

East Central Illinois Mobile Law Enforcement Training Team **Mobile Training Unit #13 Newsletter**

August

Hello August and back to school. I always hate to see August come because that always meant that it was about time to go back to school. My wife hated it because it meant going back to work. School seems to start earlier now than when I was a kid.

Anyway, I look forward to the upcoming MTU training calendar. We have some great classes coming up. Actually, each and every class we do is a great class. I do want to point some out that are exceptional though.

I've also spoken with Kevin Koontz at MTU 12. He has officers that he would like to get into the Basic SWAT class and Breacher Instructor Course, both of our classes have filled. What we are going to do than is, I'll schedule an extra Basic SWAT class and Breacher Instructor class and he will schedule a Lead Homicide Investigator class so that we both have the opportunities to get into what we need and saves each MTU some money in the process.

We are going to do the same general thing with MTU 15 for School Resource Officer. We will go together on the School Resource Officer class and hold it either at Effingham Police Department or here in Mattoon.

I'd like to bring your attention to a few of the newer classes that we are holding coming up in the fall. These are new to the MTU and I'd really like to draw your attention to them.

Building a Road to Freedom from Sex Trafficking.....August 25th
(I cannot stress how important this really is)

Eliminating Social Media Mistakes Both On and Off Duty...Oct. 16-17th

Interviewing Children.....Oct 30th

Six Layer- Tactical Threat Recognition.....Nov 2-3rd

Genetic Genealogy for Law Enforcement.....Nov 20-22nd



Project Director-Brad Oyer

Assistant- Christina Stephen

In-House Training Update

Trainers- Before holding in-house training. Please call and schedule with the MTU. I'm asking for at **least 2 weeks notice**. We are being asked to attend your training and fill out an "audit" form to evaluate the training. We need a couple of weeks if possible in order to arrange schedules so that one of us are available to attend if possible.

If you have any questions, please feel free to give us a call or drop us an email.

Brad, Christina and Jason

MTU 13 Website

It is not uncommon that I run across someone who does not know that we have a website. Don't feel bad if that is you, you are not the only one. I just need to do a better job of keeping it advertised. If you go to **www.mtu13.com**, you will find a whole host of information. I try and insert some new videos from time to time but lately I've fallen behind. I need to update that. I try to keep resource material relevant to your in-house training as well. Most of all, I keep the calendar up to date with all the wonderful training opportunities that have been brought your way.

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

Course Announcement



Abolition of Cash Bail

August 23rd, 2023—0830-1230 Hrs

August 26th, 2023— 0830-1230 Hrs

MTU 13 Police Training Center

3121 Dewitt Avenue

Mattoon, IL

Submit enrollment to:

Registration form at

www.mtu13.com,

ecimlett@gmail.com

Or call 217-345-3344

As I am sure you are aware, on Thursday, July 18, 2023, the Illinois Supreme Court released its decision in the case of Rowe v. Raoul, 2023 IL 129248, wherein the Court reversed the trial court's judgment declaring the abolition of case bail in Illinois unconstitutional.

In that decision, the Court set the effective date of the now approved abolition of cash bail and all of the provisions that go with it of **Monday, September 18, 2023**. The Court declared: Sixty days after the filing of this opinion, on September 18, 2023, this court's stay of pretrial release provisions in Public Acts 101-652 and 102-1104 shall be vacated. On that date, the circuit courts are directed to conduct hearings consistent with Public Acts 101-652 and 102-1104, and Illinois Supreme Court Rules implementing those pretrial release provisions shall become effective. See 5 ILCS 70/1.11.

Observed Mandates Include:

Mandates to be determined, but most likely will be Legal Updates

August

Use of Force Modules 1-2-3.....	August 2-3-4
Witness/VIP/Dignitary Protection.....	August 14-18th
Abolition of Cash Bail.....	August 23rd
Building a Road to Freedom from Sex Trafficking.....	August 25th, 2023
Abolition of Cash Bail.....	August 26th
High Risk Traffic Stops.....	August 31st

September

Breacher Instructor Course.....	September 5th-8th
Intro to Breaching.....	September 8th
San Jose Field Training Officer.....	September 11-14th
San Jose FTO Refresher.....	September 13-14th
San Jose FTO Supervisor.....	September 15th
Child Maltreatment and Child Sexual Abuse.....	September 18th
Rapid Response/ Active Shooter.....	September 19th
SWAT/CQB School.....	September 18th-22nd
Pat McCarthy's Street Crimes.....	September 25th-27th
Basic Police Red Dot.....	September 29th

