

# East Central Illinois Mobile Law Enforcement Training Team

## Mobile Training Unit #13 Newsletter

**January 2022**



January 1st rings in the start of the new training mandates that were passed by the Illinois legislature. It is possible that when the legislature returns, this date could get pushed back to July 1st, 2022. If that does we will be canceling the Use of Force Modules that are January 26-28th. We WILL NOT be canceling the Law Enforcement Medical Instructor class. The Use of Force mandate is a three year mandate so if you attended it in January, it would not count when July 1st rolled around. The Law Enforcement Medical Instructor class will continue in January so that we have trained instructors for when it goes into effect on July 1st, so nothing will change with that one. Also, Emergency Medical Response is an annual requirement so officers who may be taught this between January 1st and July 1st would only need to take a shorter refresher course that they would need anyway as part of an annual mandate.

Again, a word about the Use of Force mandate. This is a 24 hour requirement. The requirement has a list of topics and amounts of times that officers will need to attend to make this 24 hour requirement. When an officer attends each of the three Use of Force modules, they will cover all the mandated training. Each officer will need to attend the training within a three year period. You DO NOT have to attend them in order. You DO NOT have to attend them together. They are designed so that each class is a stand alone class that is taken independently from another. **Recap**—Each officer will have to take each class, in any order within a three year period; Simple enough.

These are designed this way to maximize the training opportunities while at the same time not be a burden to agencies overtime budgets. We understand that scheduling is difficult and budgeting is also. Money is tight, but I promise you I have reviewed these classes and you are going to find these be to of the highest caliber classes that your officers can attend. Our goal is always to send you back better trained officers then you have sent us. That is a challenge we take seriously.

Thank you again!  
Brad and Christina

Project Director-Brad Oyer  
Assistant- Christina Stephen

### Upcoming Training for January 2022

**TASER Instructor.....January 3rd**  
**San Jose FTO Refresher. January 3-4th**  
**\*\*\*Canceled\*\*\***

**NIBRS Training.....January 10-11th**  
**Law Enforcement Medical Officer Instructor**  
**\*\*\*FULL\*\*\* January 10-11th**

**Use of Force Module 1.....January 26th**  
**Use of Force Module 2.....January 27th**  
**Use of Force Module 3.....January 28th**

**Crisis Intervention Training.....**  
**January 31st- February 4th**

How you do anything is  
how you do everything.

T. Hary Eker

# The 5 Key Resilience Traits You Need Right Now

By Valorie Burton | September 21, 2021

<https://www.johnmaxwell.com/blog/the-5-key-resilience-traits-you-need-right-now/>

Research shows that resilient people think differently. They have a set of skills – sometimes learned, other times innate – that allow them to persevere, manage stress, and triumph in the face of challenges. In the midst of your current challenges, which of the five traits of resilient people is it time to lean on?

## 1. They are authentic.

Resilient people are at peace with their humanity. Perhaps it is because their mistakes along the way have humbled them, or life experiences have helped them accept their own vulnerability, but resilient people don't let imperfections hinder them. They don't think failing makes them a failure. They learn as they go, making course corrections that lead them to positive outcomes.

As a leader, your ability to navigate challenges and lead effectively in an uncertain environment can set you apart and positively influence those you lead. Your team looks to you for clues about how to respond in these ever-changing times. Organizations that thrive with change are those who have high psychological capital – a workforce that has the resilience to see the big picture, embrace a new vision, and work together to persevere towards it.

## 2. They are flexible thinkers.

Even if they initially struggle with negative thoughts, resilient people are self-aware enough to notice when their thinking is counterproductive. They don't jump to conclusions or make assumptions. Instead, they gather the facts they need to move around obstacles and face challenges head-on. If something isn't working, they make adjustments. They find aspects of the challenge that are within their control, and they exercise that control.

## 3. They are (mostly) optimistic.

It's hard to bounce back from setbacks when you see every obstacle as the end of the world. Research shows that optimists live as much as nine years longer than pessimists. But it isn't just about positive thinking. Resilient people see risks and take precautions to prevent problems. When faced with a challenge, they are more likely to say, "I can get through this."

## 4. They reach out.

Resilient people don't go it alone. They have close friends and are not too proud to ask for help when they need it, talk out problems, or help others in need. When faced with a stressful situation, just knowing you have support can alleviate the pressure.

**"Be more concerned with  
your character than your reputation  
because your character is what you really are  
while your reputation is merely  
what others think you are."**

John Wooden

## 5. They use their strengths.

Everyone has innate talents and strengths. When faced with a challenge, there is power in tapping into those strengths – the things that come naturally to you. It takes less energy to use your strengths – and, in fact, you are energized by them. Know what your strengths are and use them.

### Coach Yourself

Of the five key resilient traits, which do you possess in abundance? What is an example of a time when you used this trait?

