



CORDICO WELLNESS SOLUTION

For Law Enforcement

ANNUAL SUMMARY

Prepared for the Fraternal
Order of Police

May 2024



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FROM THE PRESIDENT

Dear Esteemed Members of the National Fraternal Order of Police,

It is with profound respect and commitment that we present to you the annual report for 2023–2024 from Lexipol Wellness Solutions. Our journey alongside the FOP in advocating and advancing the cause of wellness and support for our brave men and women in law enforcement continues with strong determination, vigor and purpose.

Reflecting on the past year, our shared vision for enhancing the well-being of those who guard our communities has seen remarkable strides. Lexipol remains steadfast in its mission to fortify the health and wellness of our nation’s law enforcement officers, a mission deeply embedded in our core values and actions.

Our flagship initiative, the Cordico wellness app, stands as a testament to our dedication to providing immediate, impactful and scientifically grounded support to our officers. Since its inception, the Cordico app has become an indispensable resource, offering tailored solutions to the unique challenges faced by law enforcement professionals. We have made numerous upgrades and enhancements over the past year, and we are excited to share these with you:

New Wellness Challenges focused on fresh, practical, easy-to-implement tips on mental health, peer support, physical fitness, weight loss and family wellness, encouraging and empowering law enforcement to achieve better wellness outcomes at the individual, family and agency levels.

Extensive Wellness Content Upgrades, including a brand-new Law Enforcement Fitness Toolkit, more than 100 new wellness videos, upgraded and expanded content on a wide range of law enforcement wellness topics, and new wellness content from Mandy Nice, Dr. Rachele Zemlok, Dr. Jaime Brower, Jocko Willink, Leif Babbitt, Dr. Kevin Gilmartin and many more.

Technology Upgrades to the Cordico app are ongoing as we continue working to build and enhance the ultimate wellness solution for law enforcement. Recent

improvements include the ability for agencies to easily share resources, expanded peer support and clinician profiles, video technology enhancements, better content accessibility, upgraded self-assessments and much more.

Cancer Support Community to provide support for law enforcement and their family members dealing with a cancer diagnosis, including a special help line, support resources and more.

Executive Peer Support for Chiefs to help ensure those who lead law enforcement agencies appreciate and experience the value of peer support firsthand, while helping to drive awareness of the critical importance of a culture focused on wellness support for those who serve.

Culturally Competent Clinician Training and Certification, available throughout the United States and Canada, provided by our team led by Dr. Jaime Brower, who is American board certified in Police & Public Safety Psychology (ABPPSP) and serves as president-elect of the ABPPSP. This comprehensive training covers all aspects of providing high-quality clinical services to law enforcement; it is approved for continuing education by the American Psychological Association (APA).

Peer Support Training and Certification, also available throughout the United States and Canada and led by Dr. Jaime Brower. This certification exceeds federal and state guidelines, including ongoing training on a quarterly basis. Specially designed for law enforcement, our peer support training program aligns with our Clinician Training and Certification to enhance communication, collaboration and common understanding between peer support team members and clinicians.

New Partnerships, including a special partnership with the FBI National Academy Associates (FBINAA) to provide the Cordico app for FBINAA members, and an exciting partnership with Sigma Tactical focused on helping ensure law enforcement personnel receive access to potentially lifesaving screening tests for risk of heart disease, heart attack and early death, coupled with interventions to reduce risk.

At Lexipol, we remain your committed partner in championing the health and wellness of our nation’s law enforcement. Together, we will continue to support our heroes in blue with the utmost dedication, respect and shared commitment to excellence.

With gratitude and anticipation for the year ahead,

David Black, Ph.D.

President, Lexipol Wellness Solutions

THE CORDICO WELLNESS SOLUTION IN 2024

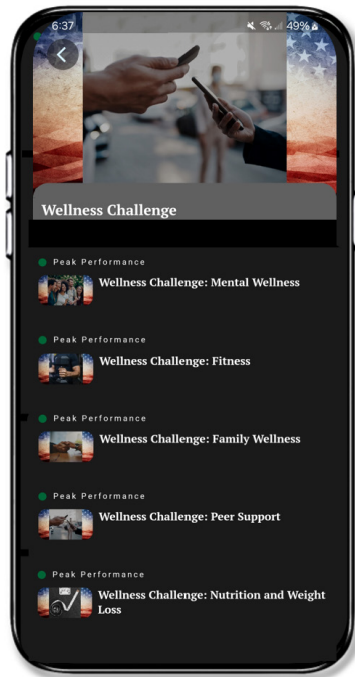
ADOPTED IN 1,000-PLUS AGENCIES THROUGHOUT 49 U.S. STATES, THE DISTRICT OF COLUMBIA AND CANADA

States and regions with Cordico customers



NEW CONTENT & FEATURES

First Responder Wellness Challenge



Cordico’s new eight-week First Responder Wellness Challenge paves the way for law enforcement officers, professional support staff and their families to unite for the mission of achieving measurable and meaningful holistic health and wellness improvements. It was specifically customized to support the unique needs and goals of those in law enforcement, and it covers five areas of wellness: physical fitness, body weight optimization, mental health, family wellness and peer support.

