**East Central Illinois Police Training Project MTU 12**

**TO:** Law Enforcement Administrators

**FROM:** Kevin Koontz, Police Training Director

**DATE:** March 10, 2025

**RE:** Training Announcement

***Living the Blue Life – Things I Wish Someone Told Me*** will be held on **May 12-13th*, 2025*** at the ILEAS Training Center.

This course is certified by the Illinois Law Enforcement Training and Standards Board for the following mandates:

* Crisis Intervention (1.0hr)
* Officer Wellness/Mental Health (13.5hrs)

***Course Description:***

This two-day, 16-hour program has been designed by Blue Line Training and Development Inc.  The purpose of this course is to educate officers and their spouses about the realities of life in criminal justice professions.

Officers will learn to understand themselves and their emotional intelligence better, to navigate pitfalls that trip so many up, to plan for a stable financial future and post-retirement life, and to maintain mental and physical health.  This course is taught by retired Lieutenants Chris Collins and Heather Hansen who provide frank insights through humor and personal stories of mistakes made, lessons learned, and things they wish someone had told them!

Please register officers via online registration at MTU12.com **by April 28th.**

**Department Sign-Up Sheet**

Department Training Staff:

Please use this sheet as an inter-department sign up sheet for staff who are interested in registering for the course. Then, after determining staffing levels, department needs, etc… please visit [www.mtu12.com](http://www.mtu12.com) and register those who will be attending.

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East Central Illinois Police Training Project

MTU 12 • Illinois Law Enforcement Training & Standards Board

**May 12-13th, 2025**

**Living the Blue Life**

**Things I Wish Someone Told Me**

* Emotional intelligence” & “intelligence quotient” and understand the relationship.
* Complete online personality test and review results; explain the results and how it impacts understanding of who you are.
* Terms and statistics of criminal justice divorce, suicide, addictions and substance abuse, toxic personalities and environments, social media pitfalls, etc…
* Budgeting, income, expenses, interest rates, opportunity cost, mutual fund, 401k, pretax contribution, deferred comp, IRA, Roth IRA, Medicare, Medicare Parts A, B, C, D, post-retirement health insurance, insurance coverages, umbrella & liability policies.
* Physical fitness, dietary guidelines, mental health and wellness, anxiety, depression, stress, cumulative stress and PTSD.
* Available resources for physical and mental health wellness as well as financial planning and insurance, counseling, and medication.
* Defining realistic goals in the areas the student wishes to focus and create an action plan & timeline for achieving those goals.

**LOCATION:** ILEAS Training Center **HOURS:** 8:00 am - 4:00 pm

1701 East Main St. **TUITION:** - 0 -

Urbana, Illinois

**Presented by:**

**Blue Line Training & Development**