In your biggest current challenge, how could you apply at least these resilience traits to alleviate some of your stress and better navigate the challenge?

I can't wait to join John Maxwell and other incredible leaders on October 8<sup>th</sup> for Live2Lead. This is just a preview of what I can't wait to share with you that day. This is something you and your team need to invest in. A day full of leadership, personal, entrepreneurial, and cultural growth.

[Click here](#) to join me live in Atlanta, Ga. Or [click here](#) to join me virtually.

I can't wait to see you there!

*Valorie Burton is founder of The Coaching and Positive Psychology (CaPP) Institute, bestselling author of 13 books on personal development, and is the Coaching Mentor for the John Maxwell Team. Follow her on FB, IG and Twitter @valorieburton and subscribe to her weekly column online at [www.valorieburton.com](http://www.valorieburton.com).*

**“LEADERS DON’T CREATE  
MORE FOLLOWERS, THEY  
CREATE MORE LEADERS.”  
—TOM PETERS**

**BLUE  
HERO  
—PROJECT—**

Sheriff Vogelzang of Piatt County asked me to share this flyer with everybody-



# LEO Defensive Firearms Tactics

Malinois Solutions, LLC

**LEO Defensive Firearms Tactics is a comprehensive pistol course designed for Law Enforcement Officers specifically for dealing with today's threats. This 8-hour training course will cover everything from reacting to a threat from the holster, moving in and around obstacles while engaging threats, Ambush Attacks, Defense from the ground, and shooting in and around vehicles. We have tailored this course for the threats presented to the Piatt County Sheriff's Office and surrounding LEO departments with the sole purpose of keeping our Sheriffs and Officers Safe.**

#### Required Minimum Equipment:

Eye protection

Ear protection

Pistol w/ on-the-waistband holster

2-5 magazines w/ carriers

300 rounds minimum

#### Course Time:

9 am-5 pm (with half-hour lunch)

**Course Fee:** \$275 (LEO discount is already added)

#### Range Location:

904 Allerton Road

Monticello, IL 61856

#### Course Date:

12 January 22

<https://app.squarespacescheduling.com/schedule.php?owner=24475184&appointmentType=27862266>

13 January 22

<https://app.squarespacescheduling.com/schedule.php?owner=24475184&appointmentType=27851875>

(Both courses have ten open slots)

For questions or more information, please contact

[Dante.d.gazz@gmail.com](mailto:Dante.d.gazz@gmail.com)

or call (785) 477-4621.



# 4 ways officers can improve neighborhood relationships

If you know more criminals on your beat than citizens you protect, that's a problem – here are four ways to remedy that

By: Booker Hodges

January 16, 2019

As our profession begins to transition from one generation to the next, I have noticed newer officers struggling with how they can individually improve neighborhood relations.

Below are some tips I have practiced over the years to maintain great connections with my neighborhood. I believe if each and every one of us did the majority of these things, we would begin to turn the corner on what seems to be an all-out assault on the credibility of the law enforcement profession.

## 1. LIVE WHERE YOU WORK.

It's easy to say, "Screw the police," but it's a lot more difficult to say, "Screw Deputy Hodges." Living where you work allows you to know more people in your community than criminals. It also allows members of your community to know you outside of your law enforcement capacity.

I don't have to ask someone what the community thinks because I am a member of the community. Living where you work also shows those you police that you value them enough to live side by side with them. I realize that living in some police communities is cost prohibitive based on an officer's salary, but if at all possible living where you police is one thing you can do to improve neighborhood relations.

## 2. INTERACT WITH PEOPLE IN NON-ENFORCEMENT SITUATIONS.

A police officer's wife recently said to me, "My husband is a cop, but our kids don't have any interaction with cops other than him. They drive down the street with the windows rolled up and sunglasses on. I wish they would stop to say hi when they see us playing in the front yard."

I believe that we have become disconnected from those whom we police. Policing using statistics and data-driven initiatives removes the human element from policing. If you know more criminals on your beat than citizens you protect, that's a problem.

Administrators helped create this problem with productivity logs. If you are rewarded for the number of citations you write rather than for the number of non-enforcement citizen interactions, what are you more likely to focus on?

Remember what I said, it's easy to say, "Screw the police," not so easy to say, "Screw Deputy Hodges." Public perception is changed one person at a time.



### 3. VOLUNTEER IN YOUR COMMUNITY.

I cannot say enough about the importance of volunteering in the community you police. People who volunteer are active in their communities and are the type of people we need spreading the truth about our profession. Being a public servant should not stop when you take the uniform off – volunteering keeps you connected to the community you are policing.

### 4. DON'T READ, WATCH, OR SURF THE INTERNET FOR NEWS.

A wise police chief told me, “The media is not interested in *the* story; they are interested in *a* story.” If you believe what is written in the media is reflective of public sentiment you are gravely mistaken. The majority of the public supports law enforcement officers and what we do. The majority of the public wants to interact with us and get to know us as people. Unfortunately, many of us avoid these interactions, especially in certain communities, because of how we perceive they perceive us. The perception in the media is not the reality we live and we should conduct ourselves accordingly.

