

# East Central Illinois Mobile Law Enforcement Training Team

## MTU #13

### Course Announcement

#### Correctional Officers Stress In Jails— Gail Sullivan

April 3rd, 2026

0830-1630 hrs

Denny Stewart Training Center

3121 Dewitt Avenue

Mattoon, IL.

Submit enrollment to:

Registration form at

[www.mtu13.com](http://www.mtu13.com)



**COURSE DESCRIPTION:** This 8 hour of training focuses on understanding the increasing phenomenon of stress and unfortunately suicide among correctional officers. Participants will be provided information regarding the reasons for their stress. Understanding the rationales for stress is the first step at stress management. They will be able to identify their personal level of stress via a stress questionnaire. The presenter will provide techniques and exercises that they can do to lower their stress. Correctional officers have a troublesome level of suicide. This training will address how to identify a suicidal person and how to assist the person. Correctional officers have a rate that is at least seven times higher than the national suicide rate. Often officers are reluctant to ask for assistance when they experience suicidal thoughts or ideations. This training will provide a step-by-step procedure to utilize when you believe someone is currently suicidal or has suicidal ideation. Role based exercises will be conducted as practice.

Both are annual mandates



**Observed Mandates Include:**

Crisis Intervention

Ofc. Wellness

