

## EMPLOYEE ASSISTANCE RESOURCES

We understand that life during the Academy can be stressful. The Missouri State Highway Patrol offers a variety of employee assistance resources. If the need arises, please encourage your recruit to take advantage of any of the following programs:

### EMPLOYEE ASSISTANCE PROGRAM (EAP)

The EAP is a free, confidential resource available to state employees and their immediate family members. Professional counselors are available 24/7/365 to assist in a wide range of areas. Privacy is strictly protected.

800-808-2261 ComPsych  
[www.guidanceresources.com](http://www.guidanceresources.com)  
Password: MCHCP

### DEFENSE - PEER SUPPORT

Peer support is focused on providing support in both an emotional/social and practical way to people during times of personal and professional crisis. Peer support is important for the employees overall mental health and officer well-being when faced with difficult situations and/or critical incidents, whether on duty or off duty. You can reach a peer by calling 573-522-7600 ext. 1075 or email DEFENSE@mshp.dps.mo.gov.

### MISSOURI STATE HIGHWAY PATROL CHAPLAIN

The Chaplaincy Program is one of several support systems available to Patrol employees. Patrol chaplains are available for assistance in providing nondenominational spiritual support and counseling to Patrol employees and members of their immediate families, regardless of their religious affiliation or beliefs, when so desired by the affected employee. If you would like to speak to a chaplain contact Human Resources 573-526-6117

### MENTOR

Each recruit will be assigned a mentor when they enter the Academy. This person (trooper) is a great source of information and can assist the recruit with their transition into academy life.

## MISSOURI STATE HIGHWAY PATROL TRAINING DIVISION

The Missouri State Highway Patrol Law Enforcement Academy's primary mission is to provide superior police science and administration training in a quality learning environment to all students. The Training Division is committed to professionalism in all aspects of student care.

### RECRUIT MAILING ADDRESS:

Recruit \_\_\_\_\_

Room \_\_\_\_\_

Missouri State Highway Patrol  
Law Enforcement Academy  
P.O. Box 568  
Jefferson City, MO 65102-0568



**Captain Joe L. Armistead, Director**  
(573) 526-4598  
[Joseph.Armistead@mshp.dps.mo.gov](mailto:Joseph.Armistead@mshp.dps.mo.gov)

**Lieutenant Trois Maloney**  
(573) 751-9946  
[Trois.Maloney@mshp.dps.mo.gov](mailto:Trois.Maloney@mshp.dps.mo.gov)

**Lieutenant Cody Frame**  
(573) 751-9939  
[Cody.Frame@mshp.dps.mo.gov](mailto:Cody.Frame@mshp.dps.mo.gov)

SHP-0914 7/2024



## LAW ENFORCEMENT ACADEMY FAMILY GUIDE



# FAMILY GUIDE

Congratulations on joining the MSHP family.

When recruits and their guests arrive in Jefferson City, MO, they will attend orientation and be provided with a synopsis of the training. Recruits and their guests will then tour the Academy's housing facility to see where their recruit will live for the next 25 weeks for the traditional academy or 15 weeks for the accelerated academy.

We've compiled some information to help you adjust and guide you through the training experience of your future Missouri State Highway Patrol trooper.

Each recruit will be assigned an instructor who serves as both a counselor and supervisor during their stay at the Academy.

## X THINGS TO AVOID

- Do not worry. Your recruit will be well cared for and receive the best training possible.
- Do not call or write the Academy staff, except in emergencies.
- Do not expect voicemails, texts, or emails very often. Your recruit's tight schedule is determined by the instructors. Recruits have limited access to their cell phone while at the Academy. Typically, during the evening, your recruit may have a few nondedicated moments to write or call home. Soon, they will be home for the weekend.
- Do not send comfort items (baked goods, snacks, pillow, blanket, decorations, etc.) to your recruit. These items are not allowed in the dorms. The Missouri State Highway Patrol supplies them with all their training, housing, and nutritional needs.

## ✓ THINGS TO DO

- Write! You are your recruit's contact with the outside world. They will need and appreciate your support. Letters are delivered on a daily basis to the recruits.  
Include a photo in your letter to remind them of home. The reminder provides motivation for your recruit throughout the week.  
Remind them you support them and you will be there for them every step of the way. Tell them the commitment is worth the reward.
- Refer to the back of this brochure for your recruit's mailing address.
- Encourage your recruit to speak to their counselor or utilize the employee assistance resources available to them as outlined in this brochure.

