

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

May

Alright, here we are back again for another month and another Newsletter. I say this every month like it's something new, but we have a lot going on in May. I don't think that we have any classes that are completely full right now. On page three I drew your attention to the class with **Lawrence Simon**. I also have to draw your attention to Gail Sullivan's upcoming classes as well. She is here for **Conversation with a Sex Offender** as well as **Criminal Minds**. These are a couple of her best topics. If you have not seen these you will not be disappointed. I also have one spot left in the **Introduction to Patrol Rifle** class on May 10-11th.

First Line Supervisor is coming up on May 10-12th also. If you are a supervisor (first Line or not) or you have aspirations of being promoted, this is a great class to get into. If I were wanting to get promoted I'd attend as many of the leadership classes as I possibly could. This is NOT reserved for Sergeants and above. This would be a great class for the FTOs as well for that matter. **Lead Homicide Investigator** is May 23-26th. Right here this time so you don't have to drive to Champaign.

People have also asked for a one-day Interviews and Interrogations class so we have come through and brought back **CRIME 1-2-3 (Criminal Related Interviewing Made Easy)**. Some officers can't get away for a three day Interviewing and Interrogations class, we understand so we are leaning on Dom Cappelluti to help out. **Carbine Instructor School** is coming up on May 23-26th and we have seats left in it as well.

We also have **Identifying and Intercepting School Violence through Cyber Intelligence** coming up on May 3-4th. We are going to do that one again in the fall as well, but this is your chance to catch it now as well. The school district is hosting this one and we are inviting each other to our presentations.

Lastly, **Defensive Tactics Instructors**— Jim Di Naso is here to go over **Injury Prevention for Defensive Tactics instructors on May 30th**. He is NOT endorsing one set of tactics over another, just showing you some tips for holding training that will keep you from having workman's comp claims. Who can't get on board for that?



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 and Christina

Request from Chief Jason McFarland

Chief McFarland is attempting to create a wellness program at Effingham Police Department. He is attempting to find some area clinicians that officers can be referred to for counseling. He is emphasizing that the clinicians must understand the police culture and be law enforcement friendly. He hopes that area law enforcement are already working with someone that they can recommend.

If you have any suggestions you may reach out to me and I will forward the information or you can reach out directly to Chief McFarland at jmcfarland@effinghamil.com

This is a very important issue that we will do whatever we can at the MTU to assist.

May

Active Shooter/ Rapid Response.....	May 1st
Glock Armorer's Course.....	May 2nd
Use of Force Modules One– Two– Three.....	May 3-5th
Identifying and Intercepting School Violence through Cyber-Investigations.....	May 3-4th
Criminal Minds with Gail Sullivan.....	May 3rd
Conversations with a Sex Offender with Gail Sullivan.....	May 4th
Investigative Strategies for Sexual Deviant Offenders.....	May 5th
Introduction to Patrol Rifle AR15.....	May 10-11th
First Line Supervisor.....	May 10-12th
Law and Order: a 40-Hour <u>Lead Homicide Investigators Course</u>	May 15-19th
Criminal Related Interrogations Made Easy (CRIME 1-2-3).....	May 22nd
New Detective Bootcamp.....	May 23-24th
Patrol Rifle/ Carbine Instructor School	May 23-26th
Injury Prevention for Defensive Tactics Instructors.....	May 30th
Lead Homicide Investigator Refresher.....	May 31st

June

Use of Force Modules One - Two and Three.....	June 6-8th
Firearms Instructor Refresher Course.....	June 13th-15th
Prison Rape Elimination Act Training.....	June 19-20th
Prison Rape Elimination Act Refresher (4-hour version).....	June 20th
TASER Instructor Course (Sign up through TASER website).....	June 27th

Many more classes are posted on the website through the rest of the calendar year.....

