

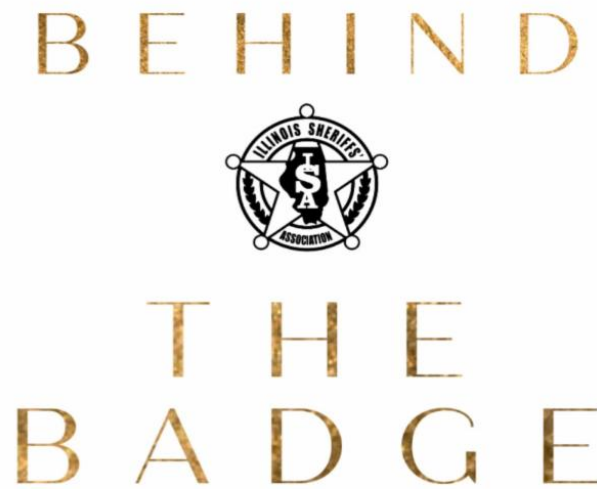


# SHERIFFS NEWSLETTER

*United in Justice*

**APRIL 2021**

## **Behind the Badge: ISA Preview**



*Click the above image to see a preview of ISA's upcoming "Behind the Badge" series.*



## **10 Best Podcasts for Police**

Article found [HERE](#).

In policing, staying up to date on the latest news, education, training and frontline tactics – all while juggling your professional and personal life – can be difficult.

Here are 10 of the best podcasts for every cop – from rookie to veteran – in no particular order.

### **1. POLICING MATTERS**

We're kicking this list off with the excellent (no bias) Policing Matters podcast. From defensive tactics training to securing a promotion, host Jim Dudley has covered a wealth of topics with numerous industry experts, and if you have yet to check it out, do yourself a favor and give it a listen. Some notable guests include Axon CEO Rick Smith and martial arts expert Renner Gracie.

### **2. LEO ROUNDTABLE**

This weekly podcast features retired and active-duty police leaders discussing breaking news, hot topics and critical issues impacting all aspects of law enforcement.

### **3. FIREARMS NATION PODCAST**

Guns. Lots of guns. This podcast features interviews with firearms experts covering topics including self-defense training, gun laws, and competitive shooting.

### **4. THE SQUAD ROOM**

Law enforcement isn't an easy profession, and it can take a physical toll. That's why it's so important for cops to stay in shape. The Squad Room podcast features health and wellness tips for cops so you can have a longer, better career.

## 5. CORONER TALK

Coroner Talk is a podcast dedicated to the lighter side of criminal investigations: death. In all seriousness, while the subject matter may be heavy, this podcast has a wealth of information for investigators – from the science behind death investigations to the basics of blood pattern evidence.

## 6. THE LEO FAMILY FITNESS PODCAST

You can never have enough strategies when it comes to fitness, so be sure to check out this podcast featuring Marc Hildebrand that focuses on tips and tricks for living a healthier life.

## 7. CRIMINAL JUSTICE EVOLUTION

Host Patrick Fitzgibbons discusses professional and personal growth with various experts in the criminal justice field in this podcast.

## 8. #ITSNEEDED

A good one to share with members of your community, Ryan Tillman hosts the #ITSNEEDED podcast, which is designed to bridge the gap between law enforcement and the community by providing education on topics such as qualified immunity.

## 9. STRAIGHT TALK ON LEADERSHIP

Retired police chief Dean Crisp hosts this "no B.S." podcast on how to be a better leader.

## 10. JENSEN AND HOLES: THE MURDER SQUAD

A retired cold case investigator and an investigative journalist tackle various unsolved cases in this popular true-crime podcast.