October

Small Unmanned Aircraft (DRONES) in Law Enforcement.....	October 2nd-5th
Intercepting School Violence Through Cyber Intelligence.....	October 4th-5th
Surviving Ground Fighting.....	October 6th
School Resource Refresher.....	October 9th-10th
Caliber Press Street Survival Seminar II.....	October 11-12th
How to Eliminate Social Media Mistakes Both On and Off Duty.....	October 16-17th
Use of Force Module One.....	October 18th
Use of Force Module Two.....	October 19th
Use of Force Module Three.....	October 20th
Verbal Judo for De-Escalation.....	October 20th

October Continued-

High Risk Vehicle Engagements.....	October 24th
Critical Tasks in Jail/Corrections Operations Conference (Effingham).....	October 18-19th
Breath Alcohol Operator.....	October 24th
Rural Operations.....	October 26-27th
Interviewing Children.....	October 30th

November

Six Layer Concept– Tactical Threat Recognition.....	November 2-3rd
Safarieland 4-day Less Lethal Instructor Course (Tentative).....	November 6-9th
Use of Force Module One.....	November 14th
Use of Force Module Two.....	November 15th
Use of Force Module Three.....	November 16th
Genetic Genealogy for Law Enforcement.....	November 20-22nd
Anger Management for Cops (Gail Sullivan).....	November 27th
Conversation with a Sex Offender (Gail Sullivan).....	November 28th

December

Media Relations for Law Enforcement.....	December 4th-5th
MTU 13 Chili Luncheon.....	December 8th
High Tech Investigations Certification.....	December 18-22nd
Body Searches from Terry to Strip.....	December 27th
Oleo-Resin Capsicum Instructor Course.....	December 28th

This is where we are right now, but we are no way shape or form done scheduling. I'm still talking with **Sig Sauer about a P320 Armorers Course**. Getting the paperwork back is the challenge. I haven't received paperwork back from Safarieland also. That is actually 4 individual classes where the student can take any of them or all of them. I'll only have 12 slots I believe in that class. I'm not going to start taking sign ups until I have all the paperwork hammered out and it is final. I'll send out an email on that when it happens.

Just an FYI, in the annual surveys someone asked for the class **Case Law by Zach Miller**. If the officer who suggested that is reading this, I've reached out and I can't get any response. If you know him or affiliated in any way, I'd appreciate any help that you can provide. We are also planning on doing another Crisis Intervention Team (Basic CIT) this year in December but that is not finalized in any way either so I won't post it until we know more.

If you are requesting any training in the upcoming year, now is the best time to request it.

Annual MTU 13 Chili Luncheon

Denny Stewart Law Enforcement Training Center

3121 Dewitt Ave.

Mattoon, Il. 61938

December 8th, 2023

1130 Hrs- 1330 hrs

Come join the team of MTU 13 for a bowl of chili and good conversation as we break in the Christmas time spirit as well as celebrate another year of Law Enforcement Training and service to our communities.....rumor has it that Denny Stewart himself might make an appearance.

Everyone is invited. Active Law Enforcement, Corrections, Instructors, Retirees. All are invited to come dine together to kick off the holidays.....Deserts are welcome.



How Police Can Reduce and Manage Stress

Many times officers deny the stress they are experiencing for fear of being viewed as weak or not being able to handle their job

Michelle Beshears

Mar 30, 2017

At some point, everyone feels stressed. But for police officers, who are in positions of authority and making life and death decisions on a regular basis, stress can have a major negative impact on their lives.

One of the biggest problems for police officers is that stress can go unrecognized and unacknowledged. Officers are under constant stress and do not take the time to seek treatment. Many times they deny the stress they are experiencing for fear of being viewed as weak or not being able to handle their job.

WHAT CAUSES STRESS?

Police officers face many different types of stress. According to the National Institute of Justice, the following are work-related and individual factors that are likely to cause stress and fatigue in law enforcement officers.

Work-related factors are caused by:

- Poor management
- Inadequate or broken equipment
- Excessive overtime

Frequent rotating shifts (Here's why agencies should consider 10-hour shifts to save money and reduce stress.)

