

Safety and Security

Sgt. Lance Dardeen

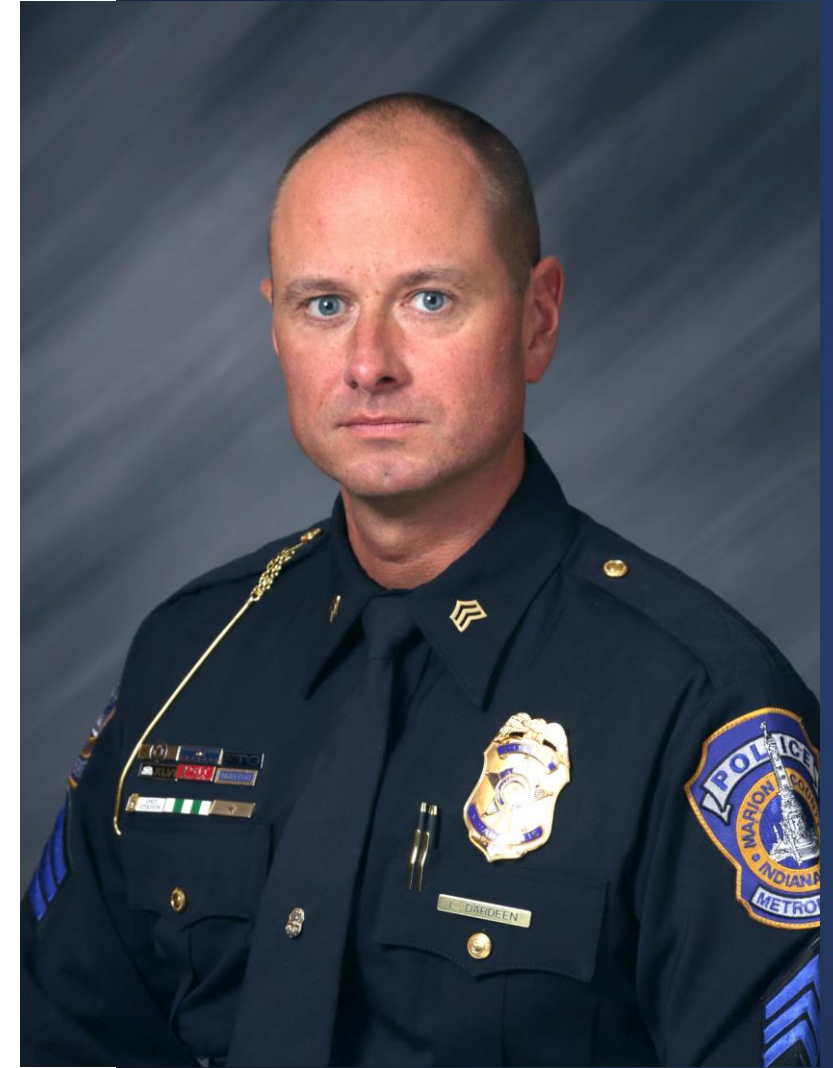
Indianapolis Metropolitan Police Department

9/3/2026



Instructor Bio

- 17-year IMPD Veteran
- IMPD Chiefs Honor Guard
- Sergeant-Mobile Crisis Assistance Team (MCAT)
- Certified CIT Coordinator
- Mental Health First Aid (MHFA) National Instructor
- Licensed QPR National Instructor
- Fair and Impartial Policing Instructor
- Field Training Officer
- ILEA State Instructor
- Policing the Teen Brain Instructor
- IMPD Mentor



Today's Lesson Plan

- Fears and Peers
- Control and Mitigation
- Specifics-Physical
- Specifics-Verbal



Fear

“The United States Marshall’s Service reports that serious threats to federal judges have doubled since 2021, a pattern also seen at the state court level.”
-National Judicial College, 2024



The Honorable Steven Nation,
Retired Superior Court Judge



Peer

- What is the exit plan
 - Locked Doors?
- Identify your security
 - How do you want me to advise you?
- Fear
 - Not Criminal

Your Security is #1



Peer

The Honorable Amy Jones,
Marion Superior Court



- Court Security Plan (Rule 19)
 - Meet with Sheriff/2 years
- Office of Judicial Admin and National Center for State Courts trainings
- Share info about weapons to your security
- Fill out Judicial Officer Profile



BENCHBOOKS

Published by the Indiana Office of Court Services. For questions, call 317-232-1313.

Each complete Benchbook contains only the chapter text. Forms are published in separate documents in Word format if available.

[Administrative Memos and Information](#)

[Appointed Judicial Officers Deskbook](#)

[City and Town Court Manual](#)

[Civil Benchbook](#)

[Court Reporters Handbook](#)

[Criminal Benchbook](#)

[Domestic Relations Benchbook](#)

[Guardianship Benchbook](#)

[Guide for New Judges](#)

[Jury Management Deskbook](#)

[Juvenile Benchbook - CHINS](#)

[Juvenile Benchbook - Delinquency](#)

[Juvenile Benchbook - TPR](#)

[Paternity](#)

[Probate Adoption Mental Health Deskbook](#)

[Protection Order Deskbook](#)

[Remote Hearing Guidance and COVID 19 Resources](#)

[Security Documents](#)

[Senior Judge Handbook](#)

[Traffic OWI Small Claims Benchbook](#)

[Trial Court Administration Manual](#)





BENCHBOOK DETAILS

Security Documents

Forms

-  [Model Court Security Local Rule](#)
-  [Security Incident Reporting Form - email to amanda.wishin@courts.in.gov](#)
-  [Judicial Profile \(2021\)](#)

Security Documents

-  [CCJ/COSCA Court Security Handbook](#)
-  [Security Considerations for Indiana Courts](#)
-  [Public Health Emergency Information from the CDC Website](#)
-  [NCSC Steps to Best Practices for Court Building Security](#)
-  [Indiana Courthouse Security Minimum Standards - effective 1/1/20](#)
-  [Ind. SC COVID-19 Resources](#)
-  [NCSC COOP Planning Guide \(2021\)](#)
-  [Judicial Family Institute's Home and Travel Security Guide](#)
-  [Memo: Submit Your Court Security Plan \(April 2023\)](#)



Control

- Develop a system
 - Human intuition is amazing, but not always on point
 - What controls are most effective
 - Allows for consistency



Sharks

“I want to see sharks, but I don’t want to get bit.”

