situations to have a healthier, more rewarding life. © 2021 by The American Institute of Stress. ALL RIGHTS RESERVED.

[Click to make a donation now!](#)

Reprisal, Tyranny and Genocide

By Kathy Platoni, PsyD, DAAPM, FAIS, COL (RET), US Army, Clinical Psychologist, Dayton SWAT,

Termination of unvaccinated medical personnel and suspension or revocation of hospital privileges is wholly disgraceful. It is a clear example of coercion and severely punitive actions as medical staff are expelled from the kingdom of the vaccinated. To be treated like we are the disease is reprehensible.

My physician of record fully substantiated the reasons that I cannot obtain any of the COVID vaccines and the degree of medical risk this would pose to my health. I was later informed by the medical director of Miami Valley Hospital that NO medical exemptions will be granted OTHER THAN NEGATIVE REACTIONS TO ANY ONE OF THE COVID VACCINES, DESPITE THE FACT THAT THIS MIGHT BE FATAL TO THE RECIPIENT. These are the Centers for Medicare Services rules. Hospitals have no choice but to comply.

The formerly heroic healthcare providers, who were heralded as heroes last year, are now in line for the guillotine...or maybe healthcare provider internment camps. Not only are our hospital privileges being suspended or revoked, but we are being escorted out the door by the vaccine mandate executioner without any chance to plead our cases.

This nation has become a republic of strong-armed thugs, promoting human experimentation against reluctant subjects and endangering our lives with a weaponized virus, only to enrich Big Pharma, Lord Fauci, and to fuel a perversely corrupt media. Turning American citizens into lab rats is unconscionable. Involuntary or compulsory vaccinations mandated upon either unwilling or uninformed subjects violates scientific and medical ethics on a global scale. This is shameful, but those in power have no

shame. And by the way, the President of the United States, the U.S. Government, and your employers are NOT your primary care providers.

Here is the dirty little secret of which much of the populace is completely unaware: The FDA has not fully approved the Johnson and Johnson, Moderna, and Pfizer vaccines and they are only administered under Emergency Use Authorization and are experimental treatments that have bypassed rigorous and appropriate safety testing. The sole fully FDA-approved Comirnaty vaccine will not be available for human use until 2024. Furthermore, time and data have proven that the COVID-19 vaccines do not prevent the spread of SARS-CoV-2. A century of scientific research has proven that masks do not prevent the spread of respiratory viruses, yet these too, are mandated. Ineffective, mandatory lockdowns have seriously harmed millions of lives, while physicians stood by and did nothing. Furthermore, it has become unmistakably clear that vaccine after booster after booster and then another booster is insufficient to prevent the contraction or spread of COVID-19. This is the biggest con in human history.

Moreover, the politicized and forced COVID-19 vaccines are unequivocally a violation of the Nuremberg Code and all ten of its tenets with respect to human experimentation and essential voluntary consent. Denied the liberty of refusing the vaccine in this experiment gone wrong is simply egregious. At the same time,

public health bureaucrats have inexplicably banned safe and effective early treatments for COVID-19 and state medical boards are punishing physicians for administering these treatments. Since it has been made unmistakably clear that the vaccines do not necessarily prevent the contraction or spread of COVID-19 and in countless cases, have been found to be incredibly harmful, all those who took the U.S. governments hard line owe the rest of us an apology for the moral atrocities they have committed.

According to the Vaccine Adverse Event Reporting System (VAERS), health problems reported by vaccine recipients are more likely to have been caused by the COVID vaccines themselves than by coincidence alone. VAERS has been inundated with more than one million reports of health issues and more than 21,000 deaths since the advent of COVID vaccines in 2020. A large number of these harmful events may also be dose-dependent.¹

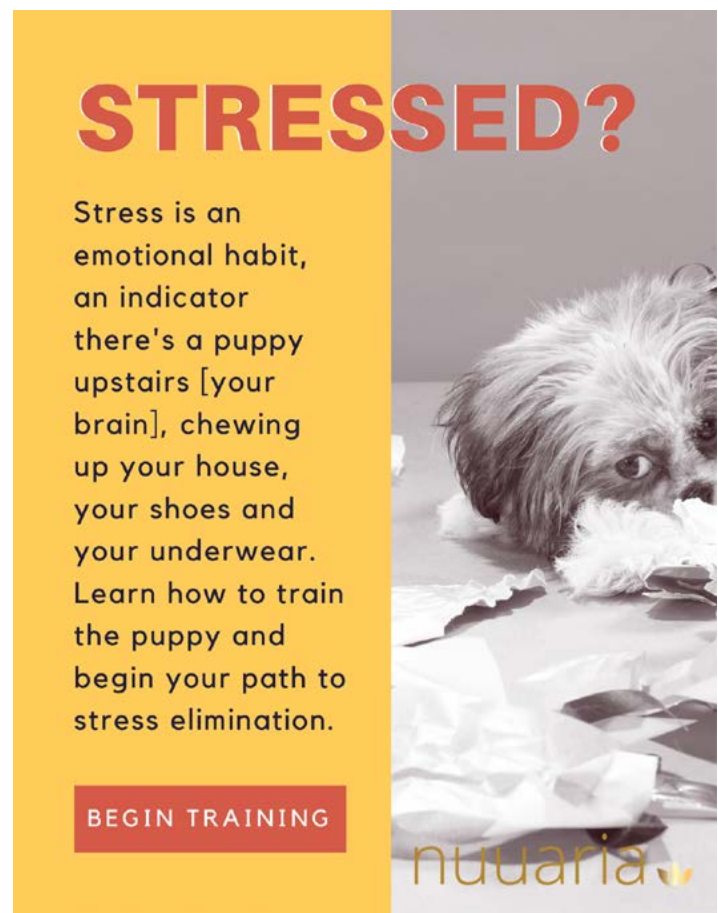
Furthermore, a September 2021 analysis published in the Journal of Toxicology Reports, based upon “conservative best-case scenarios,” revealed that COVID-19 vaccines have taken the lives of seniors over the age of 65 five times more than the virus itself. It has already been made quite a bit more than obvious that the COVID-19 vaccine itself does not translate into lower rates of infection.²

We are losing our rights as human beings as our basic freedoms become extinct. The destruction of human lives worldwide by totalitarian dictates, with gross violations of medical, scientific, and humanitarian ethics regarding the COVID-19 vaccine, is the epitome of evildoing. This constitutes no less than crimes

against humanity. If we don't wake up to what we have already permitted to occur, we are condemned as human beings to something considerably worse. I fear that we are already well on the road to genocide.

References

1. Svab, P. (2022, April 5). Numerous Health Problems More Likely Because of COVID-19 Vaccines Than Coincidence: VAERS Data Analysis. The Epoch Times. Retrieved April 7, 2022, from https://www.theepochtimes.com/numerous-health-problems-more-likely-due-to-covid-19-vaccines-than-coincidence-vaers-data-analysis_4380017.html?rs=SHRJLV&instaaccount=secb64RHJydW50JTQwd29oLnJyLmNvbQ==&utm_source=ishare&utm_medium=Medium&utm_campaign=Campaign&utm_term=eet&utm_content=Share-joshvid
2. Mercola, J. (2022, April 4). COVID Jab is Far More Dangerous Than Advertised. BRIGHT Health Viewpoints. The Epoch Times. Retrieved April 7, 2022, from https://www.theepochtimes.com/covid-jab-is-far-more-dangerous-than-advertised_4381781.html?rs=SHRJLV&instaaccount=secb64RHJydW50JTQwd29oLnJyLmNvbQ==&utm_source=ishare&utm_medium=Medium&utm_campaign=bright&utm_term=bright&utm_content=Share-joshvid



STRESSED?

Stress is an emotional habit, an indicator there's a puppy upstairs [your brain], chewing up your house, your shoes and your underwear. Learn how to train the puppy and begin your path to stress elimination.

BEGIN TRAINING

nuuaria

ABOUT THE AUTHOR

Dr. Kathy Platoni has been a practicing clinical psychologist for 40 years and maintains her private practice in Centerville, Ohio. In service of her country and as an Army Reserve clinical psychologist, she has deployed on four occasions in time of war. Dr. Platoni served as commander of the 1972nd Medical Detachment (Combat Stress Control) at Guantanamo Bay Cuba from 2003-2004, where combat stress control became a critical element of the Joint Task Force mission in support of Operation Enduring Freedom in the Global War on Terrorism. Having volunteered to return to active duty within weeks of her redeployment from Joint Task Force-GTMO, Dr. Platoni deployed to Iraq in support of Operation Iraqi Freedom, holding the position of Deputy Commander of Clinical Services for the 55th Medical Company (CSC) in Baghdad and seven subsequent locations, finally as Officer in Charge of Team Ar Ramadi, situated the seat of the insurgency and during times of intensive combat. At the invitation of the 3rd Brigade Commander, 3rd Infantry Division upon the conclusion of her tour of duty in the wartime theater, Dr. Platoni reported to the Home of the Infantry, Fort Benning, Georgia for an additional six-month mission in order to provide for the reintegration services of the 2nd Battalion, 69th Armored Regiment due to elevated numbers of psychological casualties among combat arms soldiers. Dr. Platoni was last deployed to the combat theater of Afghanistan from 2009 through late 2010 with the 467th Medical Detachment (Combat Stress Control) in support of Operation Enduring Freedom, serving as Clinical Advisor for the medical detachment and Officer in Charge of Team Wilson, Kandahar Province, and Camp Phoenix in Kabul, Afghanistan. She was assigned to the 1493rd Medical Detachment (CSC) in Cary, North Carolina until the time of her retirement. As a survivor of the tragic Ft. Hood Massacre in November of 2009, she is an ardent activist for reconsideration of this shooting incident as an act of terrorism to assure that the wounded and the families of the deceased are awarded long overdue benefits and was very instrumental in the awarding of the Purple Heart Medal to the Fort Hood wounded and to the families of those who lost their lives on that tragic day.

Dr. Platoni is a graduate of Hobart and William Smith Colleges (BS, 1974), the University of Miami (MEd, 1975), and the School of Professional Psychology of Nova University (now Nova Southeastern University) in Davie, Florida (PsyD, 1985). Subsequent to the conclusion of her doctoral studies under the auspices of the United States Army's Health Professionals Scholarship Program, she completed her internship on active duty Army status at William Beaumont Army Medical Center in



*Katherine
Theresa Platoni,
PsyD, DAIPM,
FAIS*

*Clinical
Psychologist*

*Colonel,
Retired, US
Army*

*Colonel,
Ohio Military
Reserve/State
Defense Forces*

Dayton SWAT

*Director
of Support
Services,
Fraternal Order
of Police, Ohio
Lodge 117*

*Editor, Combat
Stress Magazine*

El Paso, Texas in 1984. From 1984 through 1987, she served as Chief of Psychology at DeWitt Army Community Hospital, Fort Belvoir, Virginia. During her more than three decades of both active and Army Reserve status, including a six-month tour of duty during Operation Desert Storm, Dr. Platoni developed combat stress control, debriefings and crisis management programs utilized throughout the U.S. Army. She held the position of Army Reserve Clinical Psychology Consultant to the Chief, Medical Service Corp (Chief Psychologist for the Army Reserve pro bono) for six years and is a graduate of the US Army Command and General Staff College. Dr. Platoni retired from the US Army with the rank of Colonel in October of 2013.

Dr. Platoni maintains an appointment as Assistant Clinical Professor with the School of Professional Psychology, Wright State University. She is a skilled hypnotherapist and possesses expertise in the sub-specialty areas of behavioral medicine and the treatment of chronic pain and chronic, debilitating, and terminal illnesses. Due to her father's exposure to radiation during the bombing of Nagasaki during World War II, she was born with congenital defects that have required extensive maxillofacial (bone) reconstructive and bone grafting procedures. No stranger to chronic pain herself, Dr. Platoni has undergone 60 major and minor surgeries over the course of the last 24 years to correct these defects, 18 of them with hypnosis as the sole anesthetic. Her last major plastic surgery was featured in a segment of ABC News "20/20" in 1999. She is in the process of completing a series of scholarly articles on this subject and has also published in a number of professional and lay journals on topics relating to Gulf War Syndrome, the psychological aftermath of the events of "9/11", and professional/medical ethics. Two landmark books, written and edited by Dr. Raymond Scurfield and Dr. Platoni on the subject of war trauma, *Expanding the Circle of Healing - Trauma in Its Wake and Healing War Trauma - A Handbook of Creative Approaches*, were published in 2012. She was awarded Diplomate status by the American Academy of Pain Management and was recently appointed Fellow of the American Institute of Stress and awarded distinguished membership in the Institute of Traumatic Stress 2013 Board of Scientific and Professional Advisors. In addition, Dr. Platoni holds professional memberships in the Ohio Psychological Association, the American Society of Clinical Hypnosis, the Society of Clinical and Experimental Hypnosis, the Association of Military Surgeons of the United States, the Dayton Area Psychological Association, and International Critical Incident Stress Foundation. She has served in the position as Editor of the *Combat Stress Magazine* since 2014.

Since the "9/11" tragedy and attacks on the United States, Dr. Platoni voluntarily deployed to New York City on two occasions in order to provide disaster mental

health and critical incident stress debriefing services to members of the New York City Police Department. In 2017, she deployed to hurricane-ravaged Florida to provide disaster mental health services with the American Red Cross and in May and June of 2019, in support of tornado relief in the aftermath of 15 tornadoes that devastated the area of Southwest Ohio in which she resides. She currently serves as the Dayton Police Department SWAT psychologist and Mental Health Advisor to the Dayton Hostage Negotiation Team.