As a profession we must connect on a personal level with those we are charged with policing. The next generation of police officers will be successful if they become fully immersed in their communities. It is much harder to hate up close!

**- Note from Project Director– Please send me pics of your officers engaging with the community so that I can publish them in upcoming Newsletters.**



# Officer Down Memorial Page

Officer Line of Duty Deaths 2021

## Total Line of Duty Deaths: 482

9/11 related illness.....	3
Assault.....	5
Automobile crash.....	22
COVID19.....	323
Drowned.....	3
Duty related illness.....	2
Gunfire.....	61
Heart attack.....	18
Motorcycle crash.....	3
Stabbed.....	3
Struck by vehicle.....	14
Training Accident.....	1
Vehicular assault.....	17
Weather.....	1



## No shame, no judgement

just us being happy you're here.  
Stay with us, you have choices. They all want to help.

► Text "BLUE" to 741741

► 866-COP-2COP  
24 Hour Peer Support

► 855-964-2583  
BlueLine Support  
24 Hour Peer Support

► [www.1sthelp.net](http://www.1sthelp.net)  
Resource Database for  
First Responders

► 1-800-COPLINE  
24/7 Law Enforcement Hotline

► 1-800-273-TALK  
Suicide Prevention Hotline

► 800-273-8255, Press 1  
Veteran Crisis Hotline



[www.bluehelp.org](http://www.bluehelp.org)  
Facebook, Insta, Twitter: @BlueHelpLE

## Law Enforcement Officers who have lost their life to suicide.

2019.....	239
2020.....	174
2021.....	149

## Take the Pledge

Without solidarity, acknowledgement and honor— stigma, silence and denial remain. By taking the pledge each year, you are committing to: publicly show your support for prevention of law enforcement suicide; support for the officers who are suffering and; honoring the memory of those we have lost. Anyone can pledge, you don't have to be an officer; you simply need to be committed to eradicating the stigma.

### I Pledge To:

- Make emotional wellness a priority for myself, my family and/or my fellow officers;
- Seek Assistance when I may be in need of support— for work or personal pressures;
- Confidentially contribute suicide information to aide in accurate data.

### Pledge Benefits

- Pledge certificate worthy of display
- Watch Your 12 Challenge Coin
- Recognition on our website
- 15% off merchandise purchases in the Blue H.E.L.P. store for one year.
- 15% off conference registration fees for one year

### How to Pledge

-Click the link at website ([bluehelp.org/take-the-pledge/#](http://bluehelp.org/take-the-pledge/#))  
(20.00 individual/ \$150.00 department)

- (Optional) send your department patch to [Contact@bluehelp.com](mailto:Contact@bluehelp.com) or mail to:  
Blue H.E.L.P.  
P.O. Box 539  
Auburn, MA 01501



# Focus on Upcoming Training

## January 2022

-San Jose FTO Refresher	***Postponed***	Mattoon	January 3rd-4th
- TASER Instructor		Charleston	January 3rd
-Law Enforcement Medical Officer Instructor		Charleston	January 10th– 11th
-NIBRS		Mattoon	January 10th-11th
- Use of Force Module One		Charleston	January 26th
- Use of Force Module Two		Charleston	January 27th
- Use of Force Module Three		Charleston	January 28th
- Crisis Intervention Team (Basic CIT)		Mattoon	January 31st– Feb 4th, 2022

**I may be a little overzealous in advertising some of these as they are not 100% finalized. It is a process indeed. As they become finalized, I put them on the MTU 13 website. Please check the website for these and other upcoming classes.**

## February 2022

-Alcohol Compliance	Mattoon	February 10th, 2022
- Law Enforcement Medical Instructor	Mattoon	February 11-12, 2022
- Use of Force	Mattoon	February 16th, 2022
- Search Warrants/Report Writing/Courtroom Testimony	Mattoon	February 17th, 2022
- Criminal Procedures	Mattoon	February 18th, 2022
- Southern Illinois Criminal Justice Summit	Mattoon	February 23-24th, 2022

## March 2022

- Breath Alcohol Operator	Mattoon	March 8-9, 2022
- ILETSB Meeting		March 9-10, 2022
- FOIA Update	Mattoon	March 11th, 2022
- Body Searches– Terry to Strip	Mattoon	March 14, 2022
- OC Instructor Course	Mattoon	March 15th, 2022
- Juvenile Law Update	Mattoon	March 16th, 2022
- Subconscious Communication for Detecting Danger	Mattoon	March 21-22, 2022
- Domestic Violence	Mattoon	March 23rd, 2022
- Open Source Investigations	Mattoon	March 25th, 2022
- FTO Refresher	Mattoon	March 28-29, 2022