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## National Prescription Drug Take Back Day: Saturday, April 24, 2021



*If your Sheriff's Office is participating in National Prescription Take Back Day or if have a drop-off location at your office/designated spot in your county, please let us know! The ISA will be posting these locations on Social Media for community awareness.*

*If you are wanting to post about National Prescription Take Back Day, please see below for information to share with your community:*

Every day, more than 130 Americans die after overdosing on opioids. As the prescription opioid epidemic continues to worsen, \_\_ (Your County) \_\_ Sheriff's Office is working alongside the Drug Enforcement Administration to make you aware of collection sites for National Prescription Drug Take Back Day. The event aims to provide a safe, convenient and responsible way to dispose of unused opioids and other prescription medications, while also educating the general public about the potential for misuse of medications.

Unused medications thrown in the trash can be retrieved and abused, or illegally sold. If they are flushed, they can contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.

To find other collection sites near you, visit <https://takebackday.dea.gov/>.

For more information on prescription drug misuse and proper disposal, visit:

- [www.dea.gov](http://www.dea.gov)
- [www.getsmartaboutdrugs.gov](http://www.getsmartaboutdrugs.gov)
- [www.justthinktwice.gov](http://www.justthinktwice.gov)

## **Back the Blue Parade & Ceremony**

# **BACK THE BLUE PARADE AND CEREMONY SATURDAY, MAY 22<sup>nd</sup>**



### **PARADE STARTING POINT:**

Chi-Town Harley Davidson

17801 S. LaGrange Road • Tinley Park, IL

Police escort down Interstate 80! We will have groups join our parade from every exit down Interstate 80 from Tinley Park to Psycho Silo Saloon. We ask that you gather a group and join in. **SHOW YOUR SUPPORT!** Be as loud as you want - lights, sirens, flags ... anything to stand out!

## **— WE STAND AGAINST HB3653 —**

### **CEREMONY:**

Psycho Silo Saloon • Langley, IL

Ceremony at 3:00 pm. We will be honoring a special officer. All profits from t-shirt sales will be donated to the hero officer!

**ANY AND ALL VEHICLES ARE WELCOME.**

**YOUR SUPPORT IS IMPORTANT  
TO OUR BOYS IN BLUE!**

***Let's make a statement! We Back the Blue!***

For more information, email: [music@psychosilo.com](mailto:music@psychosilo.com)

## **Why violent crime surged after**





# police across America retreated

Article by Jason Johnson [HERE](#)

Last year, the United States tallied more than 20,000 murders — the highest total since 1995 and 4,000 more than in 2019.

Preliminary FBI data for 2020 points to a 25% surge in murders — the largest single year increase since the agency began publishing uniform data in 1960. Policing is to blame, or rather the lack of it.

## #WENEEDYOU

In the wake of the May and June unrest, public officials' decisions and growing hostility toward policing left law enforcement demoralized, debilitated and, in some cases, defunded. Even the most dedicated officers who now face a greater risk of being sued, fired or prosecuted for doing their job feel pressure to pull back.

The message from a new wave of progressive prosecutors is clear: making arrests for drug and weapons crimes that will go unprosecuted exposes officers to the risk of disciplinary action, lawsuits and criminal prosecution. To mitigate that risk, police take a more passive approach.

Data shows a precipitous decline in law enforcement activity from last June through this February. We found that across the 10 major cities we studied, deadly violence rose as engaged policing fell. Cities that cut (or threaten to) police budgets often saw the largest drops in active policing and the increases in homicide.

After the George Floyd protests started in New York City, the New York Police Department logged 45,000 fewer arrests from June to December — a 38% decline while the Big Apple added more than 100 additional homicides (a 58% increase).

From June through the end of this February, Chicago's police made 31,000 fewer arrests — a 53% decline as murders rose 65%. In Louisville, where massive unrest included the shooting of two police officers during a protest, homicides jumped 87% as the police made 35% fewer vehicle stops since June while arrests plummeted 42% during summer months compared with 2019.

From Los Angeles and Houston to New Orleans and Minneapolis, the political response to the unrest led to de-policing and the resulting record violence.

Already bloody St. Louis hit a 50-year homicide high, a rate of 87 per 100,000 residents— a rate three times higher than Mexico and Central America. As Milwaukee announced slashing 120 officers from its police force, the city saw a 98% increase in killings.

