

Mountain Democrat

PLACERVILLE, CALIFORNIA
10/04/2021



Authors Janine M. D'Agostini, John E. Roe, Ph.D. and Barbara E. Thompson, MA have written a helpful book for families of officers who serve.

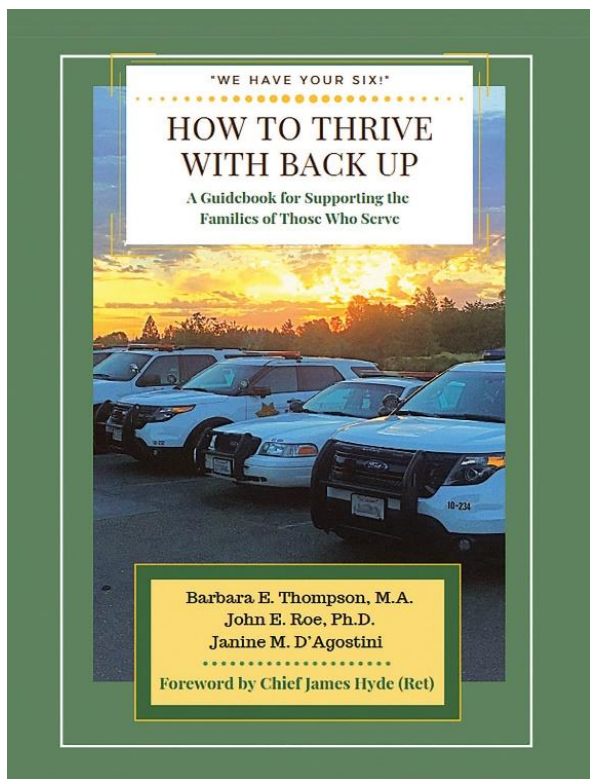
BETWEEN THE COVERS

This Guidebook provides a caring template for support

By Roberta Long

Mountain Democrat contributor

When I put this guidebook on the coffee table preparing to review it, my husband picked it up and didn't put it down for 20 minutes. "I had no idea," he said. "I never thought about it," referring to the need to support families of men and women in law enforcement. "This guidebook is incredible."



Book:

“How to Thrive with Back Up: A Guidebook for Supporting the Families of Those Who Serve”

Authors:

Barbara E. Thompson, MA; John E. Roe, Ph.D.; Janine M. D’Agostini

Publisher:

Deer Valley Press, March 2021

Available:

ThriveGuidebooks.com

That response is not unusual. Most members of the public do not see behind the badge. In 2011 the critically needed program to support the families of law enforcement officers was started from scratch in El Dorado County. The three founders named it “Thrive with 10-35.” Thrive because it aims for more than survival; 10-35 is the code to call for back up.

The founders and team leaders, Janine D’Agostini, John Roe and Barbara Thompson, bring deep backgrounds to their commitment to Thrive. When John D’Agostini took office as sheriff of El Dorado County in 2011, his wife Janine turned her attention to the law enforcement families. Using her background in event planning, she recruited, energized, motivated and led the volunteers.

Thompson, a licensed marriage and family therapist, trainer, mediator and business coach/consultant, was also a military wife for many years. Her husband served as an officer and military chaplain in the U.S. Army for military police units and also served military families during Operation Desert Storm. He later became a reserve law enforcement officer and chaplain. Thompson recognized that human needs are magnified in these challenging occupations.

While serving as an aviation psychologist in the U.S. Air Force, Roe observed and experienced the effectiveness of the family support program in the military during Vietnam and Operation Desert Storm. As a consulting and clinical psychologist based in Placerville, he helps law enforcement members and their families.

Roe proposed to the sheriff and his wife that a family support program similar to that he witnessed in the Air Force be created. The D'Agostinis had already discussed ways to help spouses and partners of the sheriff's office employees.

With full support from the sheriff, the three authors formed the core of an advisory committee that included the El Dorado County Sheriff's Office Chaplain Tim Thompson and former Sheriff Hal Barker.

In dedicating "How to Thrive with Back Up" to the families and loved ones of peace officers everywhere, Janine said, "From behind the scenes or out in front, our loved ones put themselves at risk in favor of others on a daily basis, making immeasurable sacrifices so we have safer communities. Our sacrifice is in sharing our loved ones with the public every day."

On Oct. 23, 2019, Thrive with 10-35 was put to the ultimate test when sheriff's deputy Brian Ishmael, who grew up in El Dorado County, was killed in the line of duty. The trauma reverberated throughout the department and beyond. The instant response from Thrive volunteers, who coordinated and provided support services, provided a calm and comforting environment for all who came to the center they set up.

What the guidebook is not is a manual. It is a personal record of how Thrive with 10-35 was created from scratch and is itself thriving as an organization. In 2019 the authors began to chronicle the development of Thrive with 10-35 in response to requests from people who are interested in providing similar services. Along with stories, photographs and illustrations, they created a template that can be adapted in any type of law enforcement or public safety agency.

The stories they share from their own heartfelt experiences, combined with the voices of participants and people they have touched, make this guidebook a witness to the essential nature of this type of service. It is honest about the commitment and the rewards involved.

Barbara said, "We want to replicate our efforts by encouraging many other agencies to set up meaningful support systems for their law enforcement families and officers. For the children, giving time, attention and loving safety are crucial."

"How to Thrive with Back Up" provides important lessons for any volunteer or social service organization. For anyone interested in the law enforcement profession, it is a window into that world.

Printed in the October 04, 2021 edition on page A8 | Published on October 4, 2021 | Last Modified on October 3, 2021 at 11:32 am