The structure of the wellness challenge gives participants the flexibility to choose the goals that matter most to them. The more goals they achieve, the more points they earn, and the greater their eligibility for awards. During the wellness challenge, participants receive weekly success guidance videos plus access to corresponding Wellness Toolkits that feature top tips from industry-leading subject matter experts, including Jocko Willink, Dr. David Black, Dr. Jaime Brower, Dr. Rachelle Zemlok and Mandy Nice.

Agencies that helped pilot test this brand-new wellness challenge shared very positive remarks and strong appreciation for it, and participants have reported impressive results in each of the five areas of wellness.

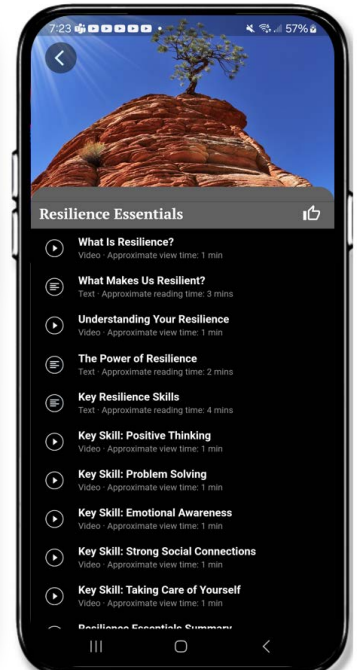
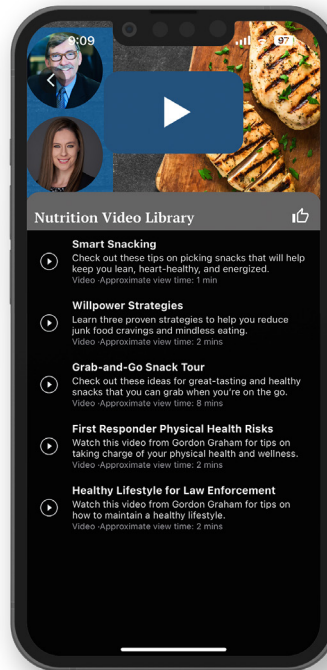
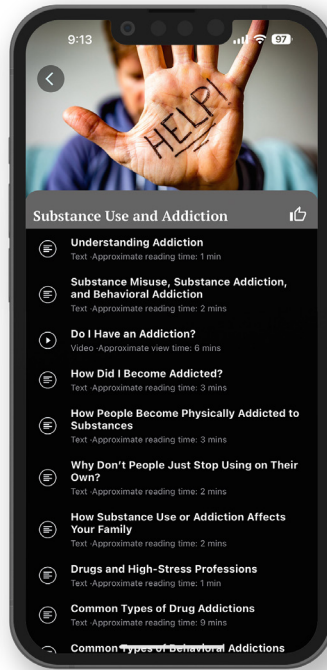
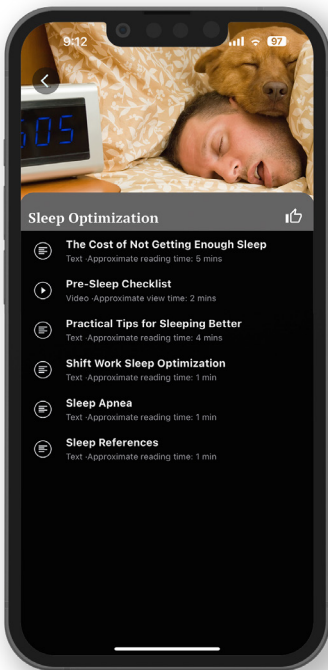
Family Support



Cordico significantly enhances support for officers and their families by integrating expert-developed content from in-house specialists that is specifically tailored to the unique challenges faced by law enforcement families. This innovative platform offers essential resources and guidance for effectively navigating life together amidst the stresses of law enforcement work. Importantly, it extends exclusive access to officers’ spouses, not only fostering improved communication and understanding within families but also providing spouses direct access to a law enforcement spouse peer support network, ensuring a well-rounded support system for families.

Additionally, the app facilitates connections to therapists specialized in law enforcement relationships, offering personalized, professional assistance and establishing itself as an essential tool in strengthening law enforcement family relationships.