- Dive
- Shark Cage
- Boat
- Shore
- Zoo
- Books



Free Dive



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Shark Cage



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Boat



Shore



International Shark Attack File

- **Key Data Points from ISAF**
- The 2024 and 2025 summaries highlight exactly where and how these incidents occur:
- **Proximity to Shore:** The ISAF notes that the majority of attacks occur in **nearshore waters**, specifically in the area between the shore and the first sandbar



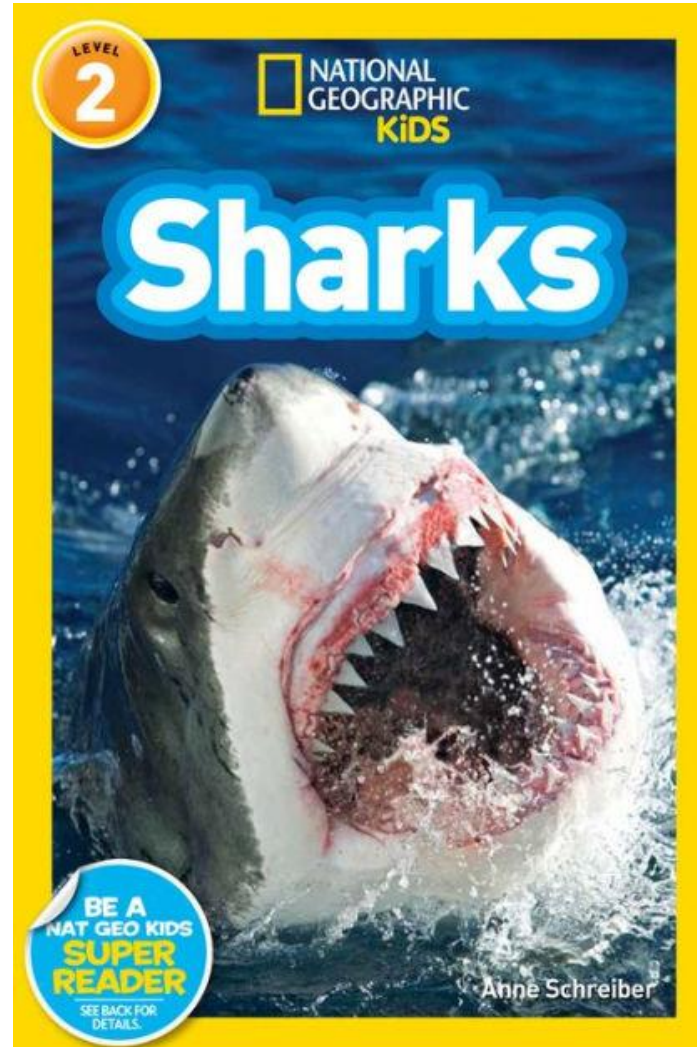
Zoo



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Book



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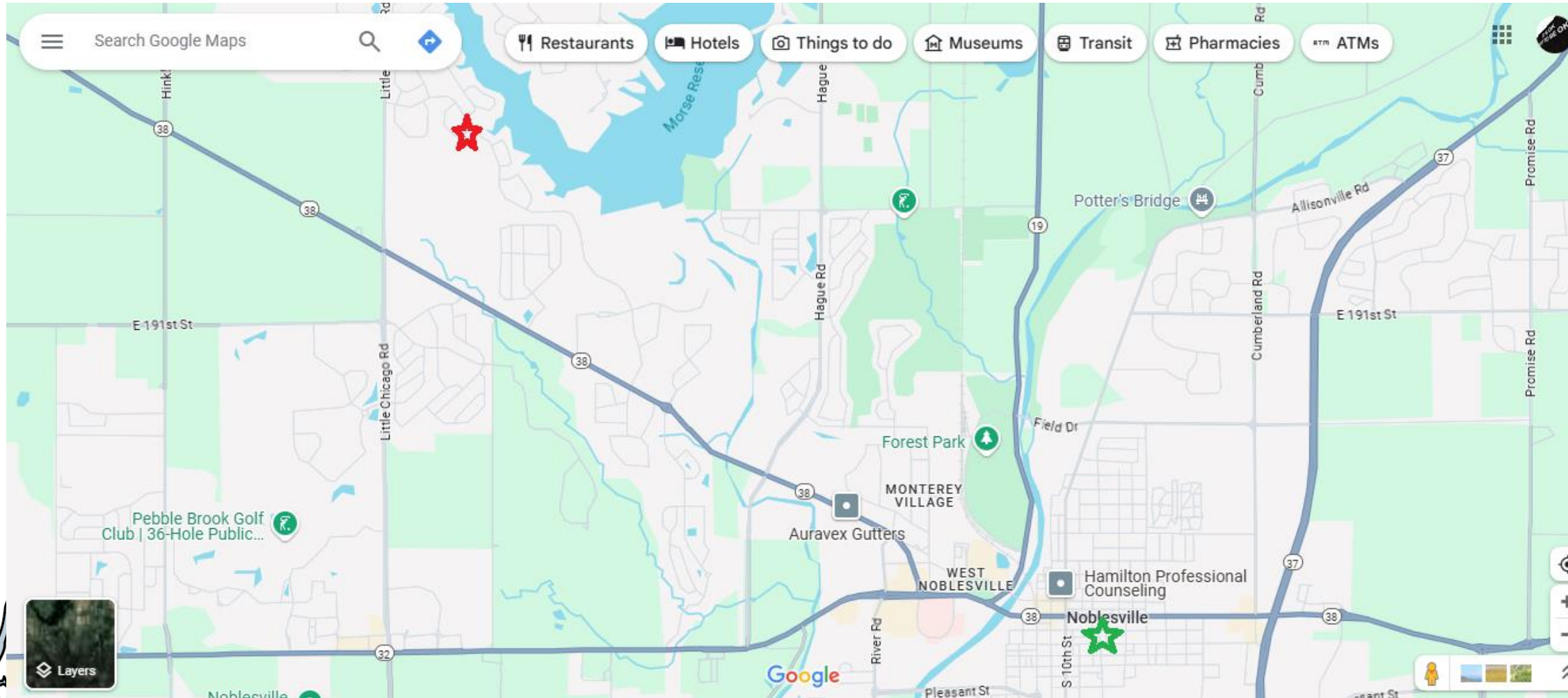
Specifics-Driving

