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

August

Once again we are jumping back into our training schedule. August is still a little slow as we are finishing up family vacations and other summer events. Families spending all their evenings at the ball fields with kids. Once September gets here we are jumping in with full force though.

In the last month I have entered many other classes so if you have not had a chance

to look at the training schedule in a while, this is a great chance. The FY25 calendar is just about complete. I allow for some wiggle room to insert classes at the end of the fiscal year. With the three year deadlines approaching at the end of June 2025, we may need to insert more role play training courses. If you have not done your required hours of role play training, now is great time to jump into the fall classes.

We thank you again and look forward to seeing you all in training.



Project Director-Brad Oyer Assistant – Kelsey Jacobson

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 Kelsey

MTU 13 Facebook Page

Many of you may know that at one time, MTU 13 had a Facebook page. Since I have been in this position, I have been unable to locate username and passwords for that account. Kelsey has been putting together a new group page.

The former account, which is still up, was called "MTU 13". The new Facebook page is "East Central Illinois Mobile Law Enforcement Training Team-MTU 13". This will be a closed group, open only to law enforcement.

This QR code should take you to a sign up page where you will be approved after it's confirmed you are in the law enforcement family.





East Central Illinois Mobile Law Enforcement Training Team

MTU #13

Course Announcement

First-Line Supervisor:

Meeting the Leadership Challenge

November 6-7-8th, 2024

0830-1630 Hrs

Denny Stewart Training Center

3121 Dewitt Avenue

Mattoon, II.

Submit enrollment to: Registration form at www.mtu13.com, ecimlett@gmail.com



The FBINAA Leadership Certification Program

This certification is a series of courses, open to all law enforcement professionals and will encompass the latest strategies, techniques and real-world leadership scenarios to prepare each attendee to better lead their respective unit, shift or agency into the unpredictable future of law enforcement.

This program was developed in conjunction with Strategic Alliance, Legal and Liability Risk Management Institute, to continue to develop Gold Standard law enforcement leaders across the country during these critical times.

This is one of the three classes needed for the FBINAA Leadership Certification Program. If you came to the class "Mastering the Leadership Challenge", this is one of the two classes that you need. Only a few have had both of them. I'm working with the FBINA in Quantico Va., to get the last class as we speak.

Observed Mandates Include:

Procedural Justice





Provide your new supervisors with a strong foundation for success.

COURSE CONTENT:

- Accountability
- Communication
- · Critical Incidents
- Decision Making
- DiSC® Personal Profile System
- Discipline
- Ethics & Professionalism
- Key Elements of Dynamic Leadership
- Managing Problem Employees
- Motivational Principles
- Officer Wellness
- Performance Management
- Planning
- Procedural Justice
- Supervising Diversity

Northwestern University Center for Public Safety provides the highest caliber education available for law enforcement supervisors and managers. The journey begins with Supervision of Police Personnel.

Supervision of Police Personnel (SPP) teaches essential supervisory and managerial skills. Designed for officers with little or no formal supervisory training, our authoritative curriculum focuses on such critical topics as:

- Day-to-day work relationships with subordinates, superiors, and the public;
- Managing the leadership challenges that law enforcement supervisors frequently encounter;
- Understanding human behavior as it relates to law enforcement management;
- Mastering communications techniques;
- Much more!

Students complete this **two-week** course with the understanding that knowing what action to take — and how to implement that action — can be the difference between success or failure on the street or in the office.

Register Now

MATTOON, ILLINOIS Oct. 7 - 18, 2024

TUITION \$1100 per person

TO REGISTER
Scan the below QR code or visit
nucps.northwestern.edu/spp



COURSE LOCATION
Denny Stewart Training Center
3121 Dewitt Ave.
Mattoon, IL 61938

COURSE SPONSOR
East Central Illinois Mobile
Law Enforcement Training
Team - MTU 13

4 Clever Ways to Beat Back Negative Thoughts

Simon Sinek Blog-June 27th, 2024

All of us grapple with that little inner voice whispering doubts and fears. I don't know what I'm doing. What if these numbers are wrong? I'm in over my head... This plan would never work. It's as if we all have an internal saboteur on our payroll, working tirelessly to chip away at our confidence.