As a nationally renowned expert in the treatment of Post-Traumatic Stress Disorder, Dr. Platoni has been featured in Fox News, CNN, USA Today, Newsweek, US News and World Report, AP News, The Guardian, Huffington Post, Washington Post, NPR Radio, Stars and Stripes, San Antonio Express News, San Francisco Chronicle, Boston Globe, The Ohio Psychologist, the Wall Street Journal, TIME Magazine, Military Times, and The National Psychologist.

For her professional contributions to the field of psychology and decades of humanitarian service, Dr. Platoni was awarded a lifetime achievement award by her alma mater, Hobart and William Smith Colleges, in 2008 and was selected for the very prestigious Dayton's Ten Top Women Award for the Class of 2012. She was awarded the Legacy Award for community service and volunteerism in the Southwest Ohio area in April of 2013. She was awarded the Legion of Merit for exceptionally meritorious service by the United States Army on 19 July 2014. Dr. Platoni was the recipient of the 2016 IVAT Returning Veterans Resiliency in Response to Trauma Award. This award is given by the Institute on Violence, Abuse and Trauma (IVAT) to a Veteran who has experienced specific trauma in war and whose efforts and advocacy have had a notably restorative impact on a traumatized population. Dr. Platoni was inducted into the **Ohio Veterans Hall of Fame** in November of 2019 for her numerous contributions to the Veteran and law enforcement communities. In November of 2020, Dr. Platoni was a recipient of the **Ford Oval of Honor Award**, again, for now more than four decades of military and tireless community service. Honored once again by the Dayton, Ohio community, Dr. Platoni was selected as the recipient of the **2020, 2021, 2022 Best of Dayton Psychologists**, this year entering her into the **Dayton Business Hall of Fame**. Dr. Platoni will be inducted into the **Greene County Ohio Veterans Hall of Fame** in April of 2022.

COL Platoni was retired from the 4th Civil Support and Sustainment Brigade, Ohio Military Reserve, in September of 2021 after six years of dedicated service as the Brigade Psychologist. She has been once again retained as the retiree psychologist for the Ohio Naval Militia/State Defense Forces; this her 41st year of military service.

BODY ELECTRIC

Electroceuticals and the Future of Medicine

A documentary film to revolutionize the way we think about health and the human body.

The American Institute of Stress is an executive producer of Body Electric: Electroceuticals and the Future of Medicine, a documentary film aimed to revolutionize the way we think about health and the human body. This 68 minute movie, by British producer/director/writer Justin Smith, is available online and on DVD for purchase through AIS.



Click here to order digital streaming for \$9.95

Members stream for free at stress.org



www.stress.org

IF YOU'RE LOOKING FOR ANSWERS, YOU HAVE TO ASK THE RIGHT QUESTIONS.

Click to get started

For so many Americans, “mysterious” problems ranging from mild to severe are caused by that scourge of modern life – stress. That realization is the first step toward healing, but it often raises many more questions that must be addressed. How is stress affecting my life? My relationships? My work? My happiness? What can I do to reduce or better cope with it? Our Stress Mastery Questionnaire – an easy and confidential online self-assessment that comes with our Stress Mastery Guide and Workbook – can help you find answers. And life-changing solutions.



SMQ
STRESS MASTERY QUESTIONNAIRE

Where can I find peace?

By Tom McMurtry, U.S. Army Special Forces (RET)

As a combat Veteran, I have sometimes struggled to find peace within myself. I believe the root of this struggle has come from confusion over what I understood 'peace' to mean while growing up and what it meant to me as a Soldier. One day during basic training, my drill sergeant gave a short speech after pushing us all very hard. The only thing I remember him saying was that for a Soldier, 'peace' was not a quiet time of national growth. For us, it was the brief and anxious period of preparation between wars, and we had no time to waste.

As a combat Veteran, I have sometimes struggled to find peace within myself. I believe the root of this struggle has come from confusion over what I understood 'peace' to mean while growing up and what it meant to me as a Soldier. One day during basic training, my drill sergeant gave a short speech after pushing us all very hard. The only thing I remember him saying was that for a Soldier, 'peace' was not a quiet time of national growth. For us, it was the brief and anxious period of preparation between wars, and we had no time to waste.

Years later, I led a Special Ops team that was part of the Invasion of Iraq. Our mission was to defeat the Iraqi Army and to bring peace to the Iraqi people. The idea of fighting for peace was somewhat of an oxymoron, but it was what we were told at the time. At the end of a 400-day deployment, I left the war knowing that although I/we had fought well, peace was not the result. So, did we win? Did we lose? I came home feeling unsettled and unpeaceful.

I am much more settled now. For me, finding peace of mind has been more of an exploration than an epiphany. One of the things that has really helped has been finding time and places to be quiet and to think; places that were sometimes

physically separated and sometimes emotionally separated from the pressures of my daily concerns. I will describe my experiences with three types of these peaceful places, in the hope that for those of you also on this journey, you may better appreciate the peaceful places that are within reach for you, to encourage you to discover new ones,

or possibly create your own.

"He who loves nature loves peace." - Author, Michael Bassey Johnson, Song of a Nature Lover

The word 'paradise' is Iranian in origin and is defined as a 'walled garden.' I find spending time in nature to be calming. In the highly connected world in which I live, one easy thing I do is simply spending an hour or so undisturbed in the outdoors. I have also been lucky enough

I believe the root of the struggle to find peace within myself has come from confusion over what I understood 'peace' to mean while growing up and what it meant to me as a Soldier.

A group of people are rafting down a river in a scenic mountain valley. The rafters are wearing life jackets and hats. The river is surrounded by steep, forested mountains. The sky is cloudy. The text "No one can bring you peace but yourself." is overlaid on the top right of the image, with a quote mark graphic. Below it is the attribution "- Ralph Waldo Emerson".

**No one can bring you
peace but yourself.**

- Ralph Waldo Emerson



to have spent a few longer periods in natural settings. Last summer I spent five days and five nights with a small group of people rafting down the Salmon River in Idaho. It was a place where the heavy hand of civilization has not as of yet left deep scars. The sounds of planes, trains and automobiles were (almost) never heard. My phone could only be used as a camera. The air was hot. The water was cold. The river would be slow and easy, then plunge eight feet in a single drop. There was no glow of city lights to dim the brilliance of the stars. Somehow, all the wide-open physical space seemed also to provide for me, extra mental space. Our small band would often sit around driftwood fires after supper. Some would share their stories, others just listened. We were on this river trip from many different

places and for many different reasons. There were siblings who were there because their father had talked about going down that river before he was taken by the pandemic. A widower came with a buddy as he faced his unwanted new life. Business partners were spending time together away from work. There were families who seemed intent on reconnecting with each other, while disconnected from their normal lives. It was a wonderful time in a wonderfully peaceful place.

"If you have a sacred place and use it, take advantage of it, something will happen." - American professor, Joseph Campbell

As a man of faith, I believe there are special places which enhance and enable faithful people to find spiritual connections. Some of these special places are natural, rather than

having been intentionally built for that purpose. Uluru, the great red sandstone monolith (also known as Ayers Rock) in the Australian outback has long been sacred to the indigenous peoples of that area. However, most faith groups create spaces specifically designed for religious experiences. This effort and these places almost always work well for me. Although I have had spiritual experiences at home and out in the world, many have happened inside the places built by my faith for spiritual contemplation and worship. In addition, I have also felt spiritual connections in places built for the same purpose by other faith groups. When I walked into the Basilica of the Holy Family in

Barcelona, Spain, I felt the great and vast power of God in that great and vast church, which has been under construction since 1882. Years later, I felt the close intimacy of family when I entered a tiny stone shrine on a mountain above Ephesus in Turkey. It was built from the ruins of what the faithful believed to have been the cottage where Mary, mother of Jesus, spent her final years.

"In my own little corner, in my own little chair I can be whatever I want to be." - Cinderella, Rodgers & Hammerstein, 1957.

The places that I have described in the last two paragraphs are wonderful, but I also needed to find a peaceful place more easily at hand. As a

Turn the tables on stress.

Identify it, lower it – even put it to work for you.



Stress – our age's great destroyer of health and happiness – is so hard to fight because it's invisible and insidious. The Rosch Stress Profiler exposes the stress in your life and its impacts while giving you the tools to fight back. Developed under the supervision of legendary stress researcher Paul Rosch, MD, protégé of Hans Selye, MD, PhD, this fast and easy online self-assessment takes only fifteen minutes, but it can change your life. **Click here** to get started!

Order now and get two free gifts – A Day Away from Stress audiobook and the Stress Management Journal – both filled with stress-fighting tips and tricks



Rosch **STRESS** Profiler



child, I remember watching the musical, Cinderella on TV. There was a song early on in the show where the much put-upon young Cinderella (Julie Andrews) found a moment of quiet and sang the song cited above. She had found a small place of her own apart from her otherwise very miserable and most unhappy life. In my home, there is a place where I have displayed many mementos from a life of service, travel, and curiosity. There are shelves of books, pictures of family, and a comfortable chair. It is “my” space in a small corner of the basement where I can sit and think while surrounded by memories. It is the perfect peaceful sanctuary.

Okay, it’s not perfect. No place I have described is perfect. In my basement room there is also HVAC equipment that is noisy. In the great outdoors, there are bugs and rain and any number of other inconveniences that must be endured in order to enjoy the rest of it. At both of the ‘sacred places’ I visited, there were lots of pushy tourists snapping selfies, talking loudly about where they were going for lunch, and showing no sign that they thought they were standing in anything other than an interesting building....and yet I still found that being in these places invoked peaceful feelings within me.

“It isn’t enough to talk about peace. One must

believe in it. And it isn't enough to believe in it. One must work at it." – Eleanor Roosevelt in a Voice of America broadcast on November 11, 1951

I believe in this call for action from the former first lady. Although Mrs. Roosevelt was speaking of peace within groups of people, I also understood it to mean peace within myself. It hasn't just happened for me. I had to believe it could happen. I had to talk about it. I had to work at it. I still do.

To my fellow combat Veterans, my brothers

I hope you are able to find special places where you can walk, think, or just sit quietly; because for many of us, "peace" is not a constant state. It is instead, a brief time of preparation between periods of great effort.

and sisters in arms, may you find your pathway to come to terms with past events. Some of you may need to summon the additional strength to face an uncertain future. I hope you are able to find special places where you can walk, think, or just sit quietly; because for many of us, "peace" is not a constant state. It is instead, a brief time of preparation between periods of great effort. I wish you the best and every possible success in finding personal peace while on your own journey.

ABOUT THE AUTHOR

Tom has spent most of his adult life serving others. He joined the U.S. Army at the age of nineteen, volunteered for and completed Infantry, Airborne, and Special Forces training. After three years serving on a Special Forces HALO Team Tom became a Reservist. He remained in the Special Operations Reserve for twenty more years. He was recalled to active duty for the invasion of Iraq as a Psychological Operations Specialist, during which he was awarded the Bronze Star Medal. After his combat tour Tom returned home and entered the police academy at age 49. He served as a patrol officer for 15 years and received the Distinguished Action Award for his response on the night of the Dayton mass shooting in the Oregon District. Tom retired at the age of 65 but was recalled to part time duty by his department at the height of the pandemic to help cover for fellow officers who were sick. All of that aside, Tom will tell you that he takes greatest pride in his 45-year marriage to his wife, Holly, along with their five children and ten grandchildren.



*Tom McMurtry,
DAIS, Police
Officer (RET)
CPT, U.S. Army,
Special Forces
(RET)*

Moving Beyond Survivor Guilt

By Louise Gaston, PhD

Many years ago, I addressed the survivor guilt of a person presenting with Post-Traumatic Stress Disorder (PTSD) in psychotherapy. Thereafter, this person was able to move beyond such guilt feelings. Below, our conversation is presented from memory.

Such a psychotherapeutic encounter was possible due to a blend of diverse psychotherapeutic approaches I had learned, namely, psychodynamic, cognitive, and humanistic. Such an integrative approach was the fruit of over 15 years of training in various approaches, mostly psychodynamic, along with my appreciation of the clinical writings of many trauma experts.

Survivor guilt was brought up in the psychotherapeutic context by many of my patients struggling with PTSD. At first, I approached survivor guilt with empathy by recognizing their suffering, but nothing changed. Then, I tried a cognitive approach, attempting to demonstrate how their survivor guilt was not substantiated by reason or reality, but nothing changed. Finally, from a psychodynamic perspective, I decided to envision survivor guilt as a defense. I then endeavored to identify the pain hidden behind survivor guilt. In doing so, I remembered that, if PTSD ensues, helplessness was a core experience during the traumatic event. In addition, as a psychotherapist, I had been stunned by how helplessness appeared to

be one of the most painful feelings one can experience and thus, attempts to avoid at all costs. Consequently, I saw how survivor guilt

was a defense aimed at avoiding and assuaging a feeling of helplessness. When a solid therapeutic alliance was in place, I interpreted survivor guilt as a defense against helplessness, which allowed my patients to acknowledge their helplessness and to face it, which

*As a psychotherapist,
I had been stunned by how
helplessness appeared to be
one of the most painful feelings
one can experience and thus,
attempts to avoid at all costs.*

led to intense internal distress. However, these individuals ended up accepting helplessness as a fact of life and stopped fighting against it. Consequently, they moved on beyond survivor guilt, knowing that they could strive to be in control more often. This approach yielded a much higher success rate.

T: You tell me that you should have died like the others, that you have survivor's guilt.

P: Yes. Why wasn't I killed like the others? Why did I survive?

T: Do you have the impression that you should have died, that you should still die?

P: Why would I deserve to survive and not the others?