Taking different routes to work each day can offer several benefits:

- 1.Enhanced Safety:** Varying your commute can reduce predictability, making it harder for potential observers to track your movements.
- 2.Improved Awareness and Adaptability:** Changing routes can keep your mind engaged, preventing the monotony that leads to "autopilot mode." This heightened awareness can improve problem-solving skills and adaptability to new situations.
- 3.Broader Knowledge of Your Area:** Exploring different paths can help you discover new places and increase your familiarity with the community.
- 4.Reduced Monotony:** A change in scenery can make your commute more enjoyable and less stressful, providing mental stimulation and breaking the routine.
- 5.Traffic Avoidance:** Experimenting with various routes may help you identify less congested paths, potentially saving time during peak traffic hours.

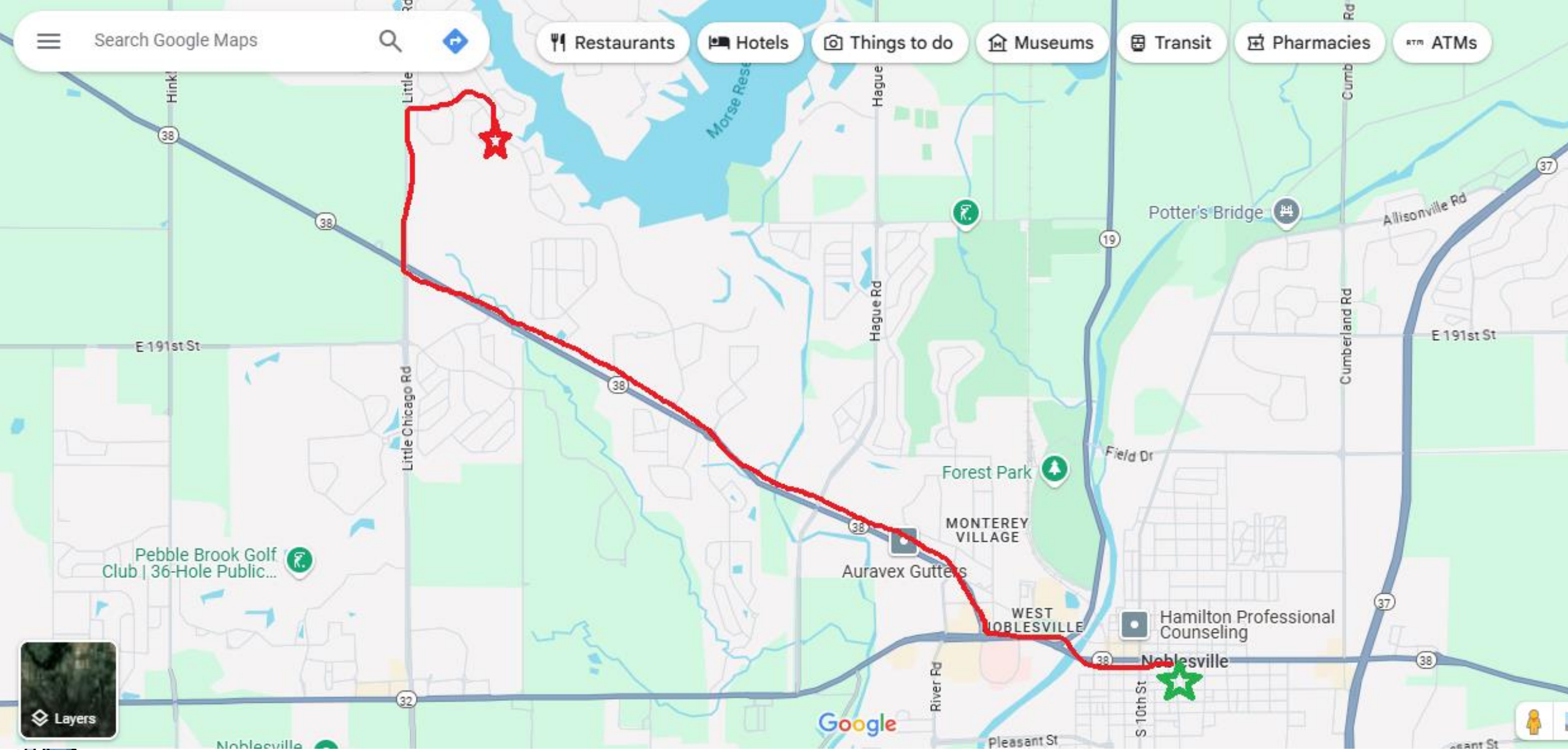


Specifics-Driving



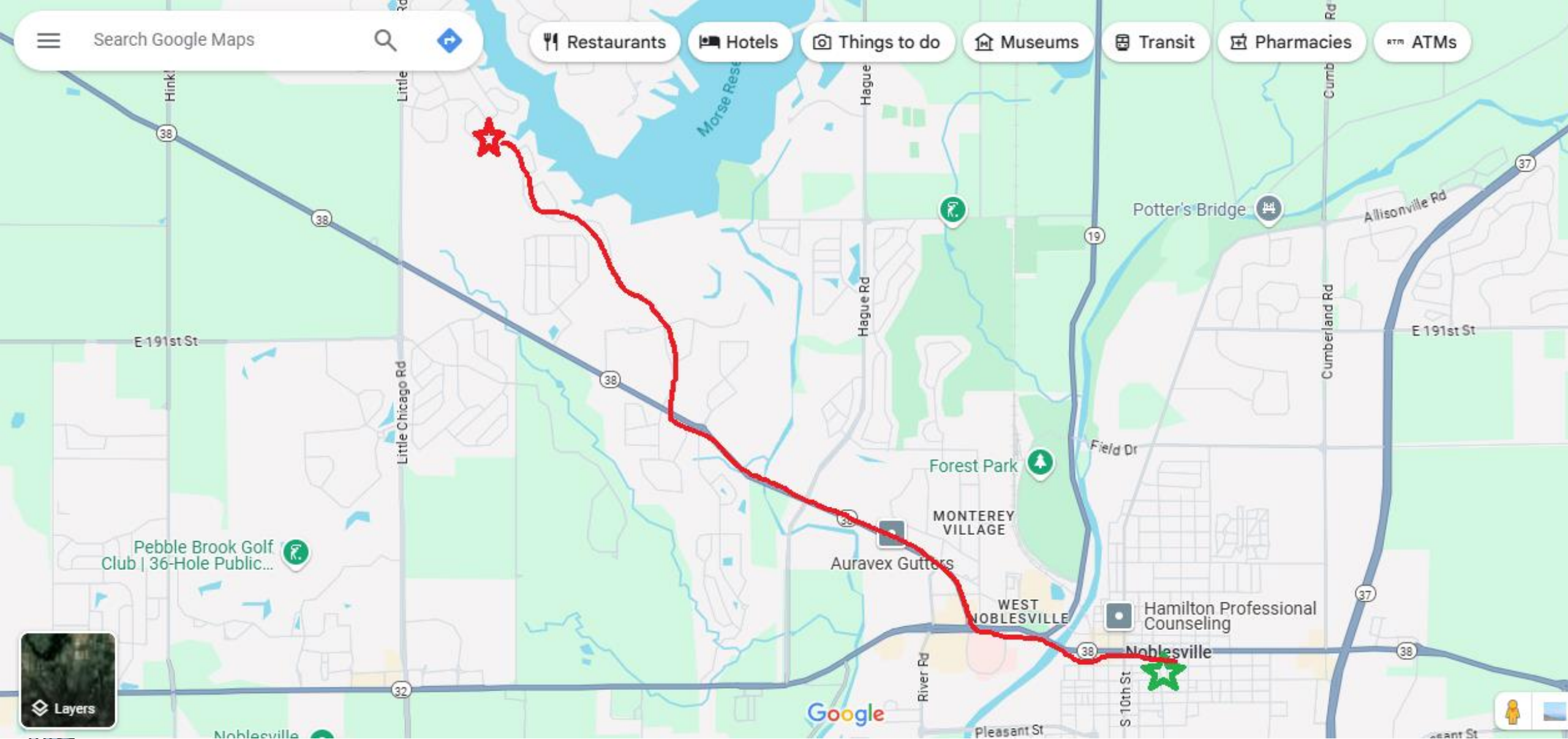
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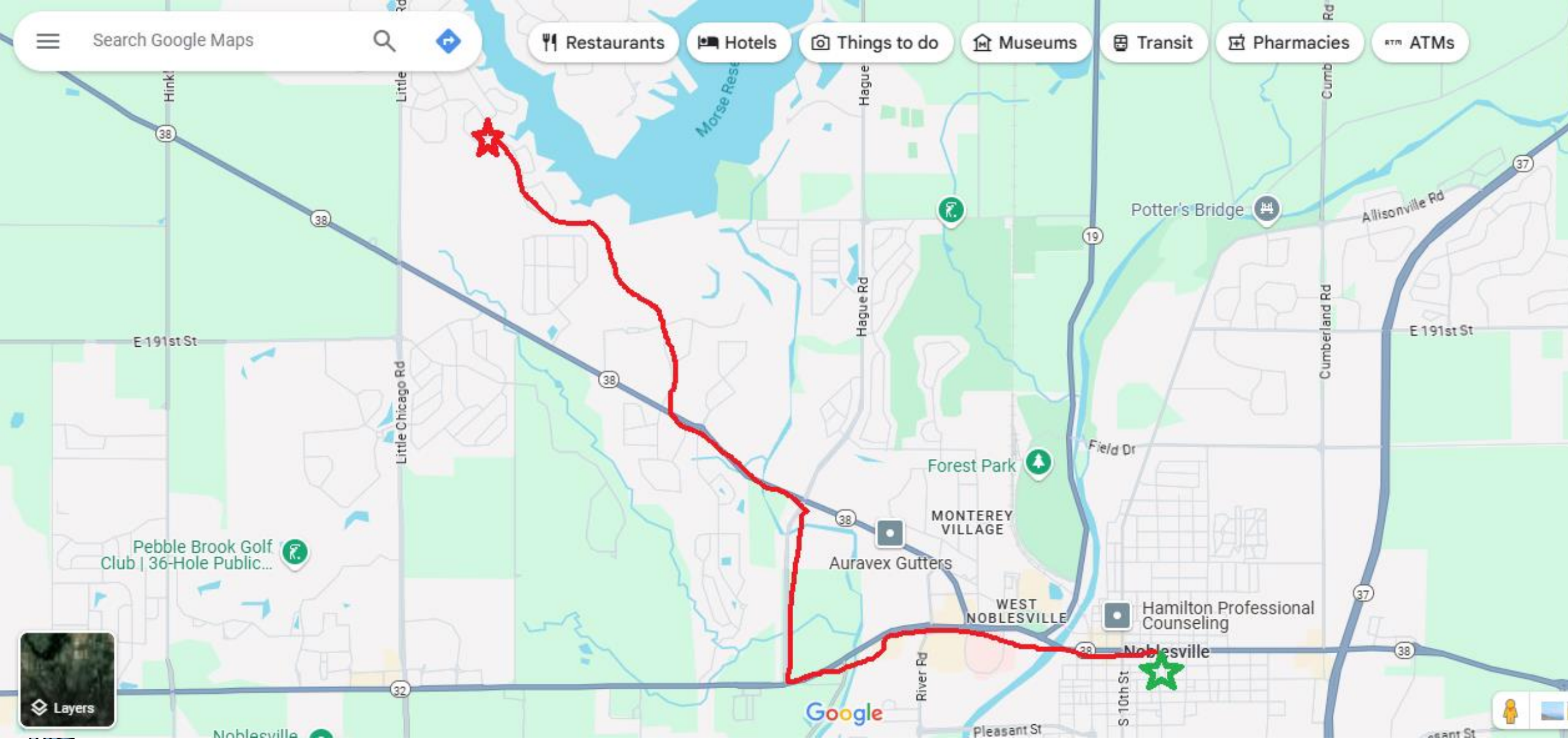
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Specifics-Car

