

6 Resources to Help You During an Interaction with Police

Curated by Cam Lee Small, MS, LPCC | Therapy Redeemed
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In Minnesota alone, since January 2000 there have been 223 people killed in their encounters with law enforcement.¹ And you've most likely heard the testimony from [transracial adoptee Alex Landau](#). Before I share the following six resources, I want to make it clear that they've been published largely under the assumption that the burden to be emotionally regulated and compliant seems to land primarily on the civilian/person asking for help or being pulled over/stopped (is that the way it should be?).

As if you can always remain fully rational/logical during moments of intense stress/terror; you can't.² Therefore, the following resources are descriptive in the sense that they flow from the way things are currently, not necessarily from the way things should or could be.

1. [What to do if you're stopped by the police](#)
2. [4 Lies Police Can Legally Tell You](#)
3. [Know Your Rights](#)
4. [Ten Rules of Survival if Stopped by the Police](#)
5. [Your Rights During Police Interactions](#)
6. [5 Facts about Police Deception and Youth You Should Know](#)

I hope those help get you started, feel free to ask me for more clarification. Use them as age-sensitive prompts for discussion with family and colleagues. That we'd all have access to life-sustaining service and protection.

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[Cam Lee Small, MS, LPCC](#) is an international adoptee from Korea, an experience that informs and inspires his current professional work as an author and licensed professional clinical counselor. He formed his own private practice, Therapy Redeemed, in 2018, to raise awareness and respond to the mental health needs of adoptees and their families wherever they may be in their adoption journey. Cam's vision for adoptee-centered advocacy is evident through his 1:1 counseling services, live workshops and support groups, Masterclass trainings, and his active content creation/collaboration in and through various media platforms. His work has been featured in Christianity Today, National Council for Adoption, University Minnesota School of Social Work, and Center for Adoption Support and Education. He is currently working on a manuscript for a book to be released through InterVarsity Press to address the intersection of adoption, mental health, and social justice. Cam brings value and much needed perspective to the adoption community, personally and professionally.

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¹ [Star Tribune: Every Police-Involved Death in Minnesota Since 2000](#)

² [Harvard Health Publishing: Understanding the Stress Response](#)