- Regular changes in duties (For example, officers often spend one day filling out paperwork and the next intervening in a violent domestic dispute.)

Individual factors include:

- Family and relationship problems
- Financial problems
- Health concerns
- Difficulties from working second jobs to make extra income

Even more specifically, police officers are likely to be stressed by the daily responsibilities that come with the job. According to the article, "Police Stress: Identifying & Managing Symptoms of Stress," these stresses are caused by:

- Constant exposure to people suffering distress and pain
- Threats to an officer's safety or health
- The responsibility of protecting the lives of citizens
- Having to be in control of emotions even when provoked
- The inconclusive nature of police work
- The quickly alternating pace of the job (situations can escalate rather quickly in this line of work)
- The responsibility of owning a firearm

CONSEQUENCES OF STRESS

Just as in any profession, untreated stress can lead to serious consequences. These consequences not only affect the individual officer, but also those with whom the officer has daily contact, such as colleagues, supervisors, friends, family, and the public.

According to “On-the-Job Stress in Policing: Reducing It, Preventing It,” some of the more common consequences of job-related stress reported by police officers are:

- Cynicism and suspiciousness
- Emotional detachment from various aspects of daily life
- Reduced efficiency
- Absenteeism and early retirement
- Excessive aggressiveness (which may trigger an increase in citizen complaints)
- Alcoholism and other substance abuse problems
- Marital or other family problems (for example, extramarital affairs, divorce, or domestic violence)
- Post-traumatic stress disorder
- Heart attacks, ulcers, weight gain, and other health problems

Suicide

HOW TO REDUCE STRESS

The good news is that the importance of reducing job-related stress is not going unnoticed by agencies and even the highest level of federal government. In fact, the federal government responded to this problem in the 1994 Omnibus Crime Act where the president and congress recognized the severity of the problem and mandated a federal government response. As a result of this legislation, the National Institute of Justice was assigned the task of sponsoring research on police stress, establishing pilot programs to help officers and departments deal with police stress, and conducting program evaluations on current programs in an effort to support state and local efforts.

American Military University faculty members Mark Bond, Matt Loux, and Dr. Shana Nicholson have written several articles about how police officers can reduce stress specific to police work. Law enforcement officers can reduce stress by:

Planning meals and making healthy eating choices. Stop eating high-calorie fast food.

- Scheduling vacations and personal downtime.
- Seeing your doctor regularly for checkups.
- Sharing the workload and reducing the amount of overtime.

Living within your financial means so that “moonlighting” with a second job is not necessary.

Creating a realistic exercise program and forming healthy habits to get regular exercise.

- Creating a “Patrol Buddy” program and make time to check on each other.

Stress is common in all of our lives, but as long as we look for ways to effectively manage it and seek help when we feel we are not able to, we can make it through. Many times, we find ourselves coming out of a stressful situation stronger than before. The most important thing is to recognize when you feel stressed and work to identify what is causing it. Once stress is acknowledged, officers can work to effectively manage it and not let it consume their lives.

Keeping your civilian friends to help you get away from the job. If you socialize with police friends, make a point not to talk about work on your downtime together.

HOW TO MANAGE YOUR STRESS

Not all stress is bad. In fact, it can be positive. It can help officers get out of dangerous situations and it can also motivate individuals to achieve. However, too much stress can affect your emotional and physical well-being and can cause significant problems in your life at home, work, and school. Fortunately, if you are experiencing negative stress in your life there are ways in which you can effectively manage it.

An important way to manage stress is through effective time management. Consider:

- Taking the time to work out a plan to ensure there is a balance in your life.
 - Setting aside specified times for your responsibilities.
 - Setting goals for yourself and avoiding procrastinating.
 - Ensuring you get enough sleep and limiting your use of caffeine.
 - Being conscious of your limits and only setting realistic goals.
 - Setting aside time for exercise and leisure activities.
 - Having a good attitude and finding the upside to whatever situation life might throw at you.
- These are just a few suggestions. Your situation is different and as unique as you are. There are some circumstances in which this might seem impossible, but the key is to keep moving forward and to remain as positive as possible.





Critical Tasks in Jail/Correction Operations and Reducing Liability

Why are we getting sued?

Join the Illinois Counties Risk Management Trust for our upcoming jail conference!