- Parking-Security
- Phone-911 or buddy system
- Inside and Underneath





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Specifics-Equipment

- Most obvious-Firearm?
 - Have you trained
 - Are you prepared for consequences



Specifics-Equipment

- Flashlight- Possible strobe
- Taser
- Pepper Spray
 - Practice





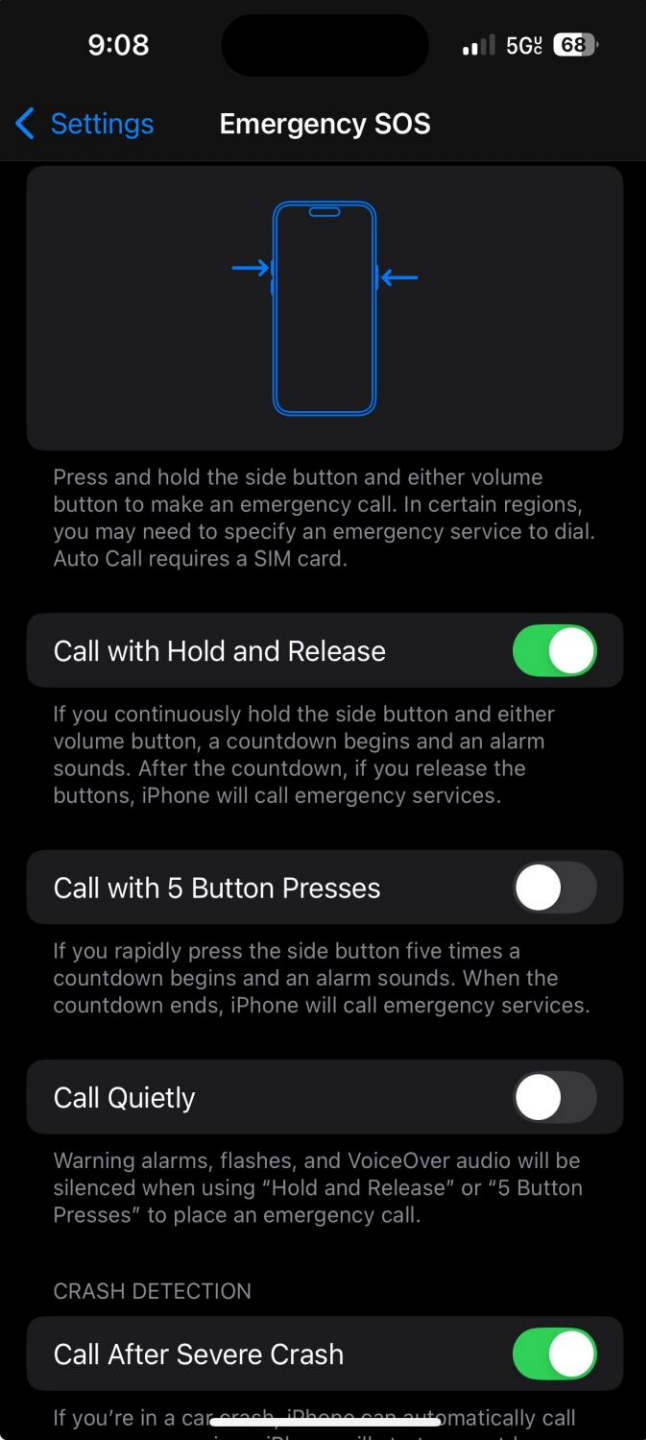
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Specifics-Equipment

- Flashlight- Possible strobe
- Taser
- Pepper Spray
 - Practice
- Airtag or similar device