Dr. Judy Ho, a triple board-certified clinical psychologist—and an Optimist instructor who teaches the class, "Stop Self Sabotage and Achieve Lasting Success"—would like to help us all deal with it. Dr. Judy, renowned for her practical and scientifically grounded approaches, teaches us how to turn



our inner critic into a supportive ally and offers a few powerful strategies to conquer self-sabotage.

"Thoughts do not always equal the truth," Dr. Judy says, "Self-sabotage happens when we start prioritizing those thoughts and replacing the truth entirely." So when we start to feel those self-sabotaging thoughts begin to form, it's all about shifting our perspective... and there are four different ways we can do it.

1. Put Our Thoughts "On Trial"

A negative thought crosses our minds. We ask ourselves, "Is this thought factual?"

For instance, if we think, "I'm never good at presentations," we challenge this by looking for evidence. Have there really been no instances where we've done well? Adjusting this thought could look like, "Sometimes I feel nervous about presentations, but I have received positive feedback before."

2. Modify Our Thoughts to Be More Balanced

Once we've questioned our thoughts, it's time to modify them. This involves reshaping them to be more balanced.

For example, take the thought, "I can't handle this project; it's too complex." Instead, we try thinking, "The project is challenging, but I can handle parts of it well and can seek help for the rest."

This approach acknowledges difficulty without dismissing our capabilities.

3. Take the Sting Out of Our Thoughts by Labeling Them

We can minimize their impact by labeling them as mere mental events.

So, for instance, the thought, "I'm going to fail," can be transformed by thinking, "I'm having the thought that I might fail."

This simple tweak helps us see the thought as not an inevitable truth but a fleeting feeling.

4. Inject Positivity Where We Can

If the original thought is, "I don't have what it takes to succeed," we begin our morning by listing our strengths and recent successes. Change this to, "I have succeeded before, and I have the specific skills and experiences to help me succeed again."

In other words, we take our self-doubting thoughts and turn them into an opportunity to empower ourselves. We rewrite the narrative, silencing the inner saboteur and transforming it into an ally that highlights our capabilities and potential. The goal isn't to never have negative thoughts, but to change how we interact with them.

Why do I bother?

I've been told that many people don't read the newsletter; they just look for upcoming training events. So, why have I spent the last six years publishing articles that most people won't read? The answer is simple: for the few who do. I don't see my job as simply scheduling training, I see myself positioned to help officers help themselves and their communities. I don't conduct training for the purpose of "mandates", I provide training that I believe will keep officers alive and enable them to touch the lives of someone in their community. Mandates are a distant reason for conducting training.

The few who take the time to read leadership articles (and books) are willing to put in a bit more effort into their lives and careers. They are striving to build trust within their communities and organizations. These officers are always seeking ways to better themselves to help those around them. This pursuit of self-improvement and helping others is the backbone of leadership. Those officers will excel, and I want to do what I can to help them.

I may not get you to read Simon Sinek's book "Start with Why," but if you read the short articles I've provided, you might pick up valuable principles. I may not get your to read John Maxwell's, "Five Levels of Leadership", but by reading every article, you'll be introduced to in-depth leadership principles. Reading all the articles, exposes you to the ideas of John Maxwell, Stephen Covey, Simon Sinek, and many other influential thinkers in the field of leadership and organizational development.

How Can This Help You Right Now?

Consider this scenario: you're in a police promotion interview, and they ask, "How do you handle stressful projects on the job?" With the knowledge you've gained through these articles, you can offer a thoughtful, in-depth response. You could say, "When confronted by a stressful problem or project, I think back to what Simon Sinek said about handling stress. I take his advice and break the problem into manageable pieces, tackling the parts I understand best. For the other parts, I reach out to those who may know more. I've found that bringing people together offers the best chance of success. Once I break the problem down into smaller bites, it becomes less stressful and I gain the opportunity to work with others."