T: I hear you. Would you like to help me understand your experience by describing your inner experience at the very moment of the shooting?

P: Okay, if it helps.

T: So, when the firing started to occur, what did you do?

P: I threw myself on the ground.

T: To avoid the bullets?

P: Yes.

T: Okay, so you tried to stay alive.

P: I guess so. (pause) Yes!

T: Okay. Right after the firing finished and you realized that you were still alive while others were hit, what crossed your mind?

P: Well, I thought "Oh, no!" for those who were hit, but I also thought, "I'm glad I'm alive!"

T: Okay, you were relieved to not be hit and to be alive. Right?

P: Yes.

T: You were also saddened those others were hit and appeared to be dead. Right?

P: Yes.

T: Okay, so let's acknowledge this truth. In summary, you were both relieved to be alive and saddened those others were hit. Can you hold these thoughts clearly in your mind?

Now, another thought may have crossed your mind; something like "I'm glad it's not me."

P: Yep!

T: Okay, however, did you think "I'm glad they are dead rather than me" or "I'm glad it's not me"?

P: "I am glad it's not me," of course!

T: Okay, so you were not glad that they were dead, right?

P: Right.

T: Are you sure?

P: Yep!

T: Okay. Do you hear and believe yourself?

P: (silence and then nod of the head)

T: Okay, now, could it be that the thought that "I am glad that they are dead rather than me" also crossed your mind? Could it be that you have been feeling really bad about having had such a thought?

P: I guess so.

T: Such a thought implies that you wished they were dead instead of you, that there was a choice during the shooting, that is, that you could have chosen who died or not. Right?

P: In a way, yes.

T: Did this spontaneous, survival-based thinking of "better them than me" have any impact as to whom was killed on this day?

P: No, not at all. It was just a thought. I did not wish this.

T: So, in summary, you were relieved to be alive, really relieved to be alive, and you were glad that destiny did not hit you. You may have thought "better them than me", but having such a thought crossing your mind does not imply that you wished them to be dead, right?

P: Right.

T: Okay, deep inside, you may have had the impression that the thought "better them than me" had influenced the outcome of the traumatic event, in an unrealistic way, if I may add. Yet, in reality, you had no choice whatsoever. (pause)

Thus, in reality, were helpless during this tragic event. You were completely unable to prevent the killing.

P: I hate helplessness.

T: I know. Everyone does; however, let's go a bit further along this line of thought.

P: I am not sure that I enjoy this, but okay.

T: We can stop any time if you want. Just let me know.

Now, thinking afterward that you had a choice during the event may be soothing in a way, even though such thinking is not based on reality. I am sure that you can agree with me on this.

Let's see. The thought "better them than me" is a bit delusional if it implies that you chose the outcome of the event. In addition, thinking "them rather than me" induces survivor guilt. Nonetheless, such thinking is useful because it invokes a sense of control, which counters helplessness. Thus, by imagining some control over the outcome and thus feeling guilty, you avoid the obvious; that is, you avoid recognizing your sheer lack of control during the event. You are avoiding feeling helpless. So, you would rather feel guilty than helpless?

P: (thinking)

T: Let's pause here. So far, you have preferred imagining that you did something wrong on this day, rather than acknowledging that there was nothing good to do, nothing you could have done. You were helpless.

P: I see your point.

T: Working with people with PTSD, I have noticed that almost everyone would rather stew in guilt for years rather than recognize their helplessness and accept to be helpless at times. Helplessness appears to be the most painful feeling someone can experience; yet at times, there is nothing we can do.... absolutely nothing!

P: I hate it.

T: I know. We all do, but I can see how it is especially painful for you. In a paradoxical way, however, you have a choice now. At this

very moment, you are not helpless. Indeed, you can choose, or not, to recognize that you were unable to protect others during the shooting.

Indeed, at this very moment, you can choose to acknowledge that you have been tragically helpless during the unfolding of this tragic event - helpless and vulnerable. Indeed, you do not have to make yourself feel excruciatingly guilty for the rest of your life. You can simply, although painfully, recognize that you were helpless.

Honestly, guilt is almost always a defense against helplessness. By imagining that we did something wrong, we can continue to entertain the idea that something good could have been done - thus, that we were not helpless. By imagining the possibility of control, we avoid feeling helpless.

P: (reflecting in silence)

T: This being said, I would like to throw you a curve ball. How's that?

P: Okay (smiling a bit)!

T: I would like to suggest that you have done one thing right during the shooting.

P: What?

T: You threw yourself on the ground, which may well be the reason you survived.

P: I like that.

T: There is one thing I know for sure.

P: What?

T: You are here. I am glad you are both here and alive!

Survivor guilt can be very painful and can take over one's life. Let's look at three different ways that survivor guilt can damage one's psyche:

First, to counter survivor guilt, a person could spend most of one's vital energy trying to help

others and to fix things incessantly. However, this strategy will never be truly appealing because it is more often impossible to repair irreversible damages caused by traumatic events. Therefore, the efforts aimed at helping others need to be repeated, again and again. Such an unconscious psychological strategy is exhausting and pointless in the end, because it avoids acknowledging the root cause; namely, helplessness.

Secondly, a person could become actively destructive toward oneself to counter a feeling of survivor guilt. This unconscious psychological strategy aims at appeasing the trauma-based false conviction that one is a

bad person. By punishing oneself, one tries to redeem themselves, but to no avail because there is nothing to redeem. Indeed, the person was helpless, but was not responsible for the damages incurred by the traumatic event.

Thirdly, a person could become psychologically paralyzed in life from survivor guilt. While survivor guilt can be experienced consciously, this person will be unconsciously overwhelmed by free-floating helplessness, which will attach itself to almost every aspect of the person's life. Such psychological unconscious strategy will stalemate any of the person's desires to achieve something which could be valuable for oneself or others.

Produced by The American Institute of Stress

MISMATCHED: YOUR BRAIN UNDER STRESS

6-part documentary series exploring stress and what we can do about it

FEATURING SOME OF THE WORLD'S LEADING EXPERTS ON STRESS

Stress is literally the spice of life. It has been said If you don't experience stress you're not alive. Stressors are everywhere. They come at you from the environment you live, work and play in, from other people and mostly, from inside your own mind. Stress is defined as our reactions to change. Like everything else, you can learn how to master your stress to live a more peaceful, productive and happy life. Mismatched: Your Brain Under Stress will tell you how.

WATCH NOW FOR JUST \$24.95

**THE
BODY
ELECTRIC**



MEMBERS WATCH FOR FREE:

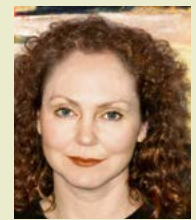
Become a member of AIS for \$95 and get Mismatched viewing access for FREE, along with The Body Electric: a documentary film to revolutionize the way we think about the human body, recorded webinars with the industry's leading stress researchers and practitioners, A Personal Appraisal of Hans Selye and the Origin and Evolution of the American Institute of Stress ebook, and many more member benefits!

In the above circumstances, survivor guilt is maintained to avoid helplessness. Therefore, helplessness needs to be recognized, acknowledged, and even embraced as part of

the human condition, as part of one's life, in order to move beyond survivor guilt and its damaging consequences.

ABOUT THE AUTHOR

Dr. Louise Gaston, psychologist, has founded in 1990 a clinic specialized in Post-Traumatic Stress Disorder, TRAUMATYS, in Canada, where she developed an integrative model for treating PTSD, which is flexible and open-ended. In addition, she elaborated a comprehensive 2-year training program in PTSD and trained more than 200 experienced clinicians in evaluating and treating PTSD. Thousands of individuals presenting with PTSD and comorbidity have been treated with this integrative model for PTSD. According to an independent and retrospective study, the associated PTSD remission rate is 96%: 48% complete and 48% partial. Dr. Gaston is the author of several book chapters and more than 40 scientific/clinical articles.



Since 1980, Dr. Gaston has been practicing psychotherapy. She has been trained and supervised over 15 years. She knows all major models of psychotherapy (dynamic, humanistic, cognitive, and behavioral) and has been trained over 5 years in treating personality disorders.

As a clinical researcher, Dr. Gaston collaborated with many colleagues in diverse settings. She has carried out two clinical trials. Her main research topic was the alliance in psychotherapy and its interaction with techniques as they contribute to better outcomes. In collaboration with Dr. Marmar, MD, she has developed the California Psychotherapy Alliance Scale, CALPAS, a measure of the alliance in psychotherapy which is worldly used.

In 1988, Dr. Gaston completed a 2-year postdoctoral fellowship in PTSD and psychotherapy research, at the Langley Porter Psychiatric Institute, University of California, San Francisco, under the supervision of Dr. Horowitz, M.D., author of Stress Response Syndrome, and Dr. Marmar, MD, both ex-presidents of the International Society for Psychotherapy Research and the International Society for Traumatic Stress Studies. Afterwards, she was assistant professor in the Department of psychiatry at McGill University in Canada from 1988 to 1994. Dr. Gaston elaborated scales on the MMPI-2 to assess PTSD in civilians.

For many years, Dr. Gaston has provided courses of continuing education across the USA: Integrating Treatments for PTSD, Trauma and Personality Disorders, Memories of Abuse and the Abuse of Memory, and Ethics Working for You. Nowadays she writes, trains, and supervises on PTSD.

Wreaths Across America

By William C. Heckman, MS, NBCT, DAIS

I have a small confession; I have an alter ego. By day, I am your mild-mannered AIS Executive Director, but on occasion I am also a biker. While I know that for some people a certain image initially comes to mind when I say this, my hope is to change some of the negative connotations associated with bikers. I have the honor of being a member of a motorcycle club named MFC. MFC stands for

Military, Firefighter, and Cops Motorcycle Club, although we have some civilian patriots as members also.

The MFC is not an outlaw motorcycle club, so please forget the images of TV show like Sons of Anarchy. We are intensely proud Americans who believe in the principles that this country was founded upon and the rule of law. MFC participates in hosting fundraising events for charity year-round, as well as charity rides that benefit or support all branches of the Armed Forces, parades, funeral escorts, and more.

Last December we had the privilege of volunteering at a very special event called Wreaths Across America. Wreaths Across America is a national movement for the remembrance of fallen U.S. troops. Wreath-laying ceremonies are

coordinated at Arlington National Cemetery and at more than 3,100 other participating locations around the country. Wreaths Across America strives to remember our fallen heroes and honor their memories. It teaches our children about the sacrifices made by Veterans and their families to preserve our freedoms.

Wreaths Across America began in 1992 by Morrill Worcester and his business, Worcester Wreath Company of Harrington, Maine, when they discovered they had a surplus of wreaths toward the end of the holiday season. Years before, as a young boy, Worcester visited Arlington National Cemetery in our nation's capital. The experience reminded him throughout his life of the sacrifices made by so many others for the good of this nation, including





WREATHS
across
AMERICA

TODAY,
I PLACED A
WREATH ON
THE GRAVE OF
AN AMERICAN
HERO... 1

Visit us at
WreathsAcrossAmerica.org
to sign up for our FREE
Newsletter.
(This tag is yours to keep)



National President Brady (Drift) Myers Standing with some of the wreaths.

himself, to succeed and to flourish. Worcester made plans to lay the wreaths in honor of our Veterans at an older, less-visited section of Arlington National Cemetery. Volunteers stepped forward to help deliver and place these wreaths.

In 2007, the Wreaths Across America non-profit group was founded. Since then, the event has expanded to all 50 states to lay wreaths at Veterans' cemeteries every December.

Each year a new theme is chosen to help volunteers and supporters focus their messaging and outreach in their own communities. The theme for 2021 Wreaths Across America was "Live Up to Their Legacy."

Our event this year took place in Palm Beach, Florida. We had two groups from the MFC participate in our area. Both the Palm Beach and Miami chapters were there to help.

All the volunteers arrived early that morning before the cemetery opened. As we gathered for instructions and assignments, the reason that we were all there never left my mind. It is a humbling



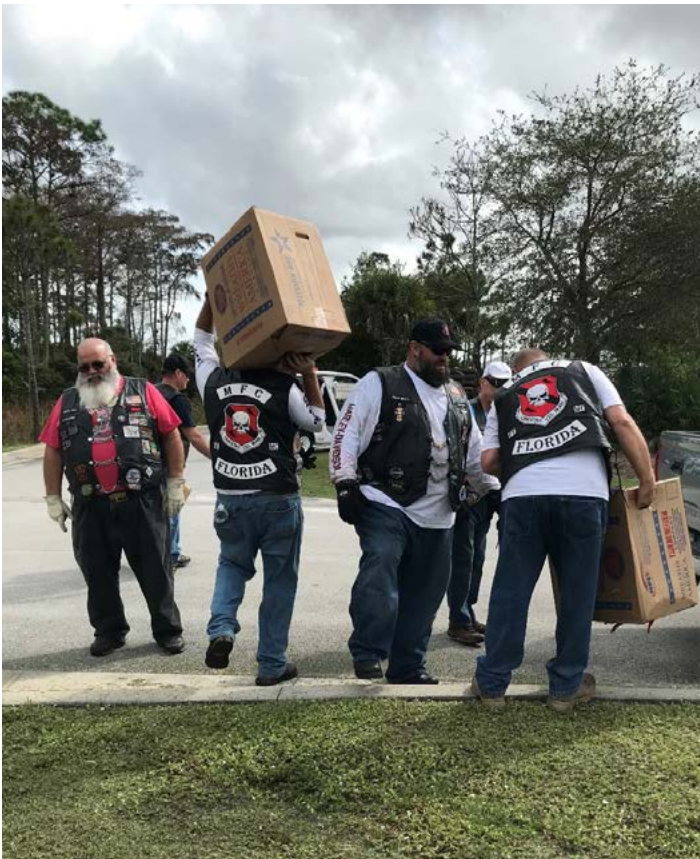
Will (Zev) Heckman, AIS Executive Director, unloading boxes of wreaths.

experience to stand there in view of thousands of grave sites and to know that all the people laid to rest there helped to make this country safe.

