



## 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

# Living the Blue Life-BLTD

**March 27-28, 2025**

**8:00 a.m. – 4:00 p.m.**

**LETAC**

**840 S. Spring Street, Ste B.**

**Springfield, IL 62704**

***This course is pending ILETSB Certification. Possible approved mandates; Crisis Intervention (1Hr) & Officer Wellness and Mental Health (13.50hrs)***

**Course Overview:** This course opens with an ice breaker and networking opportunity. The learning environment is better suited when officers are familiar with one another and find commonalities with classmates. It then goes into an overview and discussion of definitions and subject matter to be covered, finishing with students taking a personality test, reviewing the results, and discussing application to their personal and professional lives. Day two begins with a presentation and discussion on the basics of personal financial management, wellness, and retirement planning, followed by physical and mental health, and finishing with discussion of available resources, peer support, counseling and medication with Chris and Heather sharing their personal experiences.

**Course topics include the following:**

- Icebreaker exercise with opportunity to learn about and introduce classmates
- Taking an online personality test, reviewing and discussing the results with instructors and classmates
- Presentation and discussion of definitions, statistics, and identification of problems confronting criminal justice professionals (divorce, addiction, suicide, toxic workers and environments, social media, finances etc)
- Presentation on the basics of financial literacy, debt management, investing, and retirement planning
- Physical and mental wellness: dietary basics and understanding the psychology of eating and food choices, exercise, medical management, mental wellbeing, unplugging from a plugged-in world, and recognizing when we need help
- Available resources, recognizing when and how to seek help, counseling, medication, and finishing our careers strong
- Planning for retirement; financially, physically, emotionally and mentally

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

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**Instructors:** Lt. Chris Collins-Kane County Sheriff's Office (Ret) and Lt. Heather Hansen-Illinois State Police (Ret)  
*Founders of Blue Line Training & Development*

**Non-Member Tuition:** \$160.0

**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).

**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.