Spotlight on upcoming training and the instructor– Lawrence Simon

Lawrence Simon is coming here on May 5th to teach Investigative Strategies for Sexually Deviant Offenders. You Do Not want to miss this. Lawrence is a nationally recognized speaker on this subject. He has done extensive work in understanding the minds of these criminals. He has written a couple of books on the subject as well. If you order now, you may have time to get the book delivered and I'm guessing he will be kind enough to sign it for you. We have had this presentation here before and it was excellent. I sat through it and was very impressed. Patrol, Corrections and Investigators are all going to come into contact with these people and investigate them sooner or later.

Here are a few words about his books-



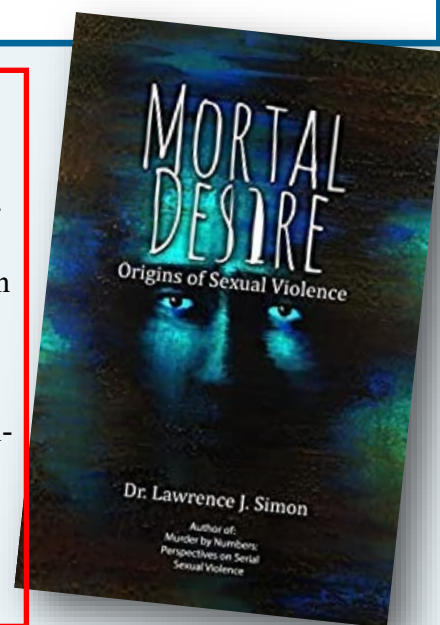
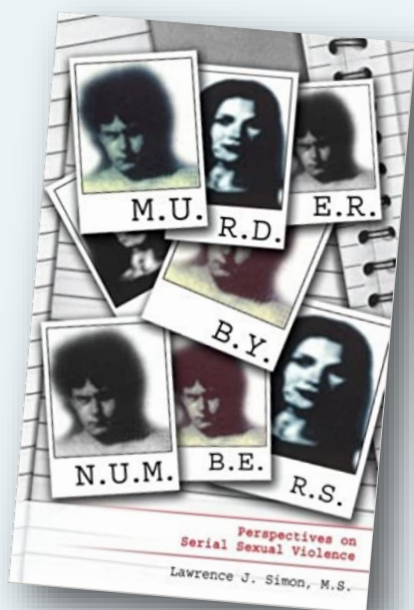
M.U.R.D.E.R B.Y. N.U.M.B.E.R.S.

What makes men and women commit the most heinous crimes that mankind has ever witnessed? What exactly is it that tips them over the edge? More importantly, what can be done to stop them? Drawing on his years of professional experience and extensive research, Lawrence J. Simon unearths uncensored data on fatal attacks on the unsuspecting citizens of the United States. This spine-chilling anecdotal account looks into the minds of the most vicious offenders presently behind bars. Murder By Numbers offers an informed psychological perspective on serial killers and mass murderers that will intrigue and horrify.

Mortal Desire– Origins of Sexual Violence

The content within Mortal Desire includes descriptions of atrocious crimes against humanity. By exploring why these crimes occur, we, as a society, can work together to help reduce the situations that can lead a person down the path toward violent crime. As uncomfortable as it may be, it is essential that we evaluate the motivation and desires of those committing these atrocities.

Just by turning on the news, we are faced with a world of heinous crime that is incomprehensible to the vast majority of us. Inside the mind of a serial killer, a drastically different thought pattern and method of rationalization are at work. Often times, these thought patterns are void of guilt or remorse. To understand how these horrible acts happen, understanding the mind of a killer is essential.



Information from ISP Breath Alcohol Recertification.

In regards to Breath Alcohol Recertification, I received these instructions from Tara Walter at ISP Alcohol and Substance Abuse Testing Section Supervisor.