### **Preventive policing reduces crime**

Legitimate, constitutional preventive policing reduces crime, and when police face official barriers to otherwise lawful enforcement, crime rises.

In 2015, when an ACLU lawsuit reduced Chicago police's ability to make stops and searches, Windy City killings jumped 58% as street stops fell 82% in 2016, according to University of Utah research. Similarly, Baltimore prosecutor Marilyn Mosby's 2015 weak case against the cops in the Freddie Gray incident (all charges were later dropped or ended in acquittal), and her hostility toward the cases police sent to her office, demoralized officers and deterred proactive policing.

Over the next 12 months, arrests fell 28% as shootings jumped and murder rose 55% to make Baltimore America's murder capital that year. That violence has not abated as overall arrests continue to plummet each year as police further disengage.

Philadelphia hit a 30-year high with 500 homicide victims in 2020 and more than 100 in 2021 so far. As progressive District Attorney Larry Krasner has dropped 50% of both drug and illegal gun cases, police have reduced vehicle and pedestrian stops by 72%.

In 2020, overall arrests fell by a third, including a 20% drop for violent crimes. Police Commissioner Danielle Outlaw grudgingly admitted that public officials' attacks demoralized police, encouraging de-policing.

Over the summer, Portland Mayor Ted Wheeler "defunded" the Portland Police Bureau by \$12 million and eliminated three police units. As chaos engulfed the city, shootings went up 173% and murders jumped an astounding 255%.

Witnessing the carnage, Wheeler now plans to reconstitute the disbanded "gun violence" squad and put \$2 million back into its budget.

Police work, when done properly, is effective at reducing crime. But it requires more than merely

responding to calls for police service and investigating crimes that have already occurred ("reactive policing").

Effective, crime-preventing policing entails a willingness by officers to actively confront law breakers, especially for drugs and gangs, which are the main drivers of urban violence. It also requires public support, full but fair accountability and leaders who will defend the role of law enforcement.

### **Wave of retirements in the ranks**

Today's increasingly hostile work environment for law enforcement has made them more risk averse, reactive and discouraged. Now, veteran officers are running for the exits, putting in their retirement papers at a record clip.

Those who remain on the force are disempowered, so they disengage from the hardest, and riskiest, but most necessary types of police work.

These past few bloody months should teach us that when the Thin Blue Line retreats, violence charges in.

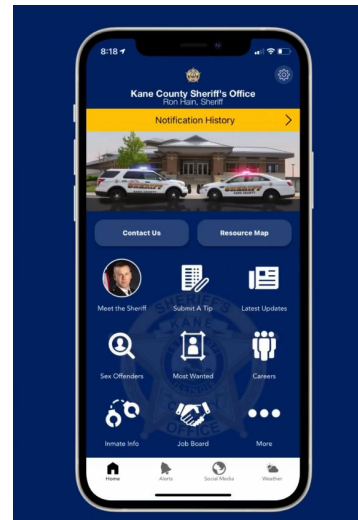
## **Download our app today!**

Search: Champaign Sheriff IL



## **Champaign County's Mobile App is live!**

Download it today from the App store or  
Google Play, or by using this link:  
<https://apps.myocv.com/share/a55561801>



## **Kane County's Mobile App is live!**

Download it today from the App store or  
Google Play, or by using this link:  
<https://apps.myocv.com/share/a54660175>

## **2021 Conference Dates:**

### **Jail Medical Summit**

August 26, Holiday Inn & Suites Peoria

### **Sheriffs Summer Training Conference**

September 19-21

Embassy Suites, East Peoria

### **Chief Deputy & Jail Administrators Conference**

October 12-14, Embassy Suites  
East Peoria

### **Administrative Assistant's Conference**

October 21-22  
President Abraham Lincoln Hotel  
Springfield

## Legislative Update

Please keep an eye on ISA's Facebook, Instagram, LinkedIn & Twitter accounts throughout the next 4 days as we feature bills we have opposed. We are encouraging Illinois citizens to express opposition to their Representatives, as well. Please consider reposting to your Sheriff Office social media accounts!