More New Content



- Leadership Development Series Featuring U.S. Retired Navy SEAL Jocko Willink and Former U.S. Navy SEAL Leif Babin
- Law Enforcement Physical Fitness Toolkit and 5-Level Exercise Program
- Investing and Financial Planning
- Insurance Basics
- Preparing for the Academy
- Depression
- Depression: Top Tips and Facts
- Family Wellness Video Library
- Mental Wellness Video Library
- Gordon Graham on Health and Wellness
- Gordon Graham on Wellness Culture
- PTSD
- 8-Week Weight Loss Challenge
- Cancer Awareness
- Substance Use and Addiction
- Substance Use and Addiction: Family Guidance
- Key Nutrition Skills
- Nutrition Video Library
- Nutrition FAQs
- Nutrition Success Tools
- Restaurant Guides
- Sleep Optimization
- Sleep Resources
- Guided Meditations for Sleep
- Peer Support FAQ
- Resilience Essentials

Awards



Industry-Supported



Focus Organizations

We partner with clinical experts and industry leaders who complement our solution and expand our wellness ecosystem.



How 2 Love Our Cops educates, encourages and equips law enforcement families to thrive relationally, emotionally and spiritually. They serve active duty and retired law enforcement families, including those wounded in the line of duty, by creating resources, events and programs that help law enforcement families love and support their officers. Their programs include peer support, conferences, a blog and education at local and national events. How 2 Love Our Cops believes the family is critical to keeping cops healthy. By educating and supporting families, they encourage and equip them to support their officers.



HeartStart, powered by Sigma, is a cutting-edge program that provides first responders with the information and tools to identify potential heart disease before it results in symptoms, heart attack or even death. By providing comprehensive cardiac blood draws and biometric screenings along with medical consultations and ongoing health coaching, HeartStart makes it easier to live a life free of cardiovascular disease.



Echelon Front is the premier, internationally renowned leadership development company founded by U.S. Navy SEAL officers Jocko Willink and Leif Babin. The partnership supports public safety leadership, wellness and performance through the distribution of custom Echelon Front content in Lexipol's first responder wellness and learning applications.

More Content Partners

- Capital Edge (Financial Wellness)
- Cancer Support Community (Health)
- Dr. Ellen Kirschman, author of “I Love a Cop” & “I Love a Firefighter” (Trauma)
- Dr. Kevin Gilmarin (Emotional Survival)
- Concerns of Police Survivors (C.O.P.S.) (Career Wellness)
- Marie Ridgeway, MSW, LICSW (Peer Support)
- Out to Protect (Career Wellness)
- FireFlex Yoga (Physical Fitness)
- Yoga for First Responders (Physical Fitness)

Backed by Experts

David Black, PhD
President,
Lexipol
Wellness Solutions



Mandy Nice
Lexipol Senior Strategic
Wellness Director



Rachelle Zemlok, PsyD
Lexipol Strategic
Wellness Director



Jaime Brower, PsyD, ABPP
Lexipol Vice President
of Peer Support & Clinician
Training & Certification



Emily Hitchings, MA, LPCC, NCC
Lexipol Programming Director,
Peer Support & Clinician Training
& Certification

TECHNOLOGICAL DEVELOPMENTS



Lexipol is thrilled to introduce the Cordico wellness console, a pioneering self-service platform designed to empower wellness leaders to enhance their agency’s engagement with their wellness resources. This new console enables wellness leaders and command staff to effectively manage contacts, events, bulletins and resources available in the Cordico app, as well as send targeted push notifications. This capability further deepens their involvement in fostering a culture of wellness.

Additionally, the console is equipped with analytics features that allow agency leaders to analyze their agency’s engagement with the app. Analytics are provided to agency leaders while maintaining complete anonymity for individual app users. These valuable insights will support informed, data-driven decisions to optimally support first responders, their families and retirees throughout their wellness journeys.

We are also excited to announce significant improvements to the peer support features available in the Cordico app and managed in the wellness console. These enhancements will streamline access to peer support teams, facilitating timely assistance for first responders. This will also enable wellness leaders and peer supporters to provide support more effectively within their agencies.

Lastly, we are excited to debut the Cordico app experience that will be accessible via a browser, broadening the reach of our services. This expansion will enable first responders to access Cordico through any web browser and supports our commitment to WCAG AA compliance, making the platform more accessible to a wider range of organizations and individuals.

ABOUT LEXIPOL

For more than 20 years, Lexipol has been ensuring the well-being and effectiveness of the people who safeguard our communities — public safety professionals, first responders and local government employees. We’re the unquestioned leader in providing public servants with the knowledge, skills and abilities to serve communities large and small. Our solutions include state-specific policies, accreditation services, online learning, wellness resources, grant assistance, and industry news and information. Lexipol serves more than 2 million public safety and government professionals in over 10,000 agencies and municipalities. For additional information, visit www.lexipol.com.