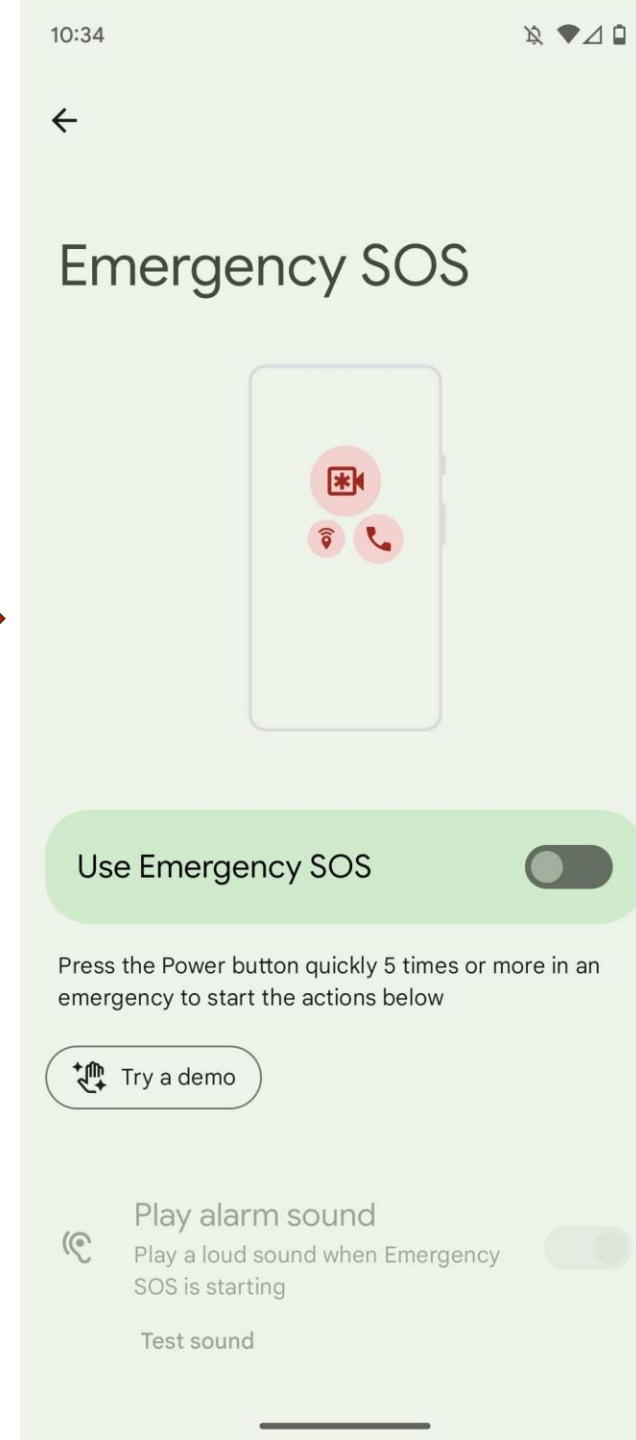


I-Phone

Android



SOS



Specifics-Public

- Restaurants
- Gas stations
- Commercial stores
- Parks, etc...