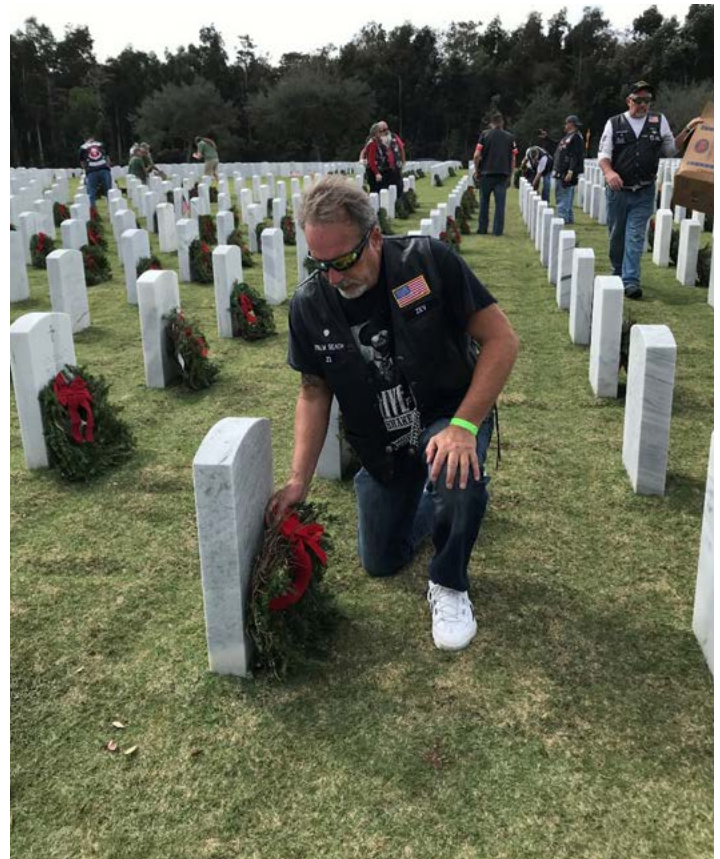
Fellow MFC member Marc (Simbo) Simmons and I were assigned the task of handing out more than 1,000 wreaths to other motorcycle clubs and groups participating on this day by our President Brady (Drift) Meyers. With the help of some younger Palm Beach County Deputies, we readied hundreds of boxes of wreaths for delivery.

As we apprehensively waited for the groups to start to arrive, I thought of all the families that would also be there that day. My thoughts were also of my father-in-law, Leo, who served in the Army and was recently laid to rest at a national cemetery and would have a wreath laid by his headstone on that very day as well.

While Simbo and I carried out our assigned task, the rest of MFC worked at the main station, where hundreds of people came to get wreaths to lay at their family sites. With their help, everything went smoothly.



Members unloading boxes of wreaths at the cemetery.



William (Zev) Heckman and members laying wreaths.

Once that was accomplished, it was now our turn. MFC then went about laying over 300 wreaths on grave sites. By the end of the day, we were exhausted, but satisfied that we had done a service to our community, hoping that we did "Live Up to Their Legacy."

References

Wreaths Across America - <https://www.wreathsassamerica.org/>
MFC Motorcycle Club - <https://mfcmc.org/>

ABOUT THE AUTHOR

Will Heckman is the Executive Director of The American Institute of Stress and a nationally board-certified educator, with three decades of experience teaching. A former New York City police officer Mr. Heckman is a member of MENSA, and former President and founder of a national motorcycle organization. As a teacher, Mr. Heckman is an expert in bibliotherapy to help children and young men and women to overcome stress-related problems. In his role as host and creator of the American Institute of Stress podcast, he has interviewed many leaders in the stress and mental health fields. Will is also a member of the credentialing committee of The American Institute of Stress to approve new members. In addition, he hosts the AIS webinars and oversees its social media accounts. Will has published articles on the use of graphic novels and been featured on CBS News, in several newspapers, and on a national radio talk show. He has also been a presenter at technology conferences, a book reviewer for a national publication, and an award-winning photographer.





» A Chaplain's Perspective «

Chaplains Are Like a Box of Chocolates

By Chaplain LTC (RET) David J. Fair, PhD, DMin, CTS, FAIS

“All Chaplains are unique - and come with a variety of fillings”

The ambulance pulls into the ER and a critical patient is wheeled into the emergency room. A team of trauma physicians hovers around the lifeless figure. The admitting desk sees the situation and pages the Hospital Chaplain. The Chaplain quickly responds and works with the arriving family of the victim. Information is carried back and forth to those in the waiting area. The code is called.

Now the Chaplain must break the news to the family. He or she stays with the family while the doctors and nurses and hospital provide documents for the family to sign, ask the family where they would like their loved one to be sent (which funeral home), etc., all the while the chaplain is simply present. He or she may be guiding the shocked family through some of the process, but that presence is felt. In First Responder, and more specifically Law Enforcement Chaplaincy, this is known as “ministry of presence.” Simply being there with a family as they experience the worst news of their lives can have a redeeming impact on them. No words need be said as the family slowly processes that their loved one is gone. Finally, the Chaplain returns home to a cold dinner to which he or she was just getting ready to eat when the call to come to the hospital ER was received.

Who is this Chaplain? More correctly, what is this Chaplain?

Is it a Professional Chaplain, Community Clergy? Both? Much is said today about the “Professional Paid Staff Chaplain.”; two degrees and CPE (continuing pastoral education) ...ego wall in the office, parking space at the door.

Then there are the community clergy. Those local ministers who “pastor” churches, teach at universities, laity with the blessing of their faith tradition. They visit the sick, say prayers, and conduct funerals. They may not have any training

in Chaplaincy, but as the pastor for the family, they may be of comfort simply because it is the family's pastor.

Finally, there is a third Chaplain. The professional credentialed volunteer chaplain. The vast majority, 90-95 percent of all First Responder Chaplains are volunteer and serve public safety personnel and their families (police, fire, EMS). This is the bi-vocational Chaplain who is as we spoke of earlier, may be splitting time between several parishes.

All these Chaplains - paid Hospital Staff Chaplain, Clergy of the Family, but especially the Professional Credentialed Volunteer First Responder Chaplain, in many cases, go where angels fear to tread. Usually, Professional Credentialed Volunteer Chaplains are found in smaller facilities or in rural communities, hundreds of miles from metropolitan areas, in facilities with no Chaplain or spiritual care budget. They may not even have booklets or pamphlets available about grief or what to do when a loved one dies.

These dedicated individuals who felt that “call within a call” to serve as a Professional Credentialed Volunteer First Responder Chaplain have spent countless hours in both educational settings and training seminars, spending their own money and their vacation time to qualify themselves to serve in a no man's land. Even shadowing more senior Volunteer First Responder



Chaplain Mark Bardsley, 2020 Immediate Past President of ICPC and Staff Chaplain for Marion Police Department, Marion, Indiana.




Chaplains, they have learned techniques that might not even be taught in classes, but from which they have learned from experience.

These men and women have filled the needs of hospitals and hospices alike and brought professional pastoral care and comfort to thousands. Many have been serving as Professional Volunteer First Responder Chaplains for years, availing themselves of teleconferences, books, papers, videos, and the internet; yet in some circles these valiant servants are deemed less than “professional.” It is not uncommon for those chaplains in a hospital who may have had CPE and their Board-Certified Chaplain (BCC) credential to initially look at the Volunteer First Responder Chaplain as a novice.

After all, they are not full time. They may have substituted formal CPE by working with an experienced Chaplain, arm in arm. They may not have been able to meet the specific legal requirements of certain certifications from national associations, yet they have complied many times over in spirit. They have the same “call within a call” possessed by Hospital Chaplains. In smaller medical settings the term “Professional Chaplain” simply means the person is usually making their living through the Chaplaincy on a full-time basis. It is their chosen profession.

What is not realized is that Hospital Chaplains and Volunteer First Responder Chaplains both work from different models. For Hospital Chaplains, there is slower process to help the



patient with their spiritual needs. A Professional Credential Volunteer First Responder Chaplain is often called when a crisis occurs and Crisis Intervention tools must be utilized in addition to Emotional and Spiritual Care. Both are qualified Chaplains in their own right.

Finally, there is the Paid Staff Chaplain employed by police departments. They may be charged with the official ceremonial duties for the department when an Invocation or Benediction is needed. They may work with the FOP Team to plan for the funeral of a fallen officer in their capacity as the Paid Staff Chaplain. They, too, will have gone through the same profession credentialing and training as the volunteers. They are expected to recruit, train, schedule and manage to meet the needs of a police department with 1,700 officers. There is no difference.

Today's Chaplain cannot be confined to one meaning, one mode of operation, one training track. Since 9/11, chaplaincy has branched out horizontally, developing tools and skill sets that are unique to each specialized setting, whether in a hospital, a hospice, the military, a company (corporate chaplain), a jail or penitentiary, or a First Responder Chaplain (serving police departments, fire departments, EMS departments, or on a Disaster Team). To the officers, the Volunteer First Responder Chaplain who

is trained and credentialed, is their chaplain.... professionally and in every way.

No longer can we, as Volunteer Chaplains, "muddle" our way through being chaplains by only being a "licensed" or "ordained" clergyperson. Training, mentoring, and all these tools and techniques can help us understand the difference between being a pastor, priest, rabbi or imam with our church, parish, temple or mosque. Then there is the quick paced Crisis Intervention Model, under which most First Responder Chaplains are often called. Volunteer First Responder Chaplains are no less professional than the paid staff chaplain. We have just chosen a different route to serve in a specialized setting (such as the First Responder/Public Safety Arena), which requires unique specialized training.

We must honor the enormous commitment and dedication of the chaplaincy for all that they bring to the table of spirituality and support for such deserving populations of first responders.



Fr Jeff Wolfe when serving as Chaplain for the Indianapolis Metropolitan Police Department, Indianapolis, IN.

ABOUT THE AUTHOR

Chaplain LTC (RET) David J. Fair, PhD, DMin, CTS, FAIS, has served in law enforcement chaplaincy for over 30 years and has been and continues to be an innovative leader in police chaplaincy, crisis intervention and in building relationships. He is President of ChaplainUSA, a nonprofit corporation providing training and education to officers and chaplains. Fair is a veteran law enforcement officer, and a former reserve deputy sheriff.



Fair served with the Texas Military Forces, TXSG-HQ, as a Lieutenant Colonel (LTC), and was chaplain for the 111 EN BN for two years. He served with the Standing Joint Interagency Task Force (STIATF-TX). Fair earned his Military Emergency Management Specialist (MEMS) designation.

Chaplain Fair has served as a briefer on Operational and Combat Stress for the Camp Bowie Training Center. He was deployed on state active duty for numerous hurricanes and served with Operation Lone Star. He is the recipient of the Texas Adjutant General's Individual Award Ribbon for "Meritorious Conduct" in performance of outstanding service during Hurricane Dolly, response, and recovery. He was certified in Homeland Security at Level V (CHS-V) and carried certification in Disaster Preparedness and Sensitive Security Information. Fair was a presenter for the Board of Certification in Homeland Security, and developed the course, Terrorism Trauma Syndrome. Chaplain Fair served on the Editorial Advisory Board for Inside Homeland Security Magazine where he authored a regular Chaplain's Column.

Dr. Fair is a member of the Board of Professional Advisors for the National Center for Crisis Management (NC-CM)/ American Academy of Experts in Traumatic Stress (AAETS). He holds their Board Certifications as Expert in Traumatic Stress, School Crisis Response, Crisis Chaplaincy and Forensic Traumatology. Fair is a past member of the Ethics and Professional Policy Committee of the American College of Medical Quality. A longtime emergency medical services technician and volunteer firefighter, Fair served on the City of Brownwood (TX) Emergency Services District Committee, as well as the police and fire committee.

Dr. Fair is an ordained minister and holds a PhD in Pastoral Counseling and Psychology from Bethel Bible College and Seminary as well as a doctorate in Clinical Christian Counseling from Central Christian University. He was on the faculty of Wayne E. Oates Institute, a former professor at Bethel Bible College and Seminary, and former member of the Commission on Forensic Education.

For over 20 years, Dr. Fair served as a member of the Brownwood City Council and is a former Municipal Judge and Justice of the Peace. Dr. Fair is Chaplain Emeritus of the Brownwood Police Department having recently retired after 20 years of service. He is also retired from Brownwood Regional Medical Center (now Hendrick Brownwood) as Chaplain following 25 years of service. He was also a volunteer Chaplain for the Texas Department of Public Safety. Fair is past CEO of Crisis Response Chaplain Services and is CEO of the Homeland Crisis Institute.

During police chaplaincy and military service, Dr. Fair was deployed to New York following 9/11, to east Texas for the Space Shuttle Columbia Disaster, and to Hurricanes Katrina, Rita, Dolly, Gustav, and Ike. Dave has written dozens of articles concerning chaplaincy and trauma as well as authored a book, *Mastering Law Enforcement Chaplaincy*.