“ISP handles all recertification for BAO licenses, officers can email ISP.BAO.Training@illinois.gov to request to be registered for the recertification training. Once we receive their request we will verify their training records/transcripts and register them for the class. We will then respond to their message with the link to log on to the training, their username and their temporary password so that all they will have to do is click the link and log in to recertify. It is important to note though that they must take the class and test on a desktop computer with a strong network connection. If you have any other questions, please don't hesitate to let me know. “

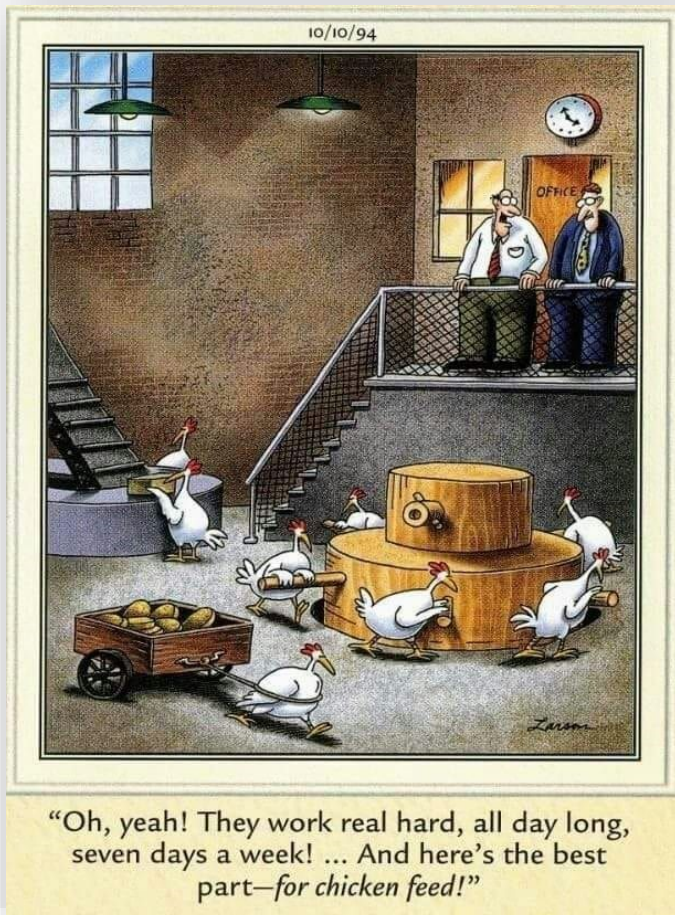
FY 23 Camera Grant Program Announcement

The ILETSB is pleased to announce that the FY 23 Camera Grant Program—Phase 1 is now open.

This year, the program is administered through the AmpliFund system. For additional questions please email PTB.Grants@illinois.gov.

Currently, this program is offering reimbursement grants for cameras purchased between July 1st, 2021 and June 30, 2023. Given the complex supply chain problems that occurred recently, the Board has been authorized to extend the eligibility period an additional fiscal year.

In addition to camera purchasing costs, the ILETSB grant funds can now be used for reimbursement of an agency's related data storage costs. A separate funding opportunity for these requests will be made available in a subsequent grant opening later this spring— Phase II. Details regarding this second opportunity will be published on the Board's website as they become available.



Joke Of The Month— Come on admit it you liked my U2 joke from last month.....ok, ok, here is the new one.....

What's the difference between a poorly dressed man on a tricycle and a well-dressed man on a bicycle?

Note from the Director– I recently received this information from ILETSB. I thought I would pass it along to you. I've already sent it to many of the command staff on my email lists, but I wanted to make it available to everybody in case you didn't see it earlier.

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.

5 ways police departments can help officers cope with stress and trauma

It is imperative that agencies implement strategies to help police officers address the adverse effects of job-related stress

Feb 9, 2018 (police1.com)

By Dr. Jarrod Sadulski, Faculty Member

Police officers are often exposed to a high level of trauma that can negatively affect their ability to perform their job. As a result, police agencies spend a great deal of money and time conducting background investigations and psychological screenings of police candidates. The unique and stressful circumstances to which officers are commonly exposed during their careers make such screening mandatory.

