



## Law Enforcement Training Advisory Commission

840 S. Spring Street, Suite B • Springfield, IL 62704

Phone (217) 726-7014 • Fax (217) 726-7833 • Email [letac@mtu10.com](mailto:letac@mtu10.com) • Website [www.letac.org](http://www.letac.org)

Bruce Liebe, Director

# Peer Support, Resiliency & Suicide Prevention

**September 16-17, 2024**

**8:00 a.m. – 4:00 p.m.**

**Lincoln Police Dept.**

710 5<sup>TH</sup> Street

Lincoln, IL 62656

***This course is ILETSB approved and certified for the following mandates: Crisis Intervention (2.50 Hr.), Officer Wellness/Mental Health (7.50Hr.)***

### **Course Overview & Instructor Information:**

This two-day training module is taught by author and former Marine, Silouan Green. He has worked with the military, law enforcement, and other first responders for over a decade on issues of resiliency, peer support, suicide prevention and mental fitness. A survivor of a tragic jet crash as a US Marine, that killed his co-pilot, and someone who overcame severe PTSD, he understands personally what it takes to overcome the trials and traumas of life to live with meaning and purpose. As a mentor and teacher to many police departments and law enforcement officers across the country, he is committed to helping them all “come home”.

Law Enforcement is facing a host of pressures: morale, budgeting, staffing, a hostile media environment, and a myriad of other issues. In many ways, their struggle to “come home” can be as challenging as that of a military veteran. This class will increase the resiliency of your officers while equipping them to train and respond to their fellow officers.

### **Upon Completion, Students Will Be Able To:**

- Investigate the connection between suicide, PTSD, and the traumas of service.
- Address the impact of the service on family, personal issues, and how to find balance at work, and at home.
- Use tools for helping officers make healthy transitions from conditions of trauma.
- Create a culture of resiliency and pro-active community awareness for first responder issues.
- Use simple peer support tools that can be used in your department and your community.
- Promote a culture of mental fitness that makes your officers stronger and more resilient.
- Respond quicker to officers in crisis, to decrease the risks of self-medication, family troubles, and suicide.

**Illinois Law Enforcement Training & Standards Board Mobile Team Unit #10**

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**Non-Member Tuition:** \$160. Non-Member tuition shall apply to civilians, officers from State/Federal agencies, and officers from Local Law Enforcement agencies which are not a member of any MTU. Tuition will be invoiced to departments upon course completion. If a pre-registered student from a Non-Member agency fails to attend training, and the agency fails to provide advance notice within 7 days of the start date of that class, the agency will be invoiced the entire amount of the student's tuition.

**To Register:** Email registration to [register@letac.org](mailto:register@letac.org). You may also fill out and submit our online registration form through the website at [www.letac.org](http://www.letac.org) or call 217-726-7014 to register by phone (be sure to include all pertinent information). **MTU#10 Law Enforcement members who are under the mandate requirements will be given priority on state mandated courses and then MTU#10 local members. If it is not a mandated course, all MTU# 10 local members will be given registration preference until seven days prior to the date of class. After that date, registrations will be taken on a first-come, first-served basis, regardless of MTU status. *We cannot accept registrations from individual officers. All registrations must go through your Chief, Sheriff, or department training office, even if you are attending class on your own time.***

**Cancellation:** If a class must be canceled for any reason, every effort will be made to do so at least 2 weeks before the class is scheduled to begin. However, there are circumstances where last minute cancellation is out of our control. All officers who have been registered for training will be contacted at the email address given at registration, so please be sure to provide an email address which is checked often.