

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

June

School is out, the sun is shining and we are bombarded by cicadas. This is just weird and has to be mentioned. When I'm at the courthouse in Charleston, they are everywhere. They end up on my clothes, in my vehicle and elsewhere. My windshield is splattered with them. When I'm in Mattoon, they are nowhere to be seen. When we were training in Mattoon, I didn't see any.....none, zero. I'm curious how thick they are in places other than Charleston. Why these beady eyed littlecreatures are so confined to Charleston.

Anyway, back to training. Normally, I talk about our busy upcoming schedule but right now, we are winding down into June and July. June is a wind down and July is a catch up on everything that needs to be done going into the next training season. I also like to leave July open for getting in vacations for the troops as well as our staff.

Please take note of the Northwestern Illinois University Course– **Supervision of Police Personnel that is happening on October 7th-18th, 2024.** We need significant sign ups in order to make that class a go at this time. If you are planning on attending this course, and you should since it's going to go to be here, please get signed up. It may make the difference between it going and it getting canceled.

Thank you all again and we look forward to training.....

Reminder too– **Emergency/Evasive Driving Course (EEVOC)** is coming to Lake Land College next month and we still have seats available..... Driving is one of the most dangerous things we do in this career; 13 deaths involving traffic crashes this year alone. We now have local instructors on the subject to have an ongoing program.



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, Kelsey and Jason

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, Il.

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.

FBINAA
LEADERSHIP
CERTIFICATION
PROGRAM



Observed Mandates Include:

Procedural Justice

This course is funded by the Illinois Law Enforcement Training and Standards Board.



Supervision of Police Personnel

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 communication 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

MTU 13 Upcoming Training

June 2024

Basic Sniper/Observer (Effingham)**FULL**.....June 3rd-7th

Use of Force Modules 1-2-3.....June 5th-7th

Emergency Vehicle Operations CourseJune 14th

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

Human Trafficking Enforcement fro Law Enforcement– August 23rd (tentative)

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

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 13th

Verbal Judo– September 30th

October

Lead Homicide Investigator Refresher– October 1st

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

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

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)

December

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

January 2025

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

February

School Resource Officer– February 3rd-7th

New Detective Bootcamp– February 13th-14th

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

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

Basic SWAT/CQB– March 31st– April 4th

April

Law and Order: Lead Homicide Investigator Class– April 7th-11th (Tentatively)

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

Rural Operations– April 22nd-24th

May

Breath Alcohol Operator– May 5th

Kelsey and I are currently working to schedule more classes. I have more that are still in my "Tentative" list that I'm just not able to post yet. Stay tuned and keep reading the list of training for updates. If there is a particular class that you are looking for, now is the time to reach out to use about bringing it in.

How Anyone Can Be The Leader They Wish They Had: An Interview With Simon Sinek

By Omaid Hodayun

- We have confused rank with leadership. They're not the same thing.
- Leadership is a responsibility. It's not about being in charge. It's about taking care of those in your charge.

Leadership is the lifeblood of an organization. When leaders create safe environments at work, everyone thrives and devotion is the natural response to those conditions. Toxic cultures breed cynicism, paranoia, and self-interest. I've experienced both, which is why I urge people to gauge the leadership of an organization prior to joining the company.

I wanted to learn about why people choose a journey of leadership. What does it take to be an effective leader, and why is it so challenging? Are leaders really born that way? To get the answers I tapped Simon Sinek on the shoulder because he knows a thing or two about leadership.

Simon is a student of leadership. He delivered one of the most popular TED Talks of all time, *How great leaders inspire action*, which has generated over 27 million views. He published *Start With Why* in 2011 (which the TED Talk was based on) and in his recent *NY Times* Best Seller, *Leaders Eat Last*, he shares ideas and stories of how leaders can create environments where their people thrive.

"Why don't more people choose to be a leader?" I naively asked Simon. He compares leadership to parenting, and since we recently had our first baby, I can relate! He explains that when you sign up for leadership, you are responsible for the lives of others, and it comes at great personal sacrifice. "It's damn hard work! The risks are very real and when things go wrong, you have to take full responsibility. In both parenting and leadership, it's difficult to measure the results on a day-to-day basis but if you stay the course you'll see the impact over time."

"It's like exercise, where *consistency is more important than intensity*. You can't go to the gym for nine hours and get in shape, but if you go for 20 minutes each day you'll see progress over time. If you're not seeing results you're probably doing something wrong, and leadership is exactly the same way," he asserted. He explains that the problem with leadership is that he doesn't know when it'll start working, and other people might recognize it in your first before you see it yourself.

We often hear about natural born leaders, but leadership is a skill like any other. There are a handful of leaders like John F. Kennedy and Herb Kelleher that may have been more advanced because of their upbringing, but leadership is like a muscle that needs to be developed. "We missed their early childhood and their early 20s when they were getting everything wrong. They all had mentors and they became great leaders, but none of them started that way!" Simon proclaimed.