Specifics-Public

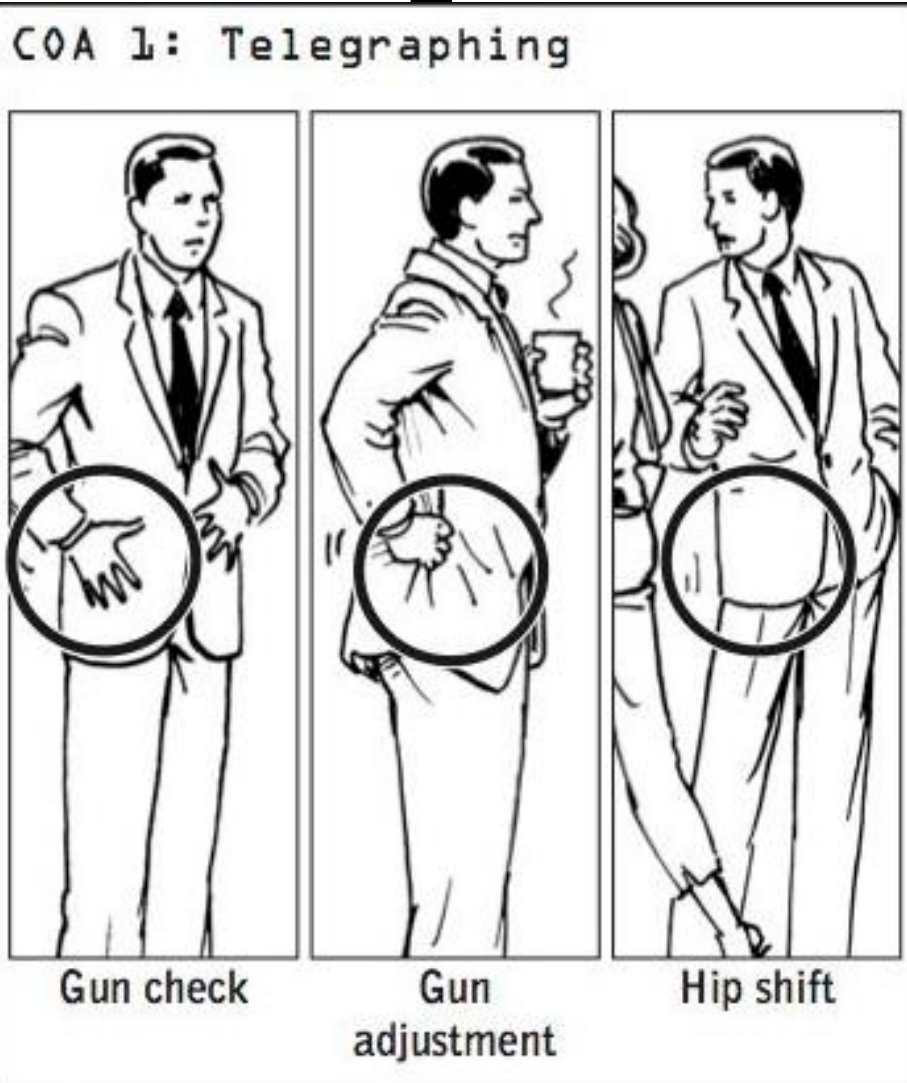


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Specifics-Public-Armed

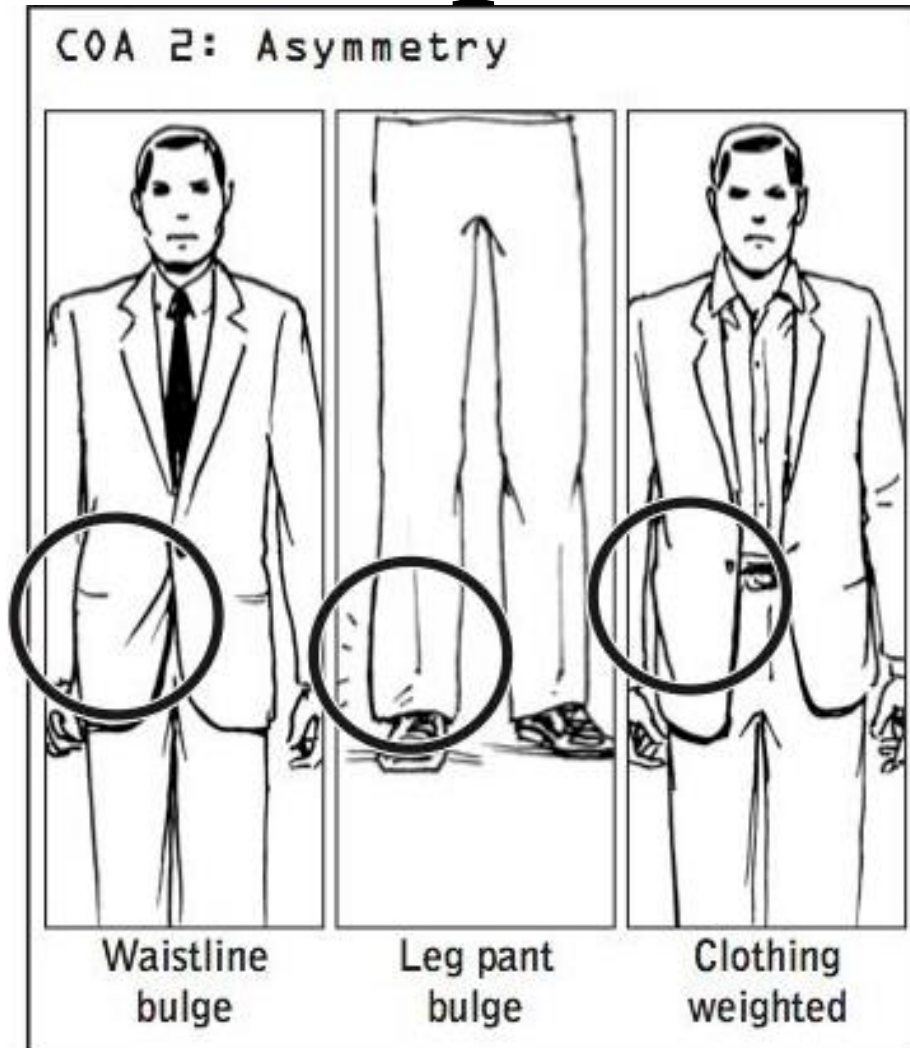


- Gun Checks
- Adjustments
- Hip Shifts
- Palpation
- Reposition
- Weight Shift

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Specifics-Public-Armed



- Waistline bulge
- Leg pant bulge
- Weighted Clothes
- Uneven weight

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Specifics-Family

- Talk
- Expectations
- CODE WORD!
 - Innocuous (Red, Birds, Aunt Mary)
- Don't be a hero



Specifics-Social Media & Internet

- My opinion only
- Stay Off
 - Or at least highly limit
 - DON'T READ THE COMMENTS and DON'T COMMENT





BIPARTISAN PUSH FOR "RED FLAG" LAWS TO STOP GUN VIOLENCE



Exit full screen (f)



0:11 / 2:21





@christined9210 5 years ago

I see the potential for a stalker to disarm their victim with this law. Think about it. Anyone can red flag you without evidence. If a stalker wants to make sure their victim is disarmed and defenceless before they strike, they will have the power to do so with this law.



1



Reply



@gonefishingbeeoutlet5878 5 years ago

Its a violation of the second amendment plus its stating your guilty before proven innocent without due process



3



Reply



@MindBodySoulOk 6 years ago

Haha, did anyone here the beginning, "I'm here to help." "Hi, I'm from the government and I'm here to help."



2



Reply



@francosworld5030 5 years ago

Communist Idiots! Wake Up - Cops!



1



Reply

Internet-Off the Grid

- Clustrmaps, WhitePages, TruthFinder, ThatsThem, Radaris, Nuwber, PeekYou, Intelius, Spokeo etc. Most websites provide options to remove personal information (Website list is not exhaustive).





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Address

Phone

Email

IP

VIN

Name

City, State, and / or ZIP

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SUBSCRIPTION

Lookups ⓘ 0 / 10
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CO

Specifics-Home Security

- Dozens of possibilities
- Not just front
- Lighting/Automatic
- Neighbors



Security Companies

- Professional: ADT, Vivint, BrinksHOME, SimpliSafe, Cove, Frontpoint
 - Usually more comprehensive
 - 24/7 Monitoring
 - Automatic Dispatch
 - Professional Installation
- DIY: Ring, Nest, Lorex, Arlo, Blink
 - If monitoring, usually quicker response
 - Cheaper
 - Pick and Choose





• **Front yard**

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• **Backyard**

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Specifics-Automatic Lights



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Door



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PUPPY!!!!







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Faraday Box



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Your Security is #1



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Open Ear Headphones



Verbal De-Escalation

2. Identifying the Stakeholder Conflict

- [illegible]



“Voice”

Studies have shown that the WAY something is said (tone, inflection, rate) can be **5x** more important than WHAT is said.

Your tone of voice, demeanor & projected sincerity are more important than any single phrase that you may use.



Emotion Labeling

- Statement of *emotions* heard.

“You sound angry...”

“You seem hurt...” “I hear loneliness....”

“ You sound betrayed...abandoned.”