A Tribute to a Unique Leader in Law Enforcement Chief (Retired) Richard Biehl Dayton Police Department, City of Dayton, Ohio

By COL (RET) Kathy T. Platoni, PsyD, DAAPM, FAIS

A stunning example of triumph over tragedy will comprise the pages that follow and serve as a profoundly intimate glimpse into the life and imposing and selfless public service of the Dayton Chief of Police during his record 13-year term. Chief Biehl is the epitome of what leadership in law enforcement should look like, demonstrating a degree of moral integrity in

policing that I am quite sure remains comparatively unmatched in the first responder community. His acts truly tended to the common good of the City of Dayton as a servant leader, who strove to erase the delineation between one of the most embattled and violent small communities in the nation and those charged with keeping the peace.

Chief Biehl is exclusive in his accomplishments too abundant to mention, as a competitive power lifter and martial artist on an international level and with respect to his 30 plus years of commitment to the practice

of yoga as a means of conquering chronic depression. He has been the PD's go to for the teachings of yoga to new recruits in the Dayton Police Academy and the entirety of the PD for an enormous push for health promotion. Earning his master's degree in Mindfulness Studies from Lesley University in 2020, he has authored book chapters and presented his teachings at conferences and conventions from coast to coast. Yoga and law enforcement are no longer mutually exclusive in this town, thanks to his wise philosophies and promotion of health and wellness on a grand scale.



Chief Biehl teaches yoga to Miami Valley youth at the Police & Youth Together camp at the Dayton FOP lodge. (Summer of 2020)



*Retirement Ceremony
for Chief Richard Biehl
with SWAT Doc Kathy
Platoni. (July 2021)*

The truth is that Chief Biehl far exceeds what would be considered unique. He has heart and hoards of it, infused with a love for the humanity of the law enforcement community like nobody's business. For a police chief to

confide in a psychologist during the hellfire and fury following such explosive events as those that have befallen the Dayton community is extraordinary, both as an enormous step forward in combatting the mental health crisis enveloping

the men and women in blue and as a great privilege within the psychology community.

In the face of one of the most horrific mass shootings in U.S. history, a paralyzed community looked to Chief Biehl to make sense out of the senseless and to draw the devastated multitudes back from dismal days that darkened the lives of the entire populace of Dayton and surrounding communities; all this in the aftermath of 16 tornadoes that leveled large areas of the City of Dayton and numerous neighboring municipalities and an Honored Sacred Knights rally just prior to the touchdown of Mother Nature's wrath. In September



Cincinnati Police Chief, Eliot Isaac, and Chief Biehl proudly pose with newly promoted Cincinnati Police Sergeant Christopher Sulton. Chris is Chief Biehl's son. (December 2020)



Dan Kirsch and Chief Biehl pose for a quick photo at the Dayton FOP lodge during an Alpha-Stim pilot study involving nearly 100 Dayton Police Officers. (October 2018)

to this day, remain emblazoned upon the minds of everyone in attendance and left police officers from all corners of this country weeping in solidarity.

Shortly after Chief Biehl's Final Roll Call and retirement from public service, he shared with us that with the advent of vitriol and movement to defund, demolish and annihilate the police, the joys of policing had ceased to be for him.

of 2019, one month following this mass shooting, President Trump presented the Department of Justice Medal of Valor to those six officers who fired their weapons to apprehend the shooter within 32 brief seconds. In the months following, Chief Biehl was again honored on a global scale at the International Association of Police Chiefs conference by President Trump for the extraordinarily heroic deeds of his six officers who apprehended the shooter during the Oregon District Mass Shooting.

It is undoubtedly among Chief Biehl's most astounding deeds when he led the entirety of the City of Dayton and the Dayton Police Department from the depths of catastrophe and heartbreak after the line of duty death of Detective Jorge Del Rio. **If you take nothing else from this tribute section, please take 9 minutes of your time to listen to his eulogy for Detective Del Rio, set to the scenes taken from his funeral memorial. His words,**

From this came a wrenching awareness of how not only the public trust in the police has dwindled to the point of depletion at the hands of extremists who grossly misplaced and targeted blame without cause, but the low point to which we have sunk as a society.

It is under Chief Biehl's sponsorship and guidance that I was personally gifted an honor infrequently bestowed upon mental health professionals, one far beyond all of my dreams and expectations as a clinical psychologist. It is thanks to Chief Biehl that I have served on Dayton SWAT (as a SWAT doc) and as the psychologist for the Dayton Police Department for the past 16 years. It is also the likes of this extraordinary leader that my psychologist position has expanded to coverage of 36 police departments and 5 fire departments. I am far beyond blessed to have had these lifechanging experiences, but to call Chief Biehl and his significant other, Peggy, as lifelong and beloved friends.

Welcome Dayton Keynote - November 8, 2018

By Richard S. Biehl, Police Chief (RET)

Good Evening! I would like to extend an enthusiastic and heartfelt welcome to everyone attending, One City - Many People, Many Voices! This evening's annual fundraising event is to support Welcome Dayton and the great work of HRC's Immigrant Resource Specialists, Martha Jeanette and Eugenia, in serving our refugee and immigrant community members. I encourage you to be generous in that regard!

I would like to briefly share over the next several minutes a local journey and perhaps better labeled as a pilgrimage (a word often referring to the journey to a sacred place) through local, state and national immigration policies and practices.

Almost 11 years ago, I was appointed as police chief for the City of Dayton. I had not been police chief for even a month when I received an email that changed the trajectory of my path as police chief and propelled me into a decade-long road into the intricacies of immigration public policy and the challenges of finding a reasonable and compassionate path to better serve our immigrant and refugee community members. A portion of that email said the following:

"I hear repeatedly that cruisers are parked in the neighborhood near Latino households - having an excruciatingly intimidating effect on families."

"The continuing arrests are causing near panic in some parts of East Dayton. Yesterday a family pulled their children out of our neighborhood school because they believe that the police are 'hunting' for undocumented Latino drivers when they drop their children off and pick them up after school."

To read these comments was a shock to me. I could not imagine community members being

so fearful of local police officers. I knew from my 30 years of public/community service at the time, that a significant contribution to the growth in crime and the increase in reported crimes that go unsolved is the absence of participation by community members in working with police officers, for which fear of the police can be a significant contributing factor.

So, I did what I have done so many times before when faced with such challenges, I searched for the truth. Were these reported actions true, was the expressed fear an understandable response to the direct experiences of community members?

A review of several months of jail intake data for 2007 and 2008, indicated that while arrests of Hispanic community members was small in number compared to total arrests, these arrests often led to I.C.E. removal, more often for traffic offenses than criminal arrests. The collateral effect of these arrests and subsequent I.C.E. removals was that families and children were left behind without support and therefore required support from local social service agencies. And what is also important to point out is that the I.C.E. removals occurred without a local trial or conviction of the most often, traffic charges.

The rationale in part for a portion of the arrests was the lack of identification of the persons that had encounters with local police. So, I had the policy of the Dayton Police Department revised restricting the physical arrest of persons for first time traffic offenses and requiring officers to make a good faith effort to solve an identity problem and to not make it become a jail problem. This policy applied to all community members in the City of Dayton. The greatest beneficiaries of this policy were Caucasian and African American



During a Wall Street Journal feature story coverage, a Dayton resident thanks Chief Biehl and Dayton Police personnel for their heroic and decisive response to the Oregon District mass shooting. Sergeant Aaron Fraley provides traffic control during the encounter. (August 2019)

community members. They comprised the bulk of those arrested for which the aggregate number of arrests for these two segments of the community dropped in 2011 to approximately 400 each annually from the 2008 levels of more than 1,300 and nearly 1,000 respectively for each group. The secondary effect for Hispanic community members was the reduced likelihood of I.C.E. removal for traffic charges that were never adjudicated by a court of law.

The reduction in the number of arrests that followed from this and other policies resulted in substantial savings for Montgomery County that had been spending hundreds of thousands

of dollars a year to house prisoners in other jail facilities. Another benefit is that officers could better spend their limited time on more important local public safety matters like reducing serious crime.

So, these changes could be seen as soft on crime approaches. Yet, both serious and less serious violent crime declined steeply in 2011, the largest aggregate decline in violent crime in a decade. We, as a community, became safer!

Other policy changes followed such as the establishment of prohibitions against inquiring about the immigration status of victims or witnesses of crime and the development of



We assembled a collection of 10 packs of qualified and fun stress management gear. In addition to your own use, these make the perfect gifts for your stressed family members and friends. They will definitely thank you for these useful and thoughtful gifts.

- My Stress Tools
- The Gift of Relaxation
- Relaxation-In-A-Box
- Overcoming Stress Pack
- Sleep-In-A-Box
- The Anxiety & Emotional Eating Attack Pack
- Stress Attack Pack
- The Chillax Pack
- Mindfulness Meditation Pack
- The Unhealthy Behaviors Attack Pack



SHOP NOW

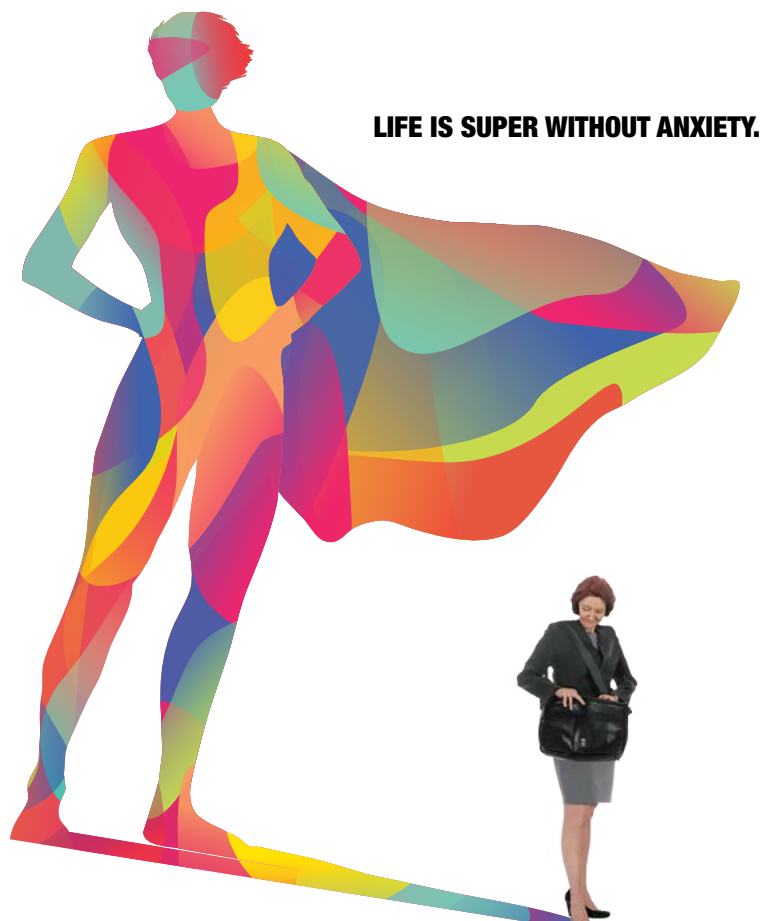
The American Institute of Stress Products Store

clear policies for when I.C.E. is contacted when a suspect of a local crime is believed to lack legal status to be in the country. These policies focused on those persons who were a threat to national safety, involved in aggravated drug trafficking or were involved in serious, violent crime. Also, a formal relationship was forged with A.B.L.E. (Advocates for Basic Legal Equality) to assist immigrant crime victims/witnesses with U-Visa applications to protect them against deportation when they report crimes and work with legal authorities to solve those crimes.

Beyond local police policies, the Dayton Police Department advocated against state

legislation in 2010 that would have mandated a role for local law enforcement to participate in immigration enforcement to include civil violations in conflict with an earlier Ohio General Attorney ruling that Ohio police officers lacked such federal enforcement authority.

I participated in the Capitol Hill visits in 2014 as a member of Bible, Badges and Business – a collaborative of business members, faith-based leaders, and law enforcement personnel nationally – to advocate for comprehensive immigration reform. I was so humbled to be a part of such well-informed and passionate Americans, many of whom identified themselves as conservative



Alpha-Stim is the drug-free, clinically proven treatment to alleviate anxiety, depression, insomnia, and pain.

Get dramatic relief fast. Alpha-Stim® is an FDA-cleared, easy-to-use, handheld prescription medical device that treats anxiety without lasting side effects or risk of addiction. Get started at alpha-stim.com.



ALPHA-STIM®

Alpha-Stim and the Alpha-Stim logo are registered trademarks of Electromedical Products International, Inc. © 2020 Electromedical Products International, Inc. All rights reserved. Read a full disclosure of the minor and self-limiting risks here: alpha-stim.com/risk.

Republicans, who made the ardent case for immigration reform that was in support of our American businesses that are dependent upon workers from our diverse immigrant communities, that was compassionate and aligned with faith tradition values of this diverse country, and supported by law enforcement as in the best interests of public safety.

Additional activities in Washington included working with the National Immigration Forum's, Law Enforcement Immigration Task Force, to work with federal administration officials to shape national law enforcement immigration policy and the limited role of local law enforcement that respects the public safety mission and

goals of our local communities. Further, as a representative of the Dayton Police Department, in 2015 I testified before a subcommittee of the House of Representatives Judiciary Committee in opposition of House Resolution 3110 which would paint such a broad brush that any police agency that established policies with parameters constraining the role of local law enforcement in federal immigration enforcement could be deemed a "sanctuary city" with attendant punitive sanctions. And in 2016, I participated in a national press conference of the beginning of oral arguments in Texas et al. vs. the United States, a case that would determine significantly federal policies on DACA.

CHARGE INTO A LIFE WITHOUT DEPRESSION.



Alpha-Stim is the drug-free, clinically proven treatment to alleviate anxiety, depression, insomnia, and pain.