In addition to hiring officers who are suitable for police work, police departments and agencies have an important role in maintaining officer health and wellness. The need to make resources available to officers who routinely experience traumatic events in the field is often overshadowed by the complex and dynamic factors that police administrators handle every day.

One common resource for police officers are employee assistance programs (EAP). Such programs are important and should be promoted by police agencies. Since every officer is different and not everyone will come to their police agency if they are unable to sleep or if stress is having an adverse impact on their lives, multiple options should be made available to police officers through their agency.

OFFICERS ARE ENCOURAGED TO ADDRESS TRAUMATIC EXPERIENCES

Officers who have experienced trauma should be encouraged to address the problem. They could seek professional help, but research has shown that police officers are commonly reluctant to go to outside psychological services.

Discussing trauma-related stress with peer support officers who have had similar experiences can be a successful alternative. For example, officers are more willing to speak about traumatic events with fellow officers. They have built a level of trust with these officers on the job and believe their discussions will remain confidential. This belief reflects the importance of having an effective peer support program.

A second option is for officers to talk to their own family members. For example, officers affected by traumatic experiences on the job could speak with sympathetic family members about the cumulative emotional baggage they carry over from police work.

In addition, there are other strategies that police departments and agencies can implement to help officers address the adverse effects of job-related stress. Some examples include:

1. HAVE SUPERVISOR TRAINING

Training field supervisors to recognize adverse stress reactions and signs of chronic stress gives them the ability to identify trauma or stress-related challenges in their subordinates. They can then provide troubled officers with resources and support, including a change in zone assignment, time off to resolve an acute stressor, or more formal support such as professional counseling.

Supervisors who are trained to detect signs that officers are not coping well with stress will be able to help their officers perform better on the job. They may also help those officers avoid additional psychological, physical or family problems.

2. HOLD SUPERVISOR-SUBORDINATE MEETINGS

Supervisors could hold supervisor-subordinate meetings, aligned with quarterly employee reviews, where stress management is discussed. Talking about stress management during employee reviews provides an opportunity for the trained supervisor to encourage an honest discussion of any stress problems subordinates may be experiencing.

Such a discussion opens the door for an officer who struggles to reach out for support in a non-punitive environment. It also provides an opportunity for supervisors to identify a potential stress problem before there are any adverse stress reactions that could affect the officer's life or career.



3. ALIGN OFFICERS' STRENGTHS WITH THEIR ASSIGNMENTS

Police administrators can match officers' strengths with their specific assignments. Accommodating an officer's every preference would be impractical. But placing officers in zones or in road patrol assignments that they enjoy can reduce stress and make a long-term positive impact on the officers.

4. SUPPORT POLICE FAMILIES

Police departments and agencies should emphasize their support for police families as a way to reduce stress. They can promote support organizations where officers' spouses can come together either from the same agency or from neighboring agencies.

Spousal support organizations can foster collaboration among police families. They can also provide insight into the stressors officers commonly experience and into spouses' experiences from being married to police officers.

Offering counseling to spouses following an officer's traumatic event might also be effective. When police families cope well with stress, it is more likely that the officers will remain focused while on duty.

5. CREATE A FRAMEWORK OF INCENTIVES

Police departments can create incentives to promote officers' mental health. These incentives could include completing voluntary stress management courses while off duty, participating in an exercise program or in stress-reduction activities such as yoga.

Although providing paid time off as an incentive to engage in a wellness program could result in budgetary or administrative concerns, such an incentive reduces the risk of agencies losing officers due to burnout and frequent absences.

Police work is one of the most stressful careers because it often involves exposure to trauma. Police departments play an important role in helping officers effectively manage emotional stress and trauma. When police agencies provide their officers with support and resources, they can greatly improve those officers' stress and mental health.

Officer Down Memorial Page

Officer Line of Duty Deaths 2022– 230

Total Line of Duty Deaths for 2023: 24

Gunfire 15

Vehicular Assault 2

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.....	47

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