Course Objectives:

- » Intoxication and Withdrawal in the Jail Environment
- » Medical Best Practices
- » Cell Searches, Shakedowns and Body Scanners
- » Use of Force- Response to Inmate Aggression
- » Restraints for The Front-Line Officer
- » Mental Health & Suicide Awareness
- » Investigating In-Custody Deaths for Staff
- » Legal Updates & Best Practices for Corrections Officers
- » PREA Law and Transgender Inmates

Instructors:

- » Jeff Carter
- » Bhairav Radia

Contact Us



lawenforcement@ipmg.com
www.icrmt.com



888.377.5845



EVENT DETAILS

Date & Time :

Wed, Oct 18th, 2023 9am-5pm & Thu, Oct 19th, 2023 9am-5pm

Location :

Thelma Keller Convention Center,
North Keller Drive, Effingham, IL, 62401

PRICING

ICRMT Members: Free of Charge

Non-ICRMT Members: \$149 per person

ACCOMMODATIONS

Please use our link on the registration page to book a hotel room at discounted rate.

REGISTER NOW >

BACHELOR OF ARTS IN INTERDISCIPLINARY STUDIES DEGREE PROGRAM



MAKE YOUR LAW ENFORCEMENT TRAINING WORK FOR YOU.

Eastern Illinois University believes that your hard work, sacrifice, and dedication to your community should count towards your undergraduate degree! If you are or have been in law enforcement, prior learning assessment is a wonderful opportunity to showcase the effort and commitment you have proven in your career through your departmental and state-mandated trainings.

Prior Learning Assessment (PLA) provides adult students with the opportunity to request college credits for knowledge acquired outside of a traditional classroom. Through our program, law enforcement officers can receive college credit for documented service trainings and exams.

Our prior learning portfolio process for law enforcement is easy! PLA requires a detailed description of knowledge gained and sufficient documentation to support a request of credit; you will need to have a copy of each completion certification. Previous students have earned between 8 credit hours to 60 credit hours.

Popular examples of credited learning include the following:

- Police Institute Training (PTI)
- DARE Officer Training
- Field Sobriety Training
- Juvenile Office Training

WHY YOU SHOULD CHOOSE US:

1. We provide the flexibility of developing an individualized degree program to meet your professional and personal goals. You may earn up to two minors.
2. As a public university, we pride ourselves on being affordable. We will accept up to 100 hours of transfer credit, including up to 78 hours from a community college.
3. An academic advisor will work with you throughout your degree program.

IDS DEGREE PROGRAM

600 LINCOLN AVENUE
CHARLESTON, IL 61920
IDS@EIU.EDU
(217) 581-5618



IT'S ALL ABOUT YOU. APPLY TODAY AT MY.EIU.EDU.

eiu.edu/ids

Note from the Director– I've been running this now for several months. This will be the last time I run it. By now, I'm sure you all have gotten it.....

Annual Range Qualification

Within the Annual Range Qualification – officers are required to complete and successfully be trained in four areas including (found under b.):

Section 1730.20 Officer's Responsibilities

a) Basic Firearms Certification

- 1) Each officer shall successfully complete a Board certified course of training in the use of a suitable type firearm as a condition precedent to the possession and use of that type of firearm in connection with his or her official duties. The training must be completed within the officer's probationary period or within 6 months from the date of his or her initial employment.
- 2) In order to receive a certificate attesting to the successful completion of the required training, each officer-trainee must attain a passing grade of at least 70% on a written examination covering pertinent portions of the instruction. The officer-trainee must also achieve a score of 70% or above on a pistol course to be fired as prescribed in the curriculum adopted by the Board. In addition, the person in charge of the training must be completely satisfied of the ability of the officer-trainee to handle his or her weapon in a safe and competent manner.
- 3) Any officer who successfully completes the Basic Training Course prescribed for recruits (full time) by the Board shall be presumed to have satisfied the requirements of the Act.

b) Annual Range Qualification

- 1) Each officer shall successfully complete an annual range qualification using a suitable type firearm as a condition precedent to the possession and use of that type firearm in connection with his or her official duties. Training must be completed within 12 months after the officer's previous certification.
- 2) Each retired law enforcement officer qualified under federal law to carry a concealed weapon must successfully complete, during the most recent 12 month period, at the expense of the individual, the same standards for annual range qualification as used for active officers.
- 3) In order to receive a certificate attesting to the successful completion of the annual range qualification, each officer, including those retired law enforcement officers qualified under federal law to carry a concealed weapon, must achieve a score of 70% or above on a pistol course to be fired as prescribed in a curriculum adopted by the Board. In addition, the range officer in charge of the program must be completely satisfied of the ability of the officer to handle his or her weapon in a safe and competent manner.
- 4) The training course shall contain a presentation of the ethical, moral and legal considerations to be taken into account by any person who uses a firearm.

