



Southern Illinois Criminal Justice Training Program

Mobile Team Unit 15

Training Announcement

Name of Training	Class ID#	Course ID#
Corrections Officer Stress	COS	COS1

Date(s) of Training	Time	Hours	Location
October 17, 2023	12:00 p.m. - 5:00 p.m.	4	Jackson County Sheriff's Office 1001 Mulberry St, Media Room Murphysboro, IL

Course Description

This four-hour training designed specifically to address the issue of stress management for correctional officers. This training reviews the statistics of burnout on correctional officers. It highlights the special considerations that must be considered for those who work in a jail. It explores the effects of this form of stress on the human body and human emotion. It addresses the impact that stress has on officer misconduct both professionally and personally. The growing number of correctional officer suicides is discussed, and prevention methods are explored. Each officer will have the opportunity to develop a personal plan designed for them to reduce stress and manage the distress of working as a professional Correctional Officer.

Course Objectives

- ✓ Identify three sources of stress
- ✓ Identify the difference between police and correctional stress
- ✓ Identify two sources of personal stress
- ✓ Identify connection between stress and officer misconduct
- ✓ Identify how stress effects the human brain
- ✓ Identify two forms of emotional dysregulation
- ✓ Identify at least one form of hormone dysregulation
- ✓ Identify methods of stress treatment
- ✓ Identify and commit to two changes they will make to reduce stress

Instructor

Gail P. Sullivan, MA graduated from Loyola University (BA) and DePaul University (MA) with honors. She has worked in the field of social services and criminal justice for the past 25 years in the private and public sector. She provides training for the Cook County Adult Probation Department, Illinois Crisis Intervention Team and Homeland Security, as well as MTUs across the state of Illinois.

Other Information

This class is generously being funded by the Jackson County Sheriff's Office.

Mandates Met by this Training

This course is currently being reviewed for possible mandate approval.