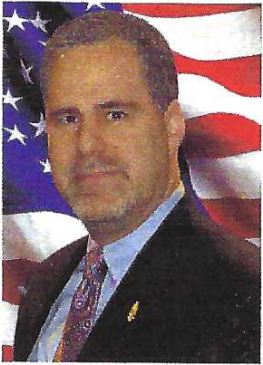


## Operation Longevity - "Less Mourning, More Living"

By Jon Adler, FLEOA Foundation President



When it comes to deja vu discussions on how to prevent law enforcement officer suicides, I have zero patience. Two hundred and twenty-eight law enforcement officers took their own lives in 2019, and redundant dialogue by do-gooders is not the remedy. While presenting

at one particular suicide prevention forum, I barked out, "Less Mourning, More Living!" My simple blunt point was let's stop mourning the loss of our teammates by keeping them alive. At the end of my rant, I was approached by a scholarly gentlemen whom I expected was going to tell me that my neanderthal styled remarks were not helpful. My prediction was wrong.

The scholarly gentlemen, Dr. Peter Killeen, introduced himself, shook my hand, and said, "Thank you." I quickly learned that this well educated caring professional was equally frustrated with the surplus of discussion and lack of action. He shared that he had participated in numerous suicide prevention forums, all well intended, but that they lacked an imminent call to action. Dr. Killeen scored immediate credibility points with me, and I could see he was genuine in his desire to save lives.

Dr. Killeen earned a Doctorate in Counseling Psychology, and also served as a police officer in the 1970's. He has worked with the union representing the Port Authority of New York and New Jersey police officers, and provided confidential counseling services to those in need. Additionally, Dr. Killeen has provided the same invaluable services to ATF's finest. During the horrific attacks of September 11th, and thereafter, Dr. Killeen provided 24/7 counseling support for the first responders. He's not a poser.

This year, Dr. Killeen released the "21 Day 'Call to Action' Coin Challenge" in his latest book, Operation Longevity ([www.operationlongevity.org](http://www.operationlongevity.org)).

His goal is to appeal to every law enforcement officer, active and retired, to engage in 21 days of self-reflection to empower overall wellness. Officers taking the 21 Day Challenge will not be overwhelmed with save-the-world type tasks. Instead, officers will be exposed to combat breathing and relaxation exercises, and constructive approaches towards maintaining a positive mind-set. The reward for completing the 21 Day Challenge is not just an empowered state of body, mind and soul, but also a very impressive challenge coin.

While science-fiction fans - myself included - think the final frontier is outer space and the search for life on other planets, Dr. Killeen understands that we can't bypass the unexplored frontier within our mind, heart and soul. I encourage all of you to visit his website and consider taking the 21 Day Challenge. None of us are too tough or immune to the covert attack of stress or depression. I was flattered to be quoted in Dr. Killeen's book, but it really hit home to see him embrace the unwavering mantra of, "Smash Stigma, Save Lives." Dr. Killeen is a selfless supporter of the Thin Blue Line, and I offer him my heartfelt thanks for continuing to save blue lives.

