



Northwest Illinois Criminal Justice Commission

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Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards Board

Saving Blue Lives

Posttraumatic Stress Disorder (PTSD), Suicide, and Peer Support Workshop

DATE: February 21-22, 2022

Registration Ends: February 10, 2022

TIME: 8:00 AM—5:00 PM 16 Hours

LOCATION: NITAB 527 Coleman Center Drive, Rockford, IL

INSTRUCTOR: Dr. Michelle Lilly and Sergeant Shawn Curry

Learning Objectives: PTSD Workshop

1. Field responders are routinely exposed to critical incidents. These incidents may involve exposure to injury or death in others, but also enhance risk of injury or death in police and fire personnel. Research shows that emergency responders can be negatively impacted by such exposure, with ill effects to both physical and mental health. Recognition of how such incidents, as well as cumulative exposure to such incidents over time, may impact mental health is crucial in prevention and intervention efforts. As a result of the current workshop, attendees will:

- Learn about the symptoms of PTSD, and how the symptoms of PTSD are interrelated
- Discuss how coping strategies such as avoidance prolong trauma reactions after an incident
- Consider how work within the emergency responding field places police and fire at heightened risk for PTSD
- Learn about other conditions that often present with PTSD, such as depression and substance abuse

2. Emergency responders are at heightened risk for suicide when compared to the general population. The number of police or fire personnel who have attempted or completed suicide in recent years is alarming, and indicate a strong need for more information about warning signs and intervention options for those at risk for suicide. As a result of the current workshop, attendees will:

- Become familiar with the links between suicide and conditions such as PTSD, depression, and substance abuse
- Learn additional warning signs for suicide risk, including hopelessness, cognitive rigidity, and major life changes
- Review options for getting immediate assistance, as well as strategies for finding more long-term treatment in their community

3. Emergency responders struggling with symptoms of PTSD (or other trauma-related disorders) often suffer in silence, concerned that their symptoms will lead to stigma or lead others to conclude that they are unfit for duty. Yet, PTSD is a treatable condition with a number of treatment options. As a result of the current workshop, attendees will:



- Review methods for dealing with symptoms of PTSD without the assistance of a
- mental health professional
- Review effective treatment options that can be completed with the assistance of a
- mental health professional
- Identify ways to bolster resilience that may protect employees from developing
- stress- or trauma-related conditions

This course is pending ILETSB approval and might be approved for the following mandates:

Officer Wellness and Mental Health

Partial funding provided by Illinois Law Enforcement Training and Standards Board and MTU#1's request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board

REGISTRATION:

All registrations are received on the [MTU#1 website](#). Find Registration instructions [here](#)