

2021 Annual Report

It is with deep gratitude and excitement that we bring news of all that our team was able to do in 2021. After the difficulties that all experienced in 2020, we were deeply motivated to work tirelessly to support our law enforcement families. But this year was not without its own challenges, as you will see.

In **January**, our team met with members of police credit unions through two Zoom calls, both in California and in Nebraska. We gave a report on the state of the law enforcement family, and offered our services and encouragement to those in attendance. Two members of our team went to Glendale, Arizona for the C.O.P.S. Traumas of Law Enforcement Training for speaking and peer support. At the end of the month, two team members joined a Crisis Team with Warrior's Rest Foundation in Louisiana to help in the aftermath of several horrific incidents. We brought books and other resources, held a group debrief for spouses, and connected with a significant contact who joined our team as the Louisiana State Liaison. In between trips, we continued work on three new resources (books, handbook).

February was focused on our first National Book Club. We put together book boxes and sent them out with prayers covering them for roughly 300 law enforcement families in 31 states. For the next few months we read *A CHiP on my Shoulder* together, meeting every Thursday night via Zoom for extra content with subject matter experts, then dismissing for small groups either in person or via "After Zoom Parties." Many spouses learned helpful information that changed the way they saw their officers, and many officers listened in to gather insight as well. The Book Club brought together spouses in a way they desperately needed—support was scarce and people had been isolated since 2020. The Book Club met needs spouses didn't even know they had, and set many on a journey of support, healing, and thriving for the first time in years. Also in February, team members joined in on Zooms for spouses of the US Capitol Police with Warrior's Rest Foundation—to provide education and encouragement for those families in the aftermath of



January 6th.

While the National Book Club continued through **March**, several families took part in a night of racial reconciliation with Dr. Raleigh Washington in Sacramento. We saw incredible healing as Raleigh shared his story and offered an apology to our law enforcement for those unjustly accused of racism. It was deeply moving for all in attendance. Later, members of our team headed to Lexington, Kentucky for speaking and peer support with the Concerns of Police Survivors' Traumas of Law Enforcement training. We connected with several spouses there, and talked with a few departments about starting spouse groups. Lastly, our leader was a guest on The Squad Room podcast, speaking about law enforcement marriage.

Starting in the first quarter, we were blessed to have donors who paid for business coaching and communication and leadership training. We are still reaping the benefits of all we have learned through this training—as spouses and moms, we brought our gifts and talents to the table, but we realized we needed more for growth. This year has brought us several businessmen who see the

value of our work, have guided us, supported us financially, and continue to advise and keep us accountable.

As **April** concluded our National Book Club, our spouses wanted more! We pledged to hold a second Book Club in the fall, but held a couple “Check-In” Zooms over the summer. All of the Zoom calls are linked on our website, so that more and more spouses can have access to the great information provided. A few of our team members were at the Madison, Wisconsin Concerns of Police Survivors’ Traumas of Law Enforcement Class—two were in attendance and one was peer support. Also in April, we trekked to Oklahoma City to build a podcast with Warrior’s Rest Foundation. Although the work done there was excellent and promising, we have since had to postpone the planning of this podcast. There are many things we want to do, like the podcast, but we have other priorities at this time.

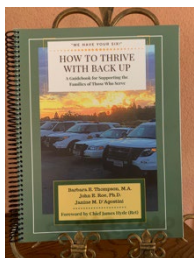


May brought two fundraisers—a car show put on by Ryan Real Estate, and a Drive-Thru Crab Feed, both held in Loomis, California. Both were a smashing success! We brought in several thousand dollars to replenish our account—as we did not hold any fundraisers in 2020.

In **June**, we took part in the Bayside Law Enforcement Marriage Retreat. We brought in law enforcement speakers, and provided partial scholarships for 37 couples. It was a very healing weekend for many, but it didn’t come without significant hurdles. Our keynote speaker learned his daughter and her husband were in a serious car accident, and several of our team members were dealing with illness and deaths of loved ones, health challenges, and COVID.



“You’ve saved my marriage!”
Melissa



In **July** our leadership team spent a day with Neil Sullivan of The Table Group for leadership training. This, too, was a gift from donors. The training allowed us to take note of our strengths, weaknesses, and where we are in response to where we want to be. It was a valuable day. Also in July one of our team members went to Fairbanks, Alaska, to speak, and another member did a webinar for the National White Collar Crime Center with Walsh Public Safety Consulting and Training on the law enforcement family. Lastly, we released a new resource—a guidebook for law enforcement spouse groups! This was written by one of our team members and two clinicians, and endorsed by some of the biggest names in law enforcement.

As all this was happening, we were building and establishing other programs—our State Liaison program, which eventually will establish at least one liaison in every state, our peer support

program in partnership with Thrive 10-35 that gives family members a person to talk with in crisis, a proposed membership program for donors, our spouse group assistance program, and praying for departments in our Pray for the Patch program.

