



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

Officer Wellness, Ethics, and Resilience

DATE: October 24, 2024

Registration Ends: October 10, 2024

TIME: 8:00 AM—5:00 PM 8 Hours

LOCATION: Dixon Police Department, 220 S. Hennepin Ave, Dixon, IL

INSTRUCTOR: Michael Schlosser

Description

The Officer Wellness Program is a comprehensive and holistic course designed to enhance the overall well-being and effectiveness of law enforcement professionals while emphasizing the crucial connection between police ethics and wellness. This course will focus on addressing the physical, cognitive, emotional, social, and spiritual aspects of wellness, equipping police officers with valuable tools and strategies to maintain a healthy and balanced lifestyle while upholding the highest ethical standards in their profession.

Topics

- Understand Stress and Its Sources
- Identify Stress-Related Concepts
- Examine Consequences of Poor Stress Management
- Ethical Considerations in Policing
- Develop a Personal Moral Code
- Apply Research Findings
- Promote Holistic Wellness
- Master Nutrition Principles
- Enhance Physical Fitness
- Develop Stress Management Strategies
- Facilitate Ethical Decision-Making
- Evaluate and Reflect
- Promote Resilience

This course has been approved by ILETSB to meet the following mandates:

Human Rights	.50 hours
Officer Wellness & Mental Health	6.50 hours
Procedural Justice	.50 hours

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](#)

Mobile Team In-service Training Unit #1 (ASSIST) Program
Illinois Law Enforcement Training and Standards Board
SERVING THE COUNTIES OF CARROLL - JO DAVIESS - LEE - OGLE - STEPHENSON - WHITESIDE