This answer shows the interviewers that you read leadership books and that you can work collaboratively to accomplish tasks. Every interview committee wants to see that you value teamwork and collaboration because leadership is about working with others. This makes the organization just plain better.

If you took the time to read this message, thank you, and please respond to this email with a "got it", to let me know how many people took the time.

-Brad Oyer

MTU 13 Upcoming Training

July

Enjoy the summer. I hope that everyone gets to get their vacations, ballgames and family reunions in while school is out. Summer is always a busy time so we try not to compete with your vacation time.

August

VIP/Dignitary/Witness Protection Course—August 5th-9th

Sexual Assault Trauma Informed Response– August 12

Sexual Assault Investigations- August 13th

High Risk Patrol Tactics Instructor- August 20-22nd***CANCELED*** We are looking at dates to reschedule as I write this

Human Trafficking Enforcement for Law Enforcement- August 23rd

Instructor Development-Understanding MTU Protocol for Course Approval

August 27th

Breath Alcohol Operator- August 28th

Rapid Response-August 28th

Law Enforcement Medical Instructor – August 30th

September

Property and Evidence Room Management– September 6th

Small Unmanned Aircraft (DRONES) in Law Enforcement—September 9th-12th

Pistol Applied Marksmanship Skills-September 9th

Patrol Level Pistol Operator – September 10th

Standardized Field Sobriety Testing Refresher–September 13th

Advanced SWAT Course—September 16-20th

Body Searches: from Terry to Strip-September 17th

Oleo-Resin Capsicum Instructor—September 18th

San Jose Field Training Officer—September 23-26th

September Continued-

Use of Force Modules 1-2-3 - September 23-25th

San Jose Field training Officer Refresher-September 25th-26th

San Jose Field Training Supervisor-September 27th

Verbal Judo-September 30th

October

Lead Homicide Investigator Refresher-October 1st

Search Warrants/Courtroom Testimony/Report Writing-October 2nd

Serious and Fatal Accident Investigation—October 3rd-4th

Supervision of Police Personnel (see flyer)-October 7th-18th ***We are in need of sign ups to make this a go***

Police Basic Carbine End User-October 9th-10th

Ballistic Shield Operator-Room Clearing-October 11th

Basic Crime Scene Investigations (Basic CSI)- October 21st-25th

Use of Force Modules 1-2-3 - October 22-24th

Standardized Field Sobriety Testing-October 28th-30th

Advanced Roadside Impaired Driving Enforcement (ARIDE)- October 31– November 1st

November

Breach Point with Kent Williams-November 5th

Meeting the Leadership Challenge in Law Enforcement-November 6th-8th

Conversation with a Sex Offender with Gail Sullivan-November 12th

Psychology of Domestic Battery with Gail Sullivan–November 13th

Law Enforcement Medical Instructor – November 15th

Recruiting and Background Investigations-November 18th-19th

Use of Force Modules 1-2-3 - November 19th-21st

Financial Wellness and Retirement-November 20th

Rapid Response to Active Shooter–November 21st

Deer Season–November 22-24th (That's right, it's on the calendar)

Criminal Patrol – Drug Enforcement – November 25th-26th (This used to be called Aggressive Patrol Tactics with Ed Delmore)

December

Investigations of Child Physical Abuse and Death- December 2nd-3rd

Traffic Crash Investigations One- December 9th-20th

Surviving Hidden Weapons with Steve Johnson– December 12th

Christmas Break- December 23rd- January 1st

January 2025

Sexual Assault Trauma-Informed Response-January 2nd

Sexual Assault Investigator—January 3rd

Traffic Crash Investigation Two-January 6th-17th

Identifying and Intercepting School Violence through Cyber intelligence- January 21st-22nd