In **August**, we provided peer support at the Greenville, South Carolina Traumas of Law Enforcement (TLE) training, and several members attended/served/spoke at the TLE in Providence, Rhode Island. The biggest event this month was to host a Trauma Retreat (called a Post Critical Incident Seminar) in Nevada City for 21 attendees. This retreat saw 22 lives changed (one of whom was a peer volunteer). We put this retreat on in partnership with Warrior's Rest Foundation and local therapists, but our donors paid for the entire event. Although the process of getting the retreat put on was a difficult, growing experience, the results were absolutely life-changing. Here is a quote from one of the attendees:

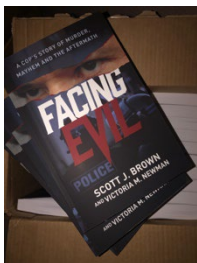
"The officers, myself included, entered that PCIS hopeful we would receive some hope at the end of what seemed like an endless dark tunnel. I don't think I've experienced anything more exuberant than when I saw the faces of everyone on that last day. What these people do for officers is nothing short of amazing."



While we worked on all of these, several fires raged nearby. The Caldor Fire, near the home of one of our team members, was particularly devastating. This team member and her family turned their property into an evacuation center for several weeks, housing over 100 people and many more animals. Some of our team volunteered at the evacuation center, and we collected gift cards, food, and other items for fire victims.



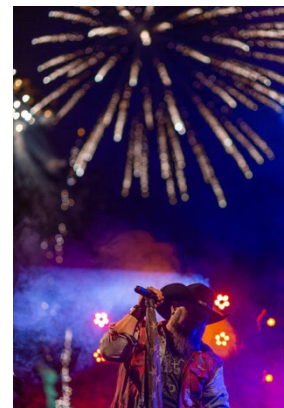
"Such awesome and vital work!"
Bill, New Jersey



September brought two more TLE trainings, in Albuquerque, New Mexico, and Birmingham, Alabama. We provided peer support and gave out many resources for marriages there. At the end of the month we released our latest resource, *Facing Evil*, which is a book on how to come back from trauma.

"I can't put into words how much you have helped me continue to heal..." Kay

By **October**, we were really getting tired, but there was still much work to be done. We held a very successful fundraiser called Boots for Blue BBQ, that was actually a private concert and fireworks show. Those who attended were absolutely blown away by the work done by our team. The amount of community support was off the charts! On the heels of our fundraiser, several of our peer support members headed to Police Week in Washington DC to provide peer support and to speak on family. While there, a local department had an officer die by suicide. Members of our peer support team were on hand to help those mourning in DC.



Towards the latter part of **October**, we launched our second National Book Club, going through the book *Emotional Survival for Law Enforcement*. We met for seven weeks, bringing in those with powerful testimonies and ways to implement care for our officers. We sold book boxes on self-care, and sent those off with prayers for the families.

"I learned so much through the reading and it's bringing healing to the places I didn't understand. There was so much of it I recognized and even grieved. My officer and I have had great discussions..." Noel



At the end of the month, one of our team members taught a seminar on The Five Best Practices of Law Enforcement Marriage to a standing-room-only crowd at The Wounded Blue's Survival Summit in Las Vegas, Nevada. Officers and their spouses from all over the United States who had been wounded in the line of duty were in attendance, several who reported they'd been married or divorced four times, and wanted to do it right this time.

Throughout **October**, our team went through a training process with a group called The Barnabas Group. This is a group of Christian businesspeople who speak into our nonprofit with their areas of expertise. This entire process has been very positive. We've received advice, financial support, speaking engagements, leadership support, and fundraising help. The Barnabas Group has placed many people in our lives who have voiced their support for our work and want to help to expand our message and reach. We are so grateful.

In **November**, we began working with Missional Marketing, who after helping us obtain Google Grants, are helping to expand our online presence and reach those who are no longer on social media. With their help and our host, Half a Bubble Out, we are working to make our website the best educational resource for law enforcement families available. A couple of our team members headed to the Concerns of Police Survivors National Wellness Conference, where one spoke on how to battle for your marriage to two packed rooms of couples. Lastly, our core team met to map out the direction for 2022. It was a day of celebration and learning, looking back at the year, and seeing all that we had accomplished despite all of us having COVID, having our children go through all the COVID restrictions that California placed this year, and losing close family and friends to illnesses and accidents. We have great plans we can't wait to implement next year.



Finally, **December**. A couple of our team members headed to New York to speak and provide peer support for NYPD. We also gave out many resources for marriage, and made connections that will continue. This month also started significant donor development by a local businessman who believes in the work we do. He is also helping us to make the transition from only volunteers to our first paid admin. We finished our National Book Club, and the last two weeks were dedicated to much-needed rest.



It's been quite a year! The impact is far-reaching. We've touched families in almost all the states of the Union this year alone, and some parts of Canada. We have 8 State

Liaisons who are working to create more resources in their home states. We have a growing core team and volunteer pool who are working in their strengths to help other families. Our peer support team is growing. And we hear from spouses and officers every week as to how our resources are helping them in some way.



"I was praying over you guys after I left...asking the Lord to put a special covering of protection over you as you are in such an incredible place to encourage, support, and bring people hope...I got the word beacon and an image of a lighthouse. I thought it was a cool picture of how you guys are that...so many people are in a fog, horrible storms and can't see clearly, and the Lord's light shines through you."

Anna

Thank you to our volunteers who've donated many hours to make this all happen. We have very gifted men and women who are a part of the How2LoveOurCops Team. A special thank you to our donors who make every bit of this possible!

We began the year with little momentum and a small handful of volunteers. We ended the year with an army of volunteers, donors, advisors and friends. We are so thankful to all!

Now, on to 2022!

With a grateful heart,

Victoria Newman, President of How2LoveOurCops