Adverse reaction? - Easy to back off of:

“*I didn’t say you were angry, I said you sound angry.*” (Soft delivery)





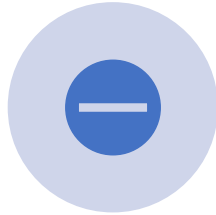
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Tips



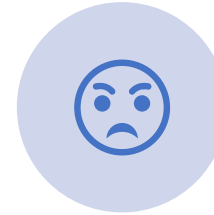
UNDIVIDED
ATTENTION



BE NON-
JUDGEMENTAL



ALLOW SILENCE



CALM DOWN



CLARIFY MESSAGES



DEVELOP A PLAN



DO NOT CHALLENGE
PSYCHOTIC THINKING



BUILD RAPPORT



Verbal De-Escalation

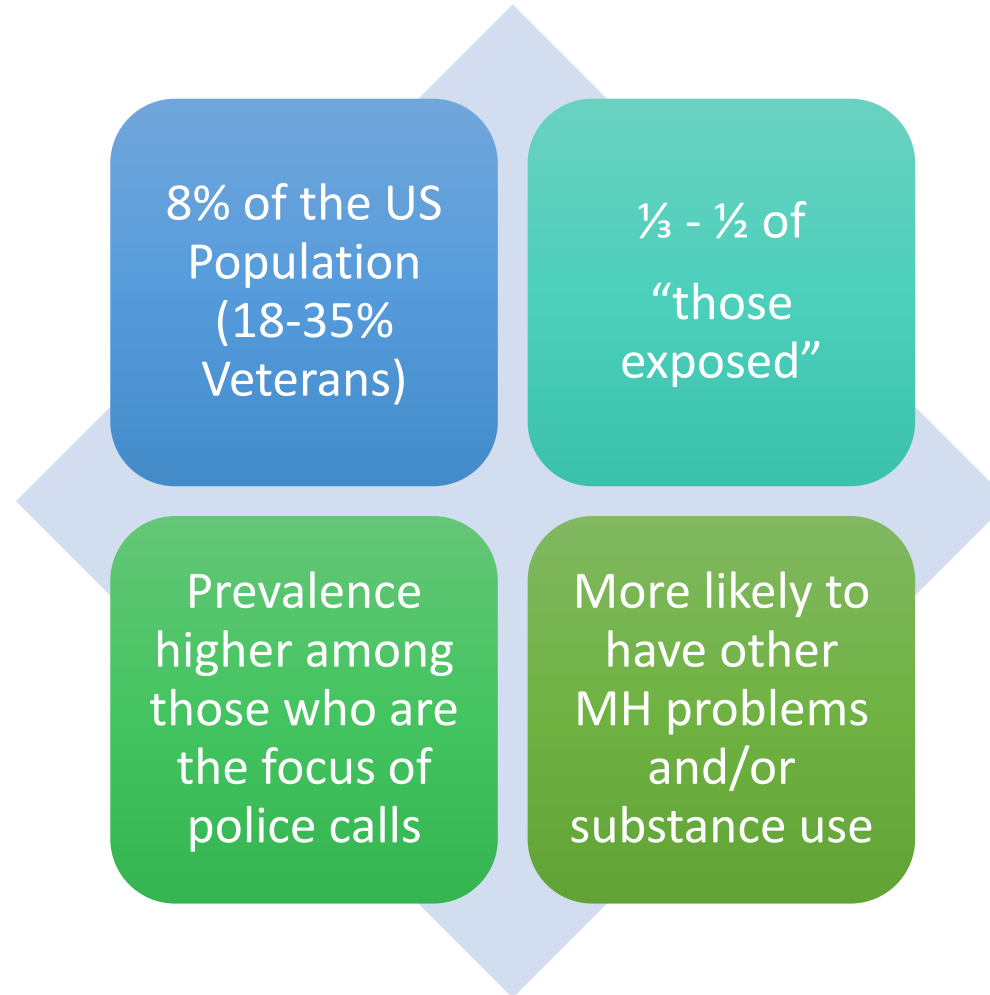


"As an elected official, I believe it's important to be accountable to my constituents. Sharing my personal cell phone number allows me to remain accessible to those I have the privilege of serving. I welcome respectful dialogue, even if we may not agree in the end. Opening the lines of communication has gone a long way in my role as Mayor. I encourage individuals to come directly to me with their concerns instead of expressing their frustrations on social media or at the local coffee shop. I was elected to serve the people, and it is important to remain accessible to them."

-Chris Jensen, Mayor
City of Noblesville



If It Goes South



Subject Matter Expert

Nichole Rose-Freeman,
Psy.D., HSPP Clinical Psychologist



- Posttraumatic Stress Disorder (PTSD) develops when trauma is not processed and instead avoided
- The most important factor is *processing of the trauma* using healthy coping skills such as:
 - Social support- talk about it, feel it
 - Positive coping skills (deep breathing, mindfulness, journaling, music)
 - Avoidance of unhealthy coping skills (alcohol and substances)
 - Engage in healthy activities (exercise, sleep, balanced diet)
 - Consider professional support from a therapist

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Simple vs Complex

- *Simple PTSD:*

- One time event
 - Being mugged
 - Rape
 - Burglary
 - Severe car accident
 - Natural disaster

- *Complex PTSD*

- Multiple traumas over an extended period
 - Combat Veterans
 - Recurring Courtroom Drama
 - Police/Fire/EMS
 - Doctors/Nurses
 - Domestic Violence
 - Childhood abuse



PTSD: intrusions



RECURRENT AND
INTRUSIVE
MEMORIES



RECURRENT
NIGHTMARES



YOU ACT OR
FEEL AS IF THE
TRAUMATIC
EVENT WAS
RECURRING



**PSYCHOLOGICAL DISTRESS
WHEN TRIGGERED**



**PHYSIOLOGICAL
DISTRESS WHEN
TRIGGERED**

Your Security is #1



Questions

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