Get dramatic relief fast. Alpha-Stim® is an FDA-cleared, easy-to-use, handheld prescription medical device that treats depression without lasting side effects or risk of addiction. Get started at alpha-stim.com.



ALPHA-STIM®

Alpha-Stim and the Alpha-Stim logo are registered trademarks of Electromedical Products International, Inc. © 2021 Electromedical Products International, Inc. All rights reserved. Read a full disclosure of the minor and self-limiting risks here: alpha-stim.com/risk.

I should add as another footnote that while working on these issues locally and nationally, the city of Dayton experienced another record-breaking crime reduction in which both violent and property crime, serious and less serious, collectively declined more than 10% in 2017. The city of Dayton became safer!!

I would like to end my comments with some reflection of the vitriolic rhetoric that has too often emerged in the debate on federal immigration policy and the perceived needed changes. We have heard repeatedly that those in violation of immigration laws or seeking asylum from foreign lands (and I am significantly paraphrasing here) are incorrigible, untrustworthy, morally debased, and in some significant sense, less than human and thus not deserving of mere safety much less compassion.

These distorted characterizations bring to mind the comments of scholar Sam Keene who decades ago in his book, *Faces of the Enemy: Reflections of the Hostile Imagination*, illustrated how in times of war, "the enemy" is characterized in propaganda as inhuman, even bestial, and thus worthy of all the suffering and death that war brings. Keen commented that such characterizations were a projection of one's inner fears and aggression upon the other and thus justifying a violent response. His commentary suggested that such emotions were better substance for inner resolution rather than externalized projection with all the subsequent harm that follows. He was subsequently criticized for psychologizing politics to which he replied,

Don't politicize your psychology.

"Don't politicize your psychology!" I will leave for your own reflection how much of our national dialogue on immigration has been a politicization of personal psychology.

So regardless of one's own personal views on national immigration reform, I would suggest that there is an urgent need for deep reflection on our history as a nation of immigrants and to recall

the words of the timeless sonnet by Emma Lazarus - "Give me your tired, your poor, your huddled masses yearning to breathe free" - that truly

represent our country's roots, national psyche and spirituality.

The urgent civic dialogue that is needed will require that we still our own inner fears of the "other," squelch our inclination to aggression, and recognize our deepest identity and goodness in the faces of the immigrants and refugees in our lands, on our shores, and within sight of our horizons.

To serve as an inspiration and instruction of how we will need to still ourselves for the dialogue and action to follow, I direct your attention to the brief video - Just Breathe!



Meet Dayton Police Chief Richard Biehl. He's the Elder grad and former Cincinnati Police Department official now in the national spotlight.

By Sharon Coolidge, Cincinnati Enquirer, published 9:56 p.m. ET Aug. 6, 2019, Updated 11:23 a.m. ET Aug. 7, 2019.

It had already been a long, terrible day when Dayton Police Chief Richard Biehl stepped to the podium to speak to a room full of reporters.

Nine people had been killed, at least 14 wounded in Dayton's Oregon District.

But as Biehl spoke, his voice was calm, was authoritative. His demeanor meant to reassure citizens Dayton remained safe.

And he was clearly proud of officers who fatally shot Conner Betts, a 24-year-old Bellbrook, Ohio man, within 30 seconds of him firing into a crowd in Dayton's Oregon District -- a quick reaction that prevented even more tragedy.

"While this is a terribly sad day for our city, I'm amazed by the quick response of the Dayton Police that saved literally hundreds of lives," Mayor Nan Whaley said.

For Biehl, it was another instance of him finding a way to get the best out the people around him, say those who know him.

He did it as a police recruit when he refused to leave others behind when training was physically demanding.

He did it when he championed problem-solving policing instead of using the same old lock-em-up mentality.



Dayton Police Chief Richard Biehl speaks during a press conference about a mass shooting that left ten dead, including the shooter, and 26 injured along the 400 block of E. Fifth Street, Sunday, Aug. 4, 2019, in Dayton, Ohio. (Photo: Albert Cesare)



Dayton Police Department chief Richard Biehl gives an update on his agency's role during a press conference to give an update on the mass shooting investigation at city hall in Dayton, Ohio, on Tuesday, Aug. 6, 2019. The FBI announced that it had uncovered a violent ideology but had not found evidence to suggest the shooting was racially motivated. (Photo: Sam Greene/The Enquirer)

And he did it when he took over as Dayton's top cop, implementing a series of policies aimed at better community relations.

Once a top candidate for Cincinnati police chief

Biehl's calm demeanor was built on a career spent rising through the ranks of the Cincinnati Police Department, all the way to assistant chief. He held that job for six years, through the 2001 riots and the brokering of the historic police, community Collaborative Agreement.

In 1999, Biehl was one of three people considered for the chief's job, but narrowly lost out to Tom Streicher.

Biehl retired in 2004 to lead the Community Police Partnering Center, aimed at curbing crime in Cincinnati, for four years before being sworn in as Dayton's chief in 2008.

"For me, truth comes through struggle," Biehl said in an email to The Enquirer Monday. "These matters are complex and only with a lot of patience and perseverance can we get to the truth."

Biehl, now 66, said his time in Cincinnati prepared him to deal with the mass shooting.

"I've learned through multiple critical events in Cincinnati that it is important to do the homework to thoroughly examine critical events to determine, to the best of one's ability, the key factors that contribute to tragic outcomes," he wrote. "By developing

that level of understanding we can learn how to prevent, reduce the harm from, and better respond to these events."

'They made a mistake when they didn't make him chief'

Cindy Combs rose through the ranks of the Cincinnati Police Department with Biehl, starting in the same 1980 recruit class all the way up to working as an assistant chief alongside him. Combs too was on the shortlist to be chief when Streicher was chosen.

"They made a mistake when they didn't make him chief," Combs said of Biehl. "Rick is the epitome of a servant leader. He truly puts the community and people he serves first."

Biehl graduated from Elder High School and the University of Cincinnati, joining the force after a short stint as a store security guard.

Combs, now retired, said Biehl was a leader from the start. Police academy training, especially back then, had similarities to military boot camp. When the recruits would do morning runs there were inevitably some who struggled. Biehl was the recruit who ran back to drag stragglers along, so everyone finished, said Combs.



Aug. 27, 1998. Colonel Ronald J. Twitty, left, talks with Lieutenant Colonel Richard S. Biehl, during a promotion ceremony to rank of Assistant Chief. Tony Jones/Enquirer (Photo: Tony Jones/Enquirer)

Biehl knew traditional policing wasn't enough. People's lives needed to change. Police could help, but social services were critical to making the change happen.

The collaborative agreement was brokered the year after the unrest, with Biehl working to implement problem-solving

"He was like that his entire career," Combs said. During his time with Cincinnati police, Biehl led the police personnel, youth services and criminal investigations units.

Biehl was popular among officers throughout his career, recalled FOP president Dan Hils.

Hils said officers tend to be conservative, but Biehl was open about having more liberal views. That was noted by officers but didn't hurt his popularity.

'He almost felt like a professor'

Biehl made the rank of captain within 10 years of being hired, a quick ascension. In 1998, he was named an assistant chief, alongside Combs and Tom Streicher.

When it came time to choose a new chief the following year, the three vied for the job. Biehl lost out to Streicher.

It was a turbulent time for the department, including a high number of police-involved shootings of black men. In 2001, the fatal shooting of Timothy Thomas, an unarmed black man, erupted into civil unrest.

policing, then new to urban policing.

Biehl told The Enquirer in 2002: "If crime is allowed to be only a police problem, I don't see much improvement in any of the problem areas in our community. Our officers can no longer afford to say 'Move along, this a police matter.'" That is the worst message we could send to a citizen. It probably never should have been a message."

Ohio Democratic Party Chairman David Pepper worked with Biehl when Pepper was a Cincinnati city councilman and chairman of council's Law and Public Safety Committee.

"In my time on city council, when the city faced major challenges, no person in the chain of command was more impressive than Rick Biehl," Pepper said of his interactions with Biehl. "Professional and positive, he was committed to partnering with the community, and also focused like a laser on how to address the deeper root causes of crime. He almost felt like a professor when it came to analyzing those root causes."

The Community Police Partnering Center was created in 2004, born out of the Collaborative



Dec 7, 1998: Talbert House President Neil Tilow, left, and Hamilton County Sheriff Simon Leis, right, look on as Cincinnati Police Lieutenant Colonel Rick Biehl signs the Collaborative Agreement. Glenn Hartong/The Cincinnati Enquirer (Photo: Glenn Hartong/Cincinnati Enquirer)

Agreement. Biehl was named its first director and retired from the police department.

Dave Bailey, who was an assistant chief at the time and has since left the department, said Biehl was a mentor to him throughout his career.

"Chief Biehl... was a pioneer in examining the social causative factors influencing crime," Bailey said. "Administratively he treated everyone with respect, and he is absolutely the epitome of integrity and leadership. The City of Dayton should feel fortunate to have him as their police chief."

As Biehl was making the transition to the private sector, Cincinnati's homicide numbers were the highest in years. Biehl kept working on the idea that grassroots help would reduce that number.

In his new job Biehl went on to bring the widely hailed neighborhood-based gun violence reduction program, CeaseFire, to Cincinnati.

That program was working and drawing national praise when in 2007 Dayton began the search of a new police chief.

Biehl got the job and started work in January 2008. He brought 27 years of police experience to the job.

One of his first moves was to bring the same type of neighborhood anti-gun violence program to Dayton.

Throughout this week, Biehl has given multiple updates about what happened Sunday.

On Monday, as he shared details about the AR-15 style .223 caliber firearm Betts used to kill, Biehl explained it had been modified to function like a rifle.

And that was troubling to him, he said.

"It's fundamentally problematic to have that level of weaponry in a civilian environment, unregulated," Biehl said during a news conference.

Biehl has mostly sailed through his career on praise for his work, with no problems found in his Cincinnati police personnel file or in newspaper archives during his time as an officer.

In 2017, Biehl was disciplined with a written reprimand and ordered to reimburse the city \$469 after his gun was stolen from his car, in what a city investigation concluded was not a forced entry.

Even then, Dayton City Manager Shelley Dickstein's confidence in Biehl's ability to keep Dayton safe never wavered.

"I believe (Biehl's) proven track record of leadership and innovative policing strategies has made the Dayton community a safer place," Dickstein wrote in a statement then. "My confidence in him as the head of the Dayton Police Department has not wavered."

Remarks in Memory of Detective Jorge R. Del Rio, Tuesday, November 12, 2019

By Richard S. Biehl, Police Chief (RET)



Funeral for Detective George Del Rio, killed in the Line of Duty.

There are no words... no words to adequately explain the depth of our loss or the magnitude of our sorrow at the death of our colleague, Jorge Del Rio. It is even more so for his wife, Kathy, their daughters, grandchildren, other family members, friends, neighbors and the many others whose lives he touched.

AND, there are no words to adequately convey his love of life, family, friends, or the dedication to his law enforcement career and to the service to our community, state, and country.

But to not make a valiant attempt to find such words would lack courage, tenacity and compassion, the very traits that Detective Jorge Del Rio exuded.

So, we must try to find them. Others have just done so. I too will try to find the words to do so, although even in their ultimate inadequacy to convey the profound matters of the heart, it matters a great deal.

It matters a great deal to acknowledge the life and sacrifice of Detective Del Rio. Jorge served

with honor and valor for three decades. He served his family, his community and his nation. He served in a manner with which he could be counted upon to perform at the highest level of dedication and professionalism. He served as a teacher and coached dozens of other detectives in the art of investigation. He served as a teammate, never hesitating to step away from his own work to help his friends and his co-workers.

In his final act as a Dayton Police Detective and as an agent of the Drug Enforcement Administration, he served on a team to remove a massive quantity of deadly narcotics from our community. In doing so, he moved unhesitatingly towards danger and made the greatest sacrifice possible within the nobility of the law enforcement profession. He acted with great courage, heart, commitment and dedication as he had done throughout his career.

In doing so, Jorge, along with his law enforcement partners, also acted to prevent the mass casualties within and beyond our

community that would have inevitably occurred if the large quantities of toxic drugs that had been amassed been allowed to hit the streets of our communities.

Jorge's selfless action and his ultimate sacrifice is reminiscent of what Abraham Lincoln called the "last full measure of devotion." And it is incumbent upon us, particularly his colleagues and fellow law enforcement officers, to act as Lincoln advocated by taking *"increased devotion to that cause for which (Jorge) gave the last full measure of devotion."*

Detective Del Rio not only served to advance the nobility of his profession, he served to bring people together. His warm and generous spirit touched everyone he knew. His colleagues describe him as a dedicated family man. When he was not at work, he was with his family. When he was at work, he spoke fondly about his family. He spoke with great pride about his daughters and with great love for his wife, Kathy.

He was also known to love food and insisted upon eating, "like a civilized person." He rejected a more typical cop diet of fast food from drive through windows. Jorge preferred to sit at tables in restaurants and often invited colleagues from all parts of his professional life to dine together. He brought people together. When those people sat for meals, they forged friendships and strong working relationships. Jorge served to create community.

