



Sergeant Russell Regan:

I was lucky to have been born and raised in the Town of West Bridgewater. I attended West Bridgewater public schools, graduating from the middle/senior high school in 1998. I hold a Bachelor of Science degree in Criminal Justice from Bridgewater State University. I am currently in the process of completing my Master of Arts degree in Criminal Justice from UMass Lowell. I began my career in Law Enforcement in 2001, when I became a deputy sheriff with the Plymouth County Sheriff's Department. I was hired by The West Bridgewater Police Department in 2005, as a permanent intermittent police officer. I was then hired as a full-time police officer in 2006, graduating from the Plymouth Police Academy. I was promoted to the rank of Sergeant in January of 2013 and currently work as the midnight shift patrol supervisor.

Some of my specialty duties and assignments include the following: I am a field training officer and also serve as the supervisor/coordinator of the department's field training program. I'm a certified car seat technician and supervise the department's child safety seat installation program. Along with Lt. Nixon, I am the co-coordinator/trainer for the department's Narcan program.

When I'm not working, I enjoy playing all types of sports, working out and landscaping my yard. I really enjoy coaching youth sports and interacting with the kids in our community. However, my favorite thing to do, which I cherish more than anything, is spending time with my family. I would not be where I am professionally or personally today, without the continuous support and guidance of my parents and three sisters. And most importantly, I am blessed to have the most amazing wife and three incredible sons. They motivate me to do better in every aspect of life and I could not be more thankful for what they do for me and how supportive they are.

Being a police officer is a huge responsibility and privilege, that I do not take lightly. It is a very difficult, but rewarding job, as we have the ability to impact so much positive change in people's lives and throughout the community. I think this profession has progressed into so much more than police officers just enforcing the laws. As leaders in the community, we have the platform to address many social issues that are plaguing our communities. I believe enhancing relationships and bettering the quality of life for everyone should be our priority in the criminal justice community. I'm proud to say that I work for an agency like the West Bridgewater Police Department, that has taken the lead on many of these issues, where the administration and staff work professionally and collaboratively to address these community needs and concerns. Our department is lucky to serve such a great community, with so many supportive citizens, who help our department continue to develop and succeed.