

DIRECTOR'S MESSAGE



As we begin a new year, I am filled with hope and optimism for what lies ahead. Despite the many challenges law enforcement faces, there still is much to be proud of when it comes to police work. As NTOA's executive director, I am grateful for all the hard work and dedication of our members and staff, who continue to demonstrate a strong commitment to this noble profession through training and education.

As we move into 2023, I encourage all members to renew their commitment to both personal and professional development. This includes continuing education opportunities and specialized programs in areas that are new and challenging. It is important that we stay current with the latest developments in law enforcement and remain informed of best practices in our profession. I also urge our members to take advantage of the various networking opportunities available. Whether in-person meetings or virtual gatherings, these events provide a great opportunity to connect with colleagues and exchange ideas and experiences. The NTOA was created for this specific purpose, and I would ask each of you to seek new ways to connect with us, as well as your state associations. These relationships are invaluable, especially when it comes to problem-solving and developing strategies for tackling complex issues. We need this as much today as ever.

This profession has become ever more difficult, but our mission has remained the same: to save lives as we protect and serve our respective communities. This is an enormous responsibility and should never be taken lightly. As part of our renewed efforts to improve, let us remain committed to the principles of honor, integrity and service before self.

With all these demands, it would be easy to become overwhelmed. Our profession can be physically, mentally and emotionally taxing. It is essential that we look after ourselves and maintain a healthy work/life balance. Please be mindful that our mental fitness is as important as our physical fitness. Seek out ways to improve your mental health and don't be shy about helping those around you. You never know when a friendly check-in may make a huge difference. (Read "Searching for Flow, Finding Homeostasis, and Learning to Lean on Support" on page 42 of this issue for ideas on how to strike that balance.)

Finally, I want to wish everyone a happy and healthy new year. May 2023 be filled with success for all of us, in our individual lives and in our professional endeavors. Thank you again for your hard work, dedication and support! God speed.

A handwritten signature in blue ink that reads "Thor Eells". The signature is fluid and cursive.

Thor Eells
Executive Director