His light shined brightly throughout his 30-year career during which his expertise in drug enforcement took him beyond the Dayton City limits, beyond the borders of Ohio and had effect beyond the borders of the United States. His valor took him into the vast arena of combating illicit drug trafficking, the arena of

great causes in life, and he did so, as expressed by the words of Teddy Roosevelt: *"while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."*

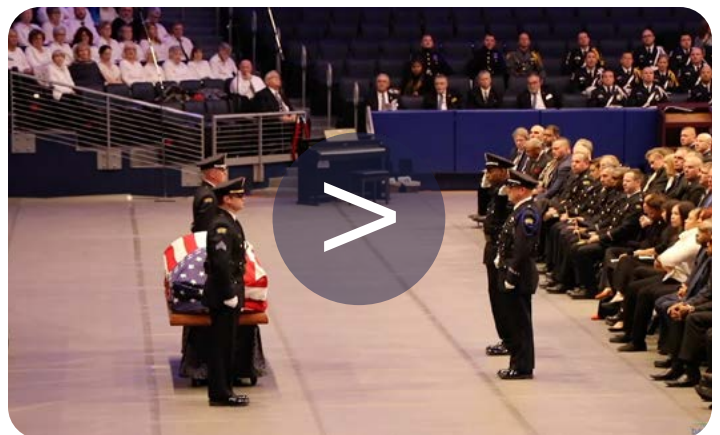
Detective Del Rio spent his entire career in the gritty arena of law enforcement while daring greatly. His exemplary performance is defined by great achievements not known by timid souls. He left a legacy of service and sacrifice to this noble profession that is rare even among the best of us.

Our hearts are broken but fixed on the great task before us; that we may follow with increased devotion to honor his life, his courage, his persistence and his compassion. While there are truly no adequate words to honor Jorge Del Rio's service and sacrifice, the following video, with its images, music and words, approaches the honor which is so justly deserved: <https://www.youtube.com/watch?v=r5mgu00ZAfY>

In closing, I offer the following wish for blessings to Detective Jorge Del Rio, his family, friends, all those whose lives he touched, and for the men and women who have shared with him the indestructible fabric of the thin blue line:

May you be safe and free from harm.

May you be at peace.



Thirteen Years as Your Police Chief: A Remembrance Comments at Veterans Administration Honoring My Service as Police Chief - May 2020

By Richard S. Biehl, Police Chief (RET)

It has been the greatest honor of my professional life to serve as the police chief for the city of Dayton and to serve the Dayton community. The past decade plus has been filled with many, many public safety challenges within our community - with the City of Dayton government, the Dayton Police Department, as well me in my role as police chief, sharing the responsibility to respond to them. I will share with you at this time, a not so short list of some of the many challenges that we have faced and currently face in pursuing the mission of improved public safety.

- January 28th, 2008, I was sworn in as police chief.
 - Congratulatory gift - the beginning of the Great Recession. There were 416 sworn personnel and 99 civilians at that time - those numbers would dwindle to 324 sworn officers and 49 civilian personnel by 2012.
 - Three officer involved shootings in May 2008 and another in July of that year that presented community challenges.
 - The DOJ Community Relations Service was asked to assist in community dialogues to navigate through the challenge. I subsequently announced a five-point plan to reduce the potential for such tragic incidents.
 - October 2008, DOJ announced a lawsuit over police/fire hiring practices governed by the Civil Service Commission.
 - There would be no new police recruit class for more than four years as hiring processes were negotiated, revised and implemented.
- October 2010, a new City Manager was announced and in a meeting with me, prior to his formal appointment, I presented a one-page overview of organizational changes that were needed to prevent compromising the DPD's ability to fulfill its public safety mission
- December 2010, DPD moved to Regional Dispatch and Court Detail was subsequently civilianized allowing the redeployment of 22 sworn personnel to offset the personnel declines of the prior three years.
- 2011, the DROP plan limits impacted retirements. That year 47 sworn personnel retired.
 - In January, knowing the impact of the loss of so many veteran police officers and its combined effect on staffing while there was a hiring freeze, the DPD implemented a reorganization that changed its structure from five police districts to three Patrol Divisions and decentralized property crime investigations. Other changes were made in service to maintain response capability.
 - Camera traffic enforcement was expanded to include speeding. Auto accidents declined, including injury and fatal accidents until this program was decimated in 2014 by a hostile state legislature that continued to pass legislation in violation of home rule that severely restricted municipalities from the continued use of this technology. The COD was later successful in winning its case before the Ohio Supreme Court that the legislature have overstepped its constitutional bounds. During a two-year enforcement hiatus, auto accidents - both property and injury accidents - increased by 40% and fatalities nearly doubled.
 - Midyear, 20-year-old Kylen English, escaped from custody while being transported to jail and jumped from the Salem Avenue Bridge, falling to his death. There were accusations of police brutality and concerns of a police cover-up expressed by some community members. Fortunately, the transporting officer



Chief Biehl and Lt. Andy Booher present a Dayton Police patch to the Deputy Police Chief in Banja Luka, Bosnia and Herzegovina. (July 2016)

recorded the jail transport, and a private citizen observed the incident and posted a comment within minutes of it occurring confirming police accounts of an extraordinary escape that resulted in a tragic death. DOJ CRS personnel were once again requested to travel to Dayton to facilitate community and police dialogues about this tragedy.

- In 2011, the Dayton Police Department would receive the first of two Community Policing Awards bestowed by the international Association of Chiefs of Police for the Belmont HS disorder reduction project.
- At year end, the COD had experienced the largest decline in violent crime in a decade.
- Between 2011 and 2013 there was a complete turnover of senior command staff (major and

above) - in fact there were nine appointments to the six senior command staff positions in an approximate two-year period.

- I made an urgent plea in late 2013 to retain the services of Assistant Chief Bob Chabali to ensure a baseline of organizational stability during this significant transition. Assistant Chief Chabali was granted an exception to the city ordinance prohibiting retire/rehire and serviced as Assistant Police Chief until February 2016.
- Beginning in 2012, OD deaths began to escalate countywide with about half of the deaths in the City of Dayton. The opioid crisis would worsen through 2017 when 566 community members in Montgomery County died from opioid-related ingestion. During this time, I worked



Chief Biehl demonstrates a front kick during "Yogarate" - a combination of yoga and martial arts at the Police & Youth Together camp. (Summer 2020)

with the Office of National Drug Control Policy to shape national strategies in response to the opioid epidemic.

- In 2014, I became engaged in the national immigration debate as it relates to the role of local law enforcement. I became one of the initial members of Bibles, Badges & Business and went to Capitol Hill in October 2014 to lobby elected officials on the need for comprehensive immigration reform. I subsequently testified before a House subcommittee in 2015 opposing a House resolution to punish "sanctuary cities" instead of the legislature doing the necessary work to overhaul and unworkable immigration system.
- In 2015, the DPD received its second IACP Community Policing award for the Downtown Engagement Project an intervention to engage those persons who suffer from homelessness, mental illness, and drug dependency to connect them to needed services rather than

the revolving door of jail.

- There were some crime upticks in 2015 - 2016 without clear indication why. However, 2017 posted the largest declines in all crime categories in more than a decade.
- I spent more time in Washington in 2018, participating in a Congressional briefing on the national increase in violent crime in 2015-2016. And then there was 2019 and 2020...

I have said repeatedly that there are two words that have been absent in my vocabulary these past 13+ years - bored or under-challenged. Fortunately, I have been blessed to work with exceptional men and women in blue, who met these challenges with grit, determination, professionalism, and a deep commitment to public service. Their efforts have garnered national and international recognition for exemplary achievements in community policing, problem-solving efforts to reduce crime and disorder, and valor in the face of incredible

danger to protect members of our community, even at the risk of their lives.

The level of professionalism, commitment and sacrifice by the men and women of the Dayton Police Department was made most evident in 2019, by the ultimate sacrifice by Detective Jorge Del Rio who died while valiantly trying to protect this community and beyond from the distribution of a massive quantity of illicit drugs.

I have been impressed repeatedly in the ability of the men and women of the Dayton Police Department, with support of our administrative and professional staff - in partnership with our community - to make substantial contributions to the safety and well-being of our community with

limited resources to do so.

Quite simply, I am grateful for the opportunity given to me to serve as police chief and the consistent support I and the men and women of the Dayton Police Department have received from the community, elected officials, city administrators and most certainly today, the administration and staff of the Dayton VA Medical Center. I salute you for your overwhelming support, dedication and contributing efforts to making our community a safer place to work, live and play and for serving the men and women in uniformed services who have defended American interests and the cause of freedom around the globe.

Maryland University of Integrative Health **PCE** Professional and Continuing Education

The four courses below are available through a partnership with MUIH Professional and Continuing Education (PCE) and are certified by The American Institute of Stress. PCE provides advanced, superior quality, skills-based offerings leading to relevant credentials and real-world application. As a PCE learner, you can quickly expand your knowledge and distinguish yourself as a leader in your field. Additionally, various professional organizations and boards may accept these courses for continuing education requirements. **CLICK TO LEARN MORE.**

The Physiology of Building Stress Resilience

The Physiology of Building Stress Resilience
A Continuing Education Masterclass



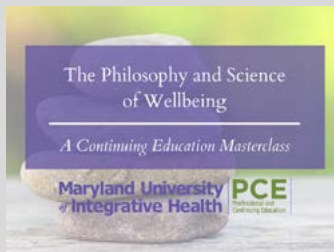
Psychoneuroimmunology - How Thoughts Impact Disease

PTSD in Client Relationships
A Continuing Education Master Class



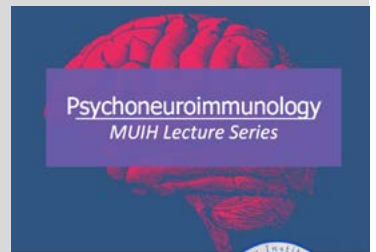
The Philosophy and Science of Wellbeing Masterclass

The Philosophy and Science of Wellbeing
A Continuing Education Masterclass



PTSD in Client Relationships Masterclass

Psychoneuroimmunology
MUIH Lecture Series



AIS members receive 10% OFF all MUIH courses. If you are a member, contact us for a promo code to enter at checkout.



Private Message to Initial Officers Involved in the Oregon District Mass Shooting Response - August 2020

By Richard S. Biehl, Police Chief (RET)



Mayor Whaley opens a press conference wherein Chief Biehl and FBI Special Agent in Charge, Todd Wickerham, announce the formal involvement of the FBI in the Oregon District mass shooting investigation. (August 6, 2019)

- **Sgt. W. Chad Knight**
- **Off. Brian Rolfes**
- **Off. David Denlinger**
- **Off. Ryan Nabel**
- **Off. Vincent Carter**
- **Off. Jeremy Campbell**
- **Off. Jason Berger**

On behalf of the Dayton Police Department and our community, I want to extend my deepest gratitude to you for your collective action, along with other DPD members and law enforcement regionally, that literally saved many lives and prevented further harm to innocent citizens.

This incident involved an intense firefight that is rarely seen other than in combat and in these incidents of active shooters. What makes

active shooter incidents extremely challenging is the large number of innocent persons – noncombatants – who are in harm’s way from the assailant as well as potentially from police personnel who are quickly, and under chaotic circumstances, attempting to stop the mass slaughter of those innocent persons present. It is an environment that is unlikely to allow for perfection in execution of tactical response, even if there is such a thing.

You need to keep ever present in your mind that your intent in responding to this rapidly emerging crisis was to try to help, to try to stop the killing. Depending upon the position of a police officer, the position of the assailant and their respective movement over very short

periods of time, the positions of innumerable innocent persons and their respective movement over time, the dynamics of the physical environment, the timeframe within which the incident occurs, there is a danger in not shooting and there is a danger in shooting. Either decision can result in adverse outcomes. And that is true in this incident.

Initial reports from the first day and thereafter indicated that more than one of the deceased persons was likely struck by police gunfire.

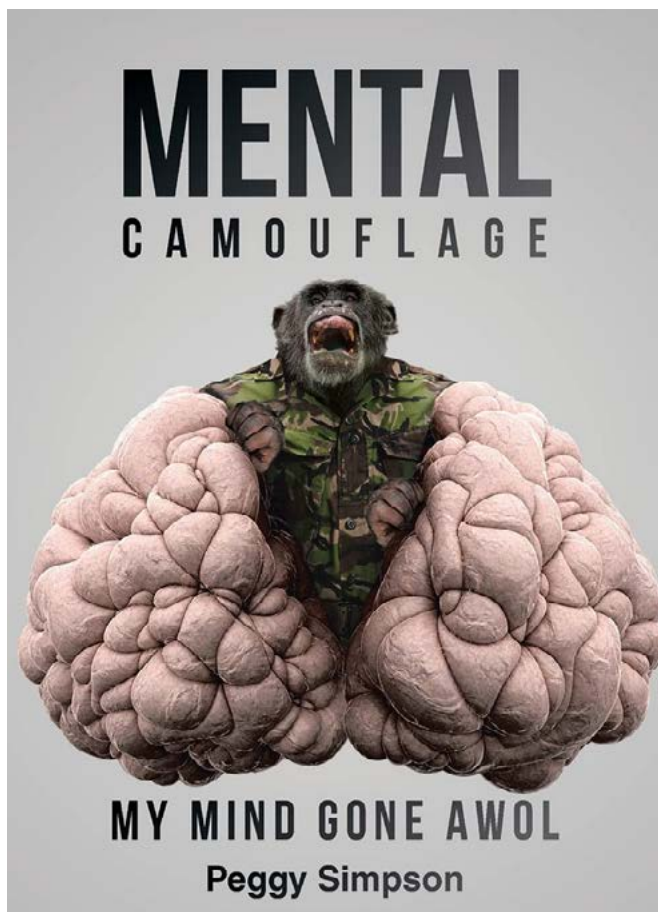
There was an initial report that one victim had what appeared to be a shotgun wound. (This was later proven to be inaccurate.)

There were reports that a couple of victims likely had .45 caliber GS wounds.

There were 2-3 .223 caliber rounds unaccounted for and all victims died from .223 GS injuries.