Use of Force Module 1 and 2 (not the third one)- January 23rd-24th

Breath Alcohol Operator – January 28th

Open Source Intelligence Gathering- January 29th

Police Ethics—January 30th

Critical Trauma Crisis Management Certification—January 31st

February

School Resource Officer-February 3rd-7th

New Detective Bootcamp—February 13th-14th

Basic Crime Scene Documentation—February 18th

Warning to Motorist/ Summary Suspension—February 19th

Seated Field Sobriety Testing—February 20th

March

I and I Pro: Today's Professional and Effective Interview and Interrogation Approach—March 10th-12th

Internal Affairs and Ofc. Discipline- March 17th-19th

AR-15 Armorer – March 20-21st

Pat McCarthy's Street Crimes-March 24th-26th

Custodial Escort and Custody of High Risk Inmates- March 27th

Handcuffing of inmates and Cell Searches- March 28th

Basic SWAT/CQB- March 31st- April 4th

April

Basic SWAT/CQB- March 31st- April 4th

Law and Order: Lead Homicide Investigator Class- April 7th-11th

Use of Force Modules 1-2-3 - April 16th-18th

Rural Operations- April 22nd-24th

FBINAA Forum Leadership Course (Tentative)- April 29th-May 1st

May

Juvenile Officer Course-May 5th-8th

Breath Alcohol Operator – May 5th

Interviewing Children– May 22nd

Extreme Ownership- May 23rd

June

A.L.I.C.E. Training—June 3rd-4th

We are not done yet, but this is the bulk of the schedule for FY25. If you need the role play hours of training, I can's stress enough the importance of getting into one of the above classes.

Officer Down Memorial Page

Officer Line of Duty Deaths 2022-247

Total Line of Duty Deaths for 2024: 81

Gunfire 29

Vehicular Assault

Assault 2

Stabbed 2

We have to **CHANGE** this!



No shame, no judgement



24/7 Law Enforcement Hotline

Suicide Prevention Hotline

▶ 800-273-8255, Press 1

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

▶ 1-800-COPLINE

▶ 1-800-273-TALK

- Text "BLUE" to 741741
- **▶** 866-COP-2COP 24 Hour Peer Support
- **855-964-2583 BlueLine Support**
- Veteran Crisis Hotline 24 Hour Peer Support
- www.1sthelp.net Resource Database for First Responders

vww.bluehelp.org acebook, Insta, Twitter: @BlueHelpLE

Law Enforcement Officers who have lost their life to suicide.

2020	198
2021	199
2022	221
2023	167
2024	69

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

The Cumberland County Sheriff's Office is accepting applications to hire a full-time Deputy Sheriff. Starting salary is \$46,525.83 (\$22.37 an hour); 14 paid holidays; 3 personal days a year; 1 sick day accumulated every month; 12-hour shifts with every other weekend off just to name a few. Applicants must be 21 years of age, have a high school diploma or GED, posses a valid Illinois driver's license, and not have any felony convictions. Applications may be picked up at the Cumberland County Sheriff's Office, 166 Courthouse Square, Toledo, Illinois 62468. Applications are due by Friday, August 30, 2024 at 4:00PM.



Monthly Cop Humor



The Coles County Sheriff's Department is currently accepting applications for immediate openings for the position of full time and part time court security officers and bailiffs who will be sworn to serve the community.

The Coles County Sheriff's Department operates a court security department of highly qualified, well trained, and dedicated staff who are responsible for the physical security and safety of the Court, employees, and the general public. Court security officers /bailiffs also assist the Correctional Division in maintaining the security of county jail inmates while attending court. As a representative of the Sheriff, court security officers /bailiffs will provide assistance and information to the public in a courteous manner and will complete other duties as assigned by the Sheriff or Chief Court Security Officer.

Requirements

- Have acquired a high school diploma or equivalent certificate.
- No younger than 21 years of age at the time of appointment.
- Must possess a valid Illinois driver's license.
- Must be a U.S. citizen.
- Must pass a thorough background investigation.
- Possess excellent oral and written communication skills.
- Ability to recognize and maintain important, sensitive, and confidential information.
- Ability to sit, stand, and walk, occasionally, up to seven and half hours.