Suddenly, a light bulb went off in my head. I always assumed you need to be managing people to be considered a leader. Like parenting, everyone has the capacity to be a leader but not everyone should be. I recognized that just because you're manager *doesn't mean you're a leader*.

“We've confused rank and leadership. They're not the same thing. I know many people that sit at the highest levels of an organization who are not leaders. We do as they say because they have authority, but we would not follow them voluntarily. I know many leaders who sit at mid-ranks who have no authority and they've made a choice to look out for the people around them, *and we would follow them anywhere*,” Simon articulated.

Then, it hit me. Anyone can choose to begin a journey of leadership. It can begin by practicing empathy which is the foundation of leadership. For example, next time you're in the office kitchen and the coffee pot is empty, make another pot, even if no one sees you doing it.

Simon shared his prescription, “Ask the barista how they're doing, *and actually care* about the answer. Instead of saying thanks over email, give the person a hand-written thank you note expressing your gratitude. It takes a little bit more time and a little bit more energy, but the affect is tenfold. Practice small and the muscle builds. Like exercise, you'll be able to lift heavier weight over time.”

Simon believes the biggest challenge in a journey of leadership is having courage. “When a CEO says they have to do something because of shareholder demands (who are essentially disinterested external constituents), it's the equivalent of the coach on a team prioritizing the needs of the fans over the players. I can imagine the pressures from the board for CEOs to push for short-term gains, but it takes courage to stand up to that pressure because you may lose your job because of it,” he voiced.

A lack of courage can be a catalyst for leaders to create high stress environments. It causes people not to feel psychologically safe, which releases the hormone, cortisol. That hormone biologically inhibits empathy. “Bad leaders think pitting their people against each other makes them stronger. It breeds internal competition and a lack of psychological safety (threats, layoffs, or politics). You biologically drive the empathy right out of the organization,” Simon declared.

I realized that leadership is a craft you must work at over time. The risks are real, it's incredibly hard, and it's something that should be pursued with what Simon coined “a leadership buddy.” You need a sounding board when you're making tough decisions because the leader is responsible for the well-being of others, often times before their own personal safety.

Simon eloquently described leadership in a way where I could visualize him on stage, raising his hands to frame his point and pumping his fist in front of an audience of thousands.

“Leadership is a responsibility. It's not about being in charge. It's about taking care of those in your charge. Though you may have rank, that doesn't make you a leader. We call you leader not because you're at the top. We call you a leader because you chose to take the risk to go first; first into the unknown, first into the danger, to protect your people, and to help them achieve more than they thought they were capable of. That's why we call you a leader and afford you the perks of leadership. It's our way of saying *thank you*.”

Simon joked that work-life balance doesn't imply how much yoga you do. He taught me that work-life *imbalance* is when you feel safe at home and you don't feel safe at work, and we'll never have balance until the leaders in the organization care about who we are. The good news? We can become leaders by making a choice.

“Anyone can be the leader they wish they had. All they have to do is make different choices and the results are profound. The challenge is that you may not see the results within the quarter, or within the year,” he voiced.

NOW HIRING

LATERAL
TRANSFERS

MIN. 2 YRS EXP
AT CURRENT DEPT.



VANDALIA POLICE



2 YEAR OFFICER-\$59,945.60
5 YEAR OFFICER-\$66,164.80
SIGN ON BONUSES (\$6,000)

35 MILE LIVING RADIUS
15 MILE TAKE HOME CAR
LONGEVITY BONUSES

COMPETITIVE BENEFITS PACKAGE INCLUDING:
VISION, DENTAL & MEDICAL

JOIN OUR TEAM

SUBMIT YOUR
RESUME TODAY

CHIEF JEFF RAY:
pdchief@vandaliaillinois.com

Officer Down Memorial Page

Officer Line of Duty Deaths 2022– 247

Total Line of Duty Deaths for 2024: 61

Gunfire	22
Vehicular Assault	3
Assault	1
Stabbed	1

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**

▶ **1-800-COPLINE**
24/7 Law Enforcement Hotline

▶ **866-COP-2COP**
24 Hour Peer Support

▶ **1-800-273-TALK**
Suicide Prevention Hotline

▶ **855-964-2583**
BlueLine Support
24 Hour Peer Support

▶ **800-273-8255, Press 1**
Veteran Crisis Hotline

▶ **www.1sthelp.net**
Resource Database for
First Responders



www.bluehelp.org
Facebook, Insta, Twitter: @BlueHelpLE

Law Enforcement Officers who have lost their life to suicide.

2020.....	197
2021.....	198
2022.....	217
2023.....	163
2024.....	52

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