



# Southern Illinois Criminal Justice Training Program

Mobile Team Unit 15

## Training Announcement

Name of Class			Class ID#	Course ID#
Responder Readiness			RR221	73267
Date	Time	Hours	Location	
August 9, 2022	1300-1700	4	Marion Police Department 1001 W. DeYoung Street Marion, IL	

### Course Description

First responders work in a world that is filled with hours of calm and moments of chaos. Couple this with everyday factors that touch our lives, and it is possible to lose our sense of purpose and drive. This course will focus on understanding the physiological and psychological effects of stress and job-related trauma on the body and identify tools that can increase long-term protective factors and optimize human performance under stress.

In this workshop facilitated by an experienced first responder, participants will engage in meaningful conversations about the stressful and often traumatic life of a first responder. Participants should expect to leave the workshop with a better understanding of how stress and trauma affect first responder performance and be equipped with techniques to build resilience and initiate difficult conversations.

### Course Objectives

Participants should expect to leave this workshop with a better understanding of how stress and trauma affect first responder performance and be equipped with techniques to build resilience and initiate difficult conversations. This workshop is open to corrections officers, firefighters, EMS providers, police officers, and dispatchers. Agency civilian staff may also attend if space is available.

Expected Outcomes:

**PERFORMANCE:** Describe stress and differentiate between two types. Recognize the effects of stress on performance.

**PERSISTENCE:** Initiate an #IWillListen / #IWillTalk conversation. Identify resources for first responders in your agency.

**PREVENTION - R.A.N.G.E. of Options:** Explore resilience and healthy habits. Employ a RANGE of five resilience skills

### Instructor

**Joe Willis** is a retired US Army Military Police First Sergeant with over 20-years of law enforcement and military experience. As the Chief Learning Officer at First H.E.L.P. he oversees Learning and Development and the organization's Marketing efforts. Since his retirement in 2016 he also worked as a Training Specialist with the Center for Army Profession and Ethic (CAPE) and as the Director of Training and Business Development at Team One Network.

**Dr. Laura L. V. King** currently serves as the Chief of Police for the McHenry County Conservation District PD. Prior to her current assignment, she served as the Commander of the McHenry Police Dept. Support Services. Dr. King has had many officer wellness related articles published in various professional journals.

### Mandates met by this training

*This class is pending approval from ILETSB, but may be eligible for the Officer Wellness and Mental Health mandate.*

*This class is partially funded and certified by the Illinois Law Enforcement Training and Standards Board*