Court Security Officer: Must be a fully trained correctional/police/probation/parole/law enforcement officer to be considered. Must be qualified to carry a firearm and successfully complete all required training. Retired officers are encouraged to apply.

The application deadline for applying for these positions is **August 10, 2024, by 4:30 p.m**. Applications can be picked up at the Coles County Sheriff's Office, 701 7th Street, Charleston, Illinois. Your completed application can be submitted by dropping it off in person at the Court Security Office, 651 Jackson Street, Charleston, or sent via email to jdmccain@co.coles.il.us.

Preferred Qualifications

- Working knowledge of security enforcement practices and techniques.
- Working knowledge of emergency response procedures and techniques.
- Experience in writing incident reports.

Benefits

Job Type: Full time and part time positions available.

Clothing: Each court security officer will be provided with uniforms. Bailiffs will be provided a blazer.

Wages: Hourly wage of \$18.65.

Expected hours: Monday through Friday, 8:00 a.m. to 4:00 p.m. for bailiffs. Monday through Friday, 8:30 a.m. to 4:30 p.m. for court security officers. Part time employees are offered flexible schedules during these days and times.

Holiday: The full-time position will be given paid holidays.

Insurance: Health insurance is provided by the County for a full time position, with an available family plan.

Pension: The full time position receives a pension in the Illinois Municipal Retirement Fund (IMRF).



ICRMT JAIL/ROAD CONFERENCE

OCTOBER 8 & 9, 2024

8:00 AM - 5:00 PM EACH DAY



Join us for a unique training opportunity! We're excited to announce that our upcoming session will offer dual tracks focusing on Road and Jail operations. Attendees will have the flexibility to choose between specialized training tailored to their area of expertise. Stay tuned for a detailed agenda outlining the diverse topics covered in each track. Don't miss out on this valuable opportunity to enhance your skills and knowledge in road and jail operations. Register now to secure your spot!

LOCATION:

Embassy Suites by Hilton

East Peoria Riverfront Hotel &

Conference Center

100 Conference Center Drive,

East Peoria, IL 61611

CLICK HERE TO REGISTER NOW

Illinois Active Threat Master Instructor Certification Program











This first in the nation cooperative training and instructor certification process provides the knowledge, specialized skill sets, and associated instructor materials for graduates to develop, implement, and entire ILETSB State Certified Active Threat Response Training Curriculum.

By providing all first responders in Illinois with commonality of training, tactics, techniques, verbiage and capabilities, the program will greatly enhance an officer's ability to immediately respond and work cohesively during violent active threat criminal events.

Graduates of this 4-week program will earn Master Instructor Certification in:

Active Threat / Immediate Action Urban Tactics / MACTAC

Solo Officer Response Rescue Task Force

High Risk Patrol Tactics Use of Force

High Risk Traffic Stops Scenario Based Instructor & Safety Officer

Cost: The Tuition / Lodging / Many Meals / Instructors / Range / Course Material / Marking Rounds / Training Equipment will be provided by funding from ILETSB and managed by the Executive Institute. Travel, live ammunition and some meals will be the responsibility of each student.

Recognizing the potential significance of a full 4-week training commitment, students will attend one week of training, followed by multiple weeks of regular duty at their home agency before returning for subsequent weeks of training. Hopefully this schedule will accommodate the variety of staffing requirements for each attendee's home agency.

Tentative Dates & Location:

March 10-14, 2025: ICAT, 3120 South Business Route 51, Decatur IL

April 7-11, 2025: Southwest Illinois College, Belleville IL.

April 28 – May 2, 2025: Marseilles NG Base, Ottawa IL. & Evanston IL.

May 13-17, 2025: T1G Crawfordsville, Arkansas

Those interested in attending are required to submit an application packet to include a resume, curriculum vitae and copies of all relevant certificates as detailed in the attached "Course Information and Student Prerequisite" document.