The coroner will be making a public statement about the results of autopsies that were conducted on all deceased persons killed in the Oregon District mass shooting to include two victims also struck by police fire (all those wounded were killed by gunshots fired by the assailant).

[Note: The last paragraph was added to the previous narrative on 2/28/2022. I must have just had some of the main message prepared in advance but undoubtedly did not leave the officers hanging regarding victims being struck by gunfire and added additional comments that were not written down at that time.]



James experienced multiple traumatic events, beginning from the time he was a young boy, culminating with his military service in the Ulster Defense Regiment (UDR) in Northern Ireland. Upon his discharge from the UDR, James became a breakfast chef. However, the impact of all that led up to his CPTSD left him emotionally crippled and unable to hold down a steady job.

In addition to professional counseling provided by the National Health Service (NHS), writing about the many causations that ultimately left James with CPTSD has helped tremendously to loosen the power this disease has held over him for so many years.

James is now able to walk alongside others in the military who are on the road to healing. He looks forward to speaking into the lives of those who are suffering with PTSD.

• Available through Amazon, Barnes & Noble, Google Play and iTunes. •

<https://www.youtube.com/watch?v=BM1oOAM4CY>

Opening Comments to Debrief for Oregon District Shooting Survivors - October 23, 2020

By Richard S. Biehl, Police Chief (RET)

Greetings. I am Richard Biehl, Police Chief of the City of Dayton, and I extend a heartfelt welcome to you from the City of Dayton and the Dayton Police Department.

I first want to offer my deepest condolences to those who lost a loved one due to the mass attack in our community in August last year and my wish to each of you for healing and recovery as well as all who were harmed in any way by this terrible tragedy.

We are here today for a solemn undertaking - to try to provide to everyone present, and publicly sometime later, a more detailed explanation and thorough understanding of

the tragic events that unfolded in the Oregon District on August 4, 2019, to the extent that such explanations are available.

To do so, you will be hearing details from the investigation of the Dayton Police Department into the mass shooting that occurred on this date, the actions of Dayton Police personnel responding to the attack, as well as the immediate response locally and regionally to render aid to those wounded and injured by it. You will also hear details of the investigation of the actions of the assailant on the evening of August 3rd leading up to his fatal assault in the early morning of August 4th.



This presentation will be followed by a summary of the extensive follow-up investigation by the FBI and the Behavioral Assessment Unit into the background of the assailant and his actions leading up to the attack as well as the actions of anyone else, either directly or indirectly, that contributed to the preparation for the attack. These investigations will add some clarity regarding what happened and by whom.

The deeper question, and one not always answered sufficiently - is why? While the following discussion will provide greater clarity to this looming question, the information provided may not, and for some likely will not, provide an explanation to adequately address it. Sometimes, particularly in circumstances of profound tragedy and loss, words and explanations fail to provide what is most wanted and most needed.

Given the gravity and tragic circumstances that bring us here, I want to encourage all who were harmed that August evening and all who lost a loved one that evening, to avail yourselves of the support available in the room - both from those who accompanied you as well as Salvation Army staff, FBI victim advocates, and others - to foster compassionate self-care, now and always.

If any of the content of the presentation or subsequent discussion is too difficult for you, please permit yourself to direct your attention away from the content to include leaving the room to do so. Your presence and participation are voluntary, and you may choose when and to what extent that you are willing and capable of doing so.

Lt. Jason Hall, Violent Crime Bureau Commander for the Dayton Police Department, will provide the presentation on behalf of

the Dayton Police Department and will also acknowledge other Dayton Police personnel in the room.

Before he does so, I want to acknowledge and thank The Salvation Army Ray & Joan Kroc Corps Community Center administration and staff for graciously hosting and supporting this gathering.

Closing

I thank you for your patience today and during the lengthy process needed to conduct these investigations as well as the extended time, due to the national health crisis, to plan, coordinate and convene this gathering. It was our collective intention and efforts to provide you as much information as possible that may be helpful to you.

Please know that we will continue to make ourselves available to each of you to further assist you in any way that is needed.

As I close, I offer the following prayer to you:

May you be safe and free from harm.

May you know peace.

May you always be held in love and met with compassion.



Thirteen Years as Your Police Chief: A Remembrance Yearbook Letters - July 2021

By Richard S. Biehl, Police Chief (RET)

It has been the greatest honor of my professional life to serve as the police chief for the City of Dayton and to serve the Dayton community. The past decade plus has been filled with many, many public safety challenges within our community - with the City of Dayton government, the Dayton Police Department, as well me in my role as police chief, sharing the responsibility to respond to them.

I have said repeatedly that there are two words that have been absent in my vocabulary these past 13+ years - bored or under-challenged. Fortunately, I have been blessed to work with exceptional men and women, who met these challenges with grit, determination, professionalism, and a deep commitment to public service. Your efforts have garnered national and international recognition for exemplary achievements in community policing, problem-solving efforts to reduce crime and disorder, and valor in the face of incredible danger to protect members of our community, even at the risk of their lives, and in 2019, the ultimate sacrifice by Detective Jorge Del Rio who died while valiantly trying to protect this community and beyond from the distribution of a massive quantity of illicit drugs.

I have been impressed repeatedly in the ability of the 420 sworn men and women and professional staff of the Dayton Police Department, in partnership with our community, to make substantial contributions to the safety and well-being of our community with limited resources to do so. You have done a lot for this community, not just in the past couple years, but also over decades.

I am grateful for the overall support of our elected officials throughout these many years. I

appreciate the opportunity to work closely with Mayor Nan Whaley over several years on issues locally as well as at the national level. Further, I appreciate the leadership from current and past city managers in implementing my many recommendations for needed changes in the structure and function of the police department within the never-ending budgetary challenges.

Quite simply, I am grateful for the opportunity given to me to serve as police chief and the consistent support I have received. I salute you all for your overwhelming support, dedication and contributing efforts to making our community a safer place to work, live and play. It is now time for someone else to lead.

A look at some of the challenges and changes over the past 13 years:

- The Great Recession of 2008.
- October 2008 - the D.O.J. announced a lawsuit over police/fire hiring practices governed by the Civil Service Commission. There would be no new police recruit classes for four years.
 - The combined impact of which resulted in a staffing decline from 416 sworn personnel and 99 civilians in January 2008 to 324 sworn officers and 49 civilian personnel by mid-2012.
- December 2010, DPD moved from having our own dispatch center to being part of the Montgomery County Regional Dispatch Center
- In 2011, DROP plan limits impacted retirements. That year 47 sworn personnel retired.
 - January 2011, knowing the impact of the loss of so many veteran police officers and its effect on staffing during a hiring freeze, we implemented a reorganization that changed the structure of the department from five Police Districts to three Patrol Divisions and

**THANKS
DAYTON
POLICE**

decentralized property crime investigations. Other changes were made in service delivery (call timers, false alarm management policy, auto accident reporting.)

- 2011 - Camera traffic enforcement was expanded to include speeding - accidents declined, including injury and fatal accidents until this program was decimated by 2014 legislation that severely restricted municipalities from the continued use of this technology. The City of Dayton was later successful in winning a case before the Ohio Supreme Court that the legislature had overstepped its constitutional bounds. During a two-year hiatus, auto

accidents - both property and injury accidents - increased by 40% and fatalities nearly doubled.

- Between 2011 and 2013 there was a complete turnover of senior command staff (major and above) - there were nine appointments to the six senior command staff positions in an approximate two-year period.
- Beginning in 2012, overdose deaths began to escalate countywide with about half the deaths in the City of Dayton. The opioid crisis would worsen through 2017 when 560+ community members in Montgomery County died from opioid related ingestion. Our department was one of the first to equip officers with



Chief Biehl teaches yoga to Dayton Police recruits.

Presentation of the American Flag to Kathy Del Rio, wife of slain Dayton Police Detective George Del Rio.



Narcan in order to reverse potentially deadly overdose events and save lives. The opioid crisis was a catalyst in the creation of the Conversation for Change program and the Get Recovery Options Working (GROW) team to assist those in the throes of addiction.

- In 2011 and 2015, the DPD received the International Association of Chiefs of Police (IACP) Community Policing award for the Belmont High School Disorder Project and the Downtown Engagement Project respectively.
- There were some crime upticks in 2015 – 2016 without clear indication why. However, 2017 posted the largest declines in all crime categories in more than a decade.
- Another department reorganization occurred in 2017, creating the Violent Crimes Bureau. Then in 2019, the Domestic Violence/Intimate Partner Violence Unit was established. In 2020, the Family Justice Center began operating outside the Safety Building, providing domestic violence survivors a family friendly, one-stop location to deal with their case and be referred to needed resources.

I would be remiss if I didn't revisit 2019....

In my more than 40 years of police experience, I have never seen a clustering of critical local events like those that we had to endure in 2019, devastating tornadoes, a mass shooting, and the murder of a veteran detective. followed almost immediately by the beginning of national and

global crises in 2020, which continue today. These are truly difficult times which may continue for many months ahead.

Your actions over the past two years, with support from our civilian staff members, have been nothing short of heroic in dealing with a seemingly unending stream of tragedies and critical events.

How we respond makes all the difference. Given this, I ask you to consider the following as you approach your work each day.

It is really our day-to-day interactions with the citizens and visitors of this community that make or break our effectiveness in achieving community safety which depends on whether our actions are perceived as legitimate or not. In these interactions, relationships are formed or potentially fractured. You are the ambassadors of this organization and of this profession. Remember, the vast majority of people in Dayton, and beyond, support our department and what we do.

I am and have always been proud of you - the men and women of this agency. I am asking that you continue to protect and serve this community as you always have with Professionalism, Integrity, Respect, and Fairness.



Richard Biehl is the former Director and Chief of Police of the Dayton Police Department. He was appointed to this position by City Manager Rashad Young on January 28, 2008, and retired on July 30, 2021, after spending 13+ years as Chief of Police and nearly 43 years in public and community service.

Chief Biehl served 24+ years as a Cincinnati Police Officer and for the last six years of his Cincinnati career as an Assistant Police Chief. He commanded both the Investigations Bureau and the Administration Bureau. His principle areas of responsibility included Internal Investigations, Planning & Special Projects, Youth Services, Criminal Investigation, General Vice Control, and Intelligence.

In February 2004, he was appointed as the first Executive Director of the Community Police Partnering Center, a private nonprofit organization. Created in the aftermath of the civil unrest of 2001, the Partnering Center was established to work in partnership with the Cincinnati Police Department to train community stakeholders in problem solving methodologies to address community crime and disorder problems. In addition to leading many neighborhood crime reduction initiatives, in 2006 while Executive Director, Richard Biehl led the implementation of CeaseFire Cincinnati, a neighborhood gun violence reduction initiative using a public health approach for violence reduction modeled after CeaseFire Chicago and which led to reduced violence in the Avondale community.

As Police Chief for the Dayton Police Department, Chief Biehl partnered with the Trotwood Police Department and the Montgomery County Sheriff's Office in 2008 to support community engagement in the Community Initiative to Reduce Gun Violence (CIRGV), a gun violence reduction initiative modeled after the Cincinnati Initiative to Reduce Violence, which resulted in reduction of group-related homicides in Dayton and surrounding communities.

Under his leadership, the Dayton Police Department received the following professional recognition:

- Finalist for the 2010, 2011, & 2015 Herman Goldstein Award for Excellence in Problem Oriented Policing.
- Recipient of the 2011 Ohio Crime Prevention Association's Special Project Award.
- Recipient of the International Association Chiefs of Police Cisco Community Policing Award, 2011 and 2015.
- Chief Biehl was the 2011 recipient of the OACP (Ohio Association of Chiefs of Police) Chief Michael Kelly Excellence and Innovation in Policing Award and also the recipient of the 2014 Dayton Convention & Visitors Bureau Ambassadors Award for bringing the International Problem Oriented Policing Conference to Dayton in October 2013.
- In September 2019, President Trump awarded the Department of Justice Medal of Valor to Sergeant William Chad Knight and officers Brian Rolfes, Jeremy Campbell, Vincent Carter, Ryan Nabel and David Denlinger for their quick, decisive, and courageous engagement of the Oregon District mass shooting assailant, ending the tragic onslaught in 32 seconds.
- In October 2019 at the International Association of Chiefs of Police conference, President Donald Trump asked Chief Biehl and Assistant Chief Matt Carper to join him on stage in recognition of the brave acts of the six members of the Dayton Police Department that responded to the Oregon District mass shooting.

Chief Biehl was a former competitive powerlifter and martial artist and his athletic pursuits included regional, national, and international sporting events spanning 1976 to 1992.

Nearly 30 years ago, Chief Biehl began to practice yoga as a means to emerge from two years of chronic depression. In 2015, Chief Biehl authored the chapter, Trauma in the Theater of the Body, that was published in the book, *Moving Consciously: Somatic Transformation through Dance, Yoga, and Touch* (2015), and which discusses the potential of yoga to mitigate and heal trauma. In 2020, Chief Biehl completed a master's degree in Mindfulness Studies at Lesley University. He has presented an introduction to mindfulness practice to several conferences and local workshops. He incorporates mindfulness within this yoga teaching.

COMBAT STRESS

Click
Here To
Subscribe
Today.

It's free, although if you agree with our mission, we are most grateful for any [tax deductible donation](#) you would like to make.

And we are not here to cause you stress so rest assured that we will never sell your email and you won't get any junk mail from us.



The American Institute of Stress
220 Adams Drive, Ste 280 - #224
Weatherford, TX 76068

info@stress.org
(682) 239-6823

The American Institute of Stress is a qualified 501(c)(3) tax-exempt organization.