

FOR IMMEDIATE RELEASE



Media Contact:

Robert King, National Director of Training
Con10gency Consulting
Cell: 971-708-5866
Email: robert@con10gency.com

Oregon peace officers are trained in a new, comprehensive de-escalation program

Peace officers from 24 agencies were trained in The C.A.L.M. Approach in Portland, Oregon in early February. C.A.L.M. is an innovative training program for law enforcement that focuses on de-escalation techniques throughout the encounter, from initial engagement to resolution.

PORTLAND, OREGON March 2, 2022 – On Friday, February 11, 2022, 42 peace officers from 24 different Oregon police agencies attended a new de-escalation training, [The C.A.L.M. Approach](#). The training was hosted by Chief of Police of the Portland Police Bureau, Chuck Lovell, and was grant-funded by the AI Jubitz of the [Jubitz Family Foundation](#).

The C.A.L.M. Approach is an 8-hour training that emphasizes effective communication strategies, sound decision-making, humane physical control and restraint techniques, and active medical monitoring to enhance survivability and ensure everyone goes home.

“The C.A.L.M. Approach offers a holistic solution to a complex problem with a focus on the safety of the subject(s), the officer(s), and the community around them. This training underscores the need to de-escalate throughout the entire encounter by remaining calm, establishing rapport, and avoiding immediate actions that unnecessarily escalate police-citizen encounters when time and circumstance reasonably permit,” said Chief Halliburton of Portland State University Police Department who attended the training.

The training was well received and favorably rated by all officers in attendance. One evaluation noted, “I found this class to be the answer officers at my agency have been looking for since legislation has been in place that has changed how we operate as police officers. The instructors were very knowledgeable and passionate about the course information, and I would like to see this training accessible to all law enforcement officers.”

The C.A.L.M. Approach was created by [Con10gency Consulting](#), a national public safety training and equipment company whose sole mission is to help people survive the first ten minutes of a critical incident or injury. Con10gency founder Richard Smith, a retired officer from the San Antonio Police Department with extensive experience in special operations, including crisis negotiations and tactical medicine, developed The C.A.L.M. Approach in response to recent events escalating tensions between police officers and the communities they’re sworn to protect and serve.

“Police officers want to serve their communities; that’s the job they’ve signed on to do. The C.A.L.M. Approach encourages the use of time, talk, and tactics, and allows officers flexibility in response with safety at the forefront – the safety of the officer(s), the subject(s), and the community,” said Smith.

The program stands on four pillars – **Communication, Active Physical Control Maneuvers, Lateral Recovery Restraint, and Monitor** – and seeks to improve situational awareness by looking through a different lens. It prioritizes police efforts to gain cooperation and compliance whenever possible. Officers receive training on larger factors affecting a subject’s response, including a mental health crisis or impairment, another medical emergency, or substance abuse. The C.A.L.M. Approach provides enhanced communication tools to respond as the situation evolves; however, should such efforts fail, active physical control maneuvers are reviewed, focusing on proper joint manipulation strategies to resolve the problem quickly and safely.

Officers are taught Lateral Recovery Restraint, a methodology that includes a new, medically approved position that allows a subject to be restrained while recovering from physical exertion. This solution is informed by Smith’s years as a tactical medic and was created in concert with Con10gency’s medical director and others in the field. It encompasses both the recovery position and a process for officers to continue de-escalation and medical monitoring.

“Lateral Recovery Restraint is the answer to positional asphyxiation, or death through suffocation due to an individual’s position, such as having a knee on their back or neck for a prolonged period. The position taught as part of Lateral Recovery Restraint eliminates that situation as there’s never a knee on the subject’s back or neck for a prolonged period. The individual is on their stomach to be handcuffed and then immediately rolled onto their side and placed in the position. Officers are responsible for individuals’ safety once they’re in our care. Lateral Recovery Restraint affords the officer control while actively monitoring the situation, the subject, and themselves. It allows them to continue to de-escalate all involved through conclusion of the encounter,” said Smith.

The C.A.L.M. Approach has been certified by the International Association of Directors of Law Enforcement Standards and Training (IADLEST) as part of the [National Certification Program™](#).

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Agencies in Attendance

• Oregon Health Sciences University	• Beaverton Police Department
• St. Helens Police Department	• Lake Oswego Police Department
• Medford Police Department	• Keizer Police Department
• Portland Police Bureau	• West Linn Police Department
• Clackamas County Sheriff’s Office	• Multnomah County Sheriffs Office
• Albany Police Department	• Bend Police Department
• Eugene Police Department	• Oregon State Police
• Springfield Police Department	• Milwaukee Police Department
• Multnomah County Sheriffs Office	• Tualatin Police Department
• United States Marshals	• D.P.S.S.T.
• Gresham Police Department	• Klamath Falls Police Department
• Hubbard Police Department	• Portland State University

About Con10gency Consulting

[Con10gency Consulting](#) provides training to prepare for and survive the first ten minutes of an active threat or critical incident. Decades of experience in Law Enforcement Special Operations, EMS, Fire, and Nursing pair with flexible service solutions and high-quality safety products to enable our mission: provide our clients the necessary tools to be self-reliant in a time of crisis. Our classes incorporate mental preparation, emergency action response training, and the tools needed to save a life. In addition, Con10gency provides emergency trauma training and assists our clients in evaluating current safety response plans and equipment.