Officer Down Memorial Page

Officer Line of Duty Deaths 2022– 230

Total Line of Duty Deaths for 2023: 44

Gunfire 31

Vehicular Assault 4

More officers have taken their own lives than been attacked and killed by other humans.

We have to **CHANGE** this!



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
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
Facebook, Insta, Twitter: @BlueHelpLE



Law Enforcement Officers who have lost their life to suicide.

2019.....	248
2020.....	187
2021.....	183
2022.....	174
2023.....	72

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/#)
(20.00 individual/ \$150.00 department)

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



Police Department

25 West Indiana Street
Trenton, Illinois 62293

Phone (618) 224-9226
Fax (618) 224-7070
Emergency Dial 911

LOOKING FOR CAREER MINDED POLICE OFFICER'S

- Annual Longevity Stipend
- Paid Sick Time
- Paid Annual Leave, 60 Hours Vacation, 36 Hours Personal, Compensatory Time
- 10 Paid Holidays a Year
- Health and Dental Insurance Package, 75% Employer Paid
- Stipend package in lieu of health insurance
- Shift Differential
- Paid Life Insurance
- Illinois Municipal Retirement Fund Retirement
- 457 Retirement Plan
- Generous Yearly Uniform Allowance
- Take Home Vehicle Program
- 25 Mile Residency
- Collective Bargaining through the Fraternal Order of Police
- Paid Police Academy Training

Minimum Requirements - No Previous Police Academy

- Minimum of 21 Years of Age
- High School Graduate or Equivalent
- Valid Driver's License
- No Felony Arrests or Crimes of Immoral Turpitude
- Ability to Obtain State of Illinois POWER Test Card, Peace Officer Wellness Evaluation Report (POWER Test Offered at SWIC Police Academy)
- Ability to Pass Physical, Pass State Mandated Psychological and Drug Testing
- Comprehensive Background Check

The Trenton Police Department is seeking qualified applicants to fill current vacancies and establish an eligibility list for future full-time employment. The agency strongly believes in Community Orientated Policing and is looking for team players who would like a career in a slow-paced community with opportunities to be appreciated..

Applications available at the Trenton Police Department, by calling (618) 224-9226 Extension 101 or Email Cjoellenbeck@trenton-il.com

RANDY LEETHAM
Chief of Police

TIM HOPPER
DEPUTY CHIEF

TIM SHELTON
Patrolman

Gary Mellor
Investigator

Adam Fath
Patrolman

Frank Kenny
Patrolman

Jacob Longwell
Patrolman

Mike Lee
*Code Enforcement /
Zoning*



HILLSBORO POLICE DEPARTMENT

447 SOUTH MAIN STREET, SUITE 5

HILLSBORO, IL 62049

PHONE: 217-532-6120

FAX: 217-532-5599

JOB POSTING

The Hillsboro Police and Fire Board is establishing a 2 year hiring list for full time and part-time police officer for the Hillsboro Police Department with an immediate open position. Applicants must be 21 years of age at the time of hire. Applicants who have a minimum of 35 hours of college credit hours or previous military or law enforcement experience will be given preference. Applicants must have a valid driver license and be open to a background investigation. Applicants who are already certified as a full/part time police officer will be given preference during the hiring process. The applicant must be able to pass a physical exam, written exam, and oral interview stage. Those who wish to apply may obtain an application from Hillsboro City Hall or online at hillsboroillinois.net. Applications and/or Resumes must be turned in by 4pm on Friday, August 25th, 2023 to Hillsboro City Hall or to the Hillsboro Police Department. Any questions regarding the opening please contact Chief Randy Leetham at 217-532-6120 or by email leetham@hillsboropd.net.

Wage Range: \$23.25/hr. once off probation to \$23.50/hr depending on experienced service. Hillsboro Police Department does offer a lateral transfer incentive.

Benefits: Great health insurance for employee + family, retirement, vacation time, sick time, other benefit time.