Please submit your application packet to Derek Carle at the ILESTB Executive Institute: dw-carle@wiu.edu

Any questions, please do not hesitate to contact Chief Edward Mohn (ret.), ITOA President and Lead Course Instructor at: emohn@itoa.org/262-945-9892



ILLINOIS SCHOOL SAFETY CONFERENCE

FREE One-Day Event

Wednesday, October 2, 2024 7:30 am to 4:00 pm

White Eagle Events & Convention Center 6839 N. Milwaukee Ave. Niles, IL 60714

This event is FREE for school personnel, police, emergency preparedness personnel, and public safety officers. You must bring your school or agency ID to enter.

Register HERE by September 30

Who Should Attend?

District & School Administrators, Police & Fire Departments, Transportation Directors, Safety & Emergency Managers

Heighten your safety awareness and hear from experts in school safety and crisis prevention. Enhance the safety and security of your school. The information will be practical and easy to apply and there will be time for questions. Ample parking and WIFI available.

This event includes:

- FREE Continental Breakfast & Lunch
- Exceptional Vendors Onsite
- Professional Development Paperwork Provided

School Safety Panel Speakers

- Randy Braverman, School Safety and Threat Assessment Specialist, West 40
- Rich Wistocki, President, Be Sure Consulting
- Officer Kevin Regal, School Resource Officer, Niles Police Department
- Jeremy Duffy, Deputy Executive Director, Illinois Association of School Boards
- Cordelia Coppleson, Illinois Attorney General's Office, Law Enforcement Training Project Coordinator
- Sgt. Michael Kindhart, Safety Education Unit Manager, Illinois State Police
- Cathy Stashak, Section Chief Technical Services Division, Office of the Illinois State Fire Marshal
- James Ford, Protective Security Advisor, U.S. Cybersecurity and Infrastructure Security Agency
- Cassandra Carnright, FBI, Threat Assessment Coordinator
- Katie Harris Lord, U.S. Secret Service, Domestic Security Strategist
- David Saitta, NIMS/ICS Program Manager, Illinois Fire Service Institute
- Kimberly Lohse, Assistant Superintendent for Administrative Services, Addison District 4
- Danielle Stevens, Director of Safety and Security, Lake Zurich Community Unit School District 95
- Bridget Heroff, President of the Illinois Association of School Nurses

Featured Speakers

- Paul Timm, PSP, Director of Education Safety, Allegion, "Perspectives on Security." This presentation will explore school safety efforts at three levels - Superintendent, Director of Security, and Director of Facilities.
- Missy Dodds, Former Teacher & Survivor, "Choosing to Survive: Lessons learned from Red Lake School Shooting."
- Richard Santana Ed.M., "Homeboy goes to Harvard."
- Ken Cook, Director of National School Safety and Advocacy, Allegion, "Door Failures and Lessons Learned from Robb Elementary, Marjory Stoneman Douglas, and other School Shootings." This presentation will help you avoid pitfalls by taking simple actionable steps towards improving school safety.
- Willie Spears Ed.M., Educator and Coach, "Safety Matters." This
 presentation will focus on fostering safe and secure campus
 environments while reminding staff members of their value. Mr.
 Spears provides proven strategies on Student Behavioral
 Analysis/Prevention, Threat Assessment, Reducing Risk with
 Strategic Planning and Active Defender.
- Eric Arnold, Illinois School and Campus Safety Program Director,
 This presentation will explore the Illinois School mapping program and other Illinois School Safety initiatives.
- Jeremy Flood, Board President, ISROA and SRO for NCHS, "The SRO: A Vital Component of School Safety." This presentation will explore how an SRO works effectively in a school setting.

Contact Randy Braverman for more information rbraverman@west40.org or 224-578-0484













Hosted By

West 40 ISC, Illinois State Board of Education, Illinois School and Campus Safety Program, Illinois Emergency Management Agency, Niles Police Department, Kane County Regional Office of Education, Township High School District 211, Illinois School Resource Officers Association, Illinois State Police, School District 89 (Maywood, Melrose Park and Broadview), Joliet Police Department, North Cook ISC, Illinois Association of School Business Officials, and Libertyville School District 70.