



Scott Adams  
6205 Running Iron Drive  
Crystal Lake, IL. 60012  
E-mail ra160@comcast.net  
Cellular-847-638-7041

## Scott Adams

Shalam Ministries  
2600 Oak St. #462  
St. Charles, IL 60174

February 5, 2020

Re: Hero's Rest

To whom it may concern,

My name is Scott Adams and I am a retired Police Patrol Commander with twenty-eight years of law enforcement experience. I am currently serving as President of The Fellowship of Christian Peace Officers Chapter 75 (FCPO), having also served as a certified Police Chaplain and a tenured community college faculty member, teaching in the field of Criminal Justice. I am writing you today regarding your Hero's Rest project which I recently learned about through a presentation at a meeting of our FCPO membership.

Today's law enforcement has become significantly more stressful due to the increasingly complex levels of knowledge and skills required to function within the industry. Increased oversight, both administrative and judicial, and enhanced scrutiny by the media and public, serve to fuel an ongoing increase in the stress officers experience. These issues, when combined with today's family pressures, can manifest into a myriad of stress-related behaviors too often culminating in tragedy.

Upon retiring I became a certified Police Chaplain, working with police officers, after three officers I knew, from a neighboring agency, committed suicide. The suicide rate among police officers is a complex and tragic issue for the law enforcement industry; an issue where there has been no significant success in curtailing.

Throughout my career I have witnessed how time off, outdoor activities, outside the department activities, and family time can positively impact stress levels and promote emotional resilience in our officers. Having a resource such as Hero's Rest will provide officers and their families with a private place to go, to "stand down" from their normal levels of hyper-vigilance, to recharge, and to reconnect emotionally with loved-ones, physically, and spiritually.

As a retired police officer and police chaplain, I recognize the profound need for resources such as Hero's Rest. After discussions with the membership, as President of The Fellowship of Christian Peace Officers Chapter 75, on behalf of its membership, I express our strong support for the Hero's Rest project as a means to promote officer resilience, enhance careers, minimize career loss, and strengthen police families.

Sincerely,

Scott Adams  
Patrol Commander (Retired)  
President FCPO