*Example below:*

IL GENERAL ASSEMBLY

# PENDING LEGISLATION

OPPOSED BY THE ISA

## HB 1727

Creates the Bad Apples in Law Enforcement Accountability Act of 2021. Provides that a peace officer subjecting another person to the deprivation of individual rights is liable to the person for appropriate relief. Excludes sovereign immunity, statutory immunity, and statutory damages for claims brought under this provision. Provides that qualified immunity is not a defense to liability under this provision. Allows attorney's fees and costs to be awarded to the plaintiff. Provides that civil actions brought under this provision must be commenced within 5 years after the cause of action accrues. Requires units of local government to make public disclosures regarding judgments or settlements awarded under this provision. Determines what information is not required to be disclosed by the unit of local government.

SPONSORS: Multiple, Please See Link

Please contact your Representatives immediately & let them know you are opposed to this bill.

LINK TO FULL BILL ATTACHED



Please click [HERE](#) to see other bills being tracked by the ISA.

## Program & Event Ideas



In an effort to build and maintain positive, close relationships within the community, the Cass County Sheriff's Office is proud to introduce a new program in the works that will promote officers working together with the adolescents in our communities. The program is named Cass County S.W.A.T. Program (Sheriffs Working with Adolescents Together) Through the support of the community this program will work on events within each community, provide different funding to help children in need, and most importantly build a lasting positive relationship with the future of our county. This program will work with the schools and give an incentive for students to be on the S.W.A.T. team through completing all assignments and having an A+ Behavior in school.

Cass County is starting a S.W.A.T. (Sheriffs Working with Adolescents Together)



Program.

"This program will work with the schools and give an incentive for students to be on the S.W.A.T. team through completing all assignments and having an A+ Behavior in school."

Click [HERE](#) for more information.

Champaign County is having "Coffee with a Cop" in April.

"If the Sheriff's Office is your primary law enforcement agency, we hope to see you here for a free donut, coffee, and great conversation!"

Click [HERE](#) for more information



## FUNDRAISER

**Come support our D.A.R.E. officers!**

**Saturday April 10th, from  
11am -7pm.**

**10% of all proceeds go to the  
D.A.R.E. program.**

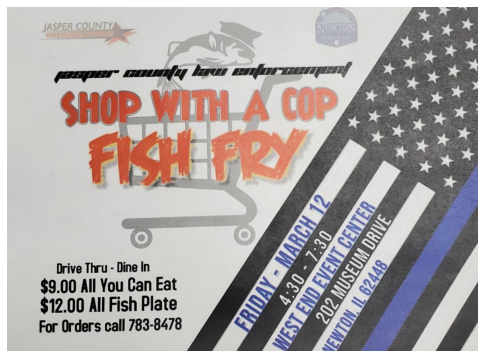
Clinton County partnered with a local restaurant in early April where on one particular evening, 10% of proceeds went to D.A.R.E. officers.

Click [HERE](#) for more information



DuPage County partnered with Wheaton and SCARE to collect sharps and prescription meds at a Recycling Extravaganza.

Click [HERE](#) for information



Jasper County hosted a Cop Fish Fry in March where they offered socially-distanced indoor seating or a drive-thru option.

THE COOK COUNTY SHERIFF'S OFFICE  
PRESENTS



## A COMMUNITY TOWN HALL LIVE Q&A EVENT

Co-Hosted by Leak & Sons Funeral Homes and Partners in Health

The Cook County Sheriff's Office presented a Community Town Hall Live Q&A Event Co-Hosted by a local funeral home and a local health association. Zoom link was also available.

Click [HERE](#) for more information.

### YOU Can Say "THANK YOU!" To Vandalia's First Responders!

STOP at WITNESS Distillery in Vandalia between  
**Thursday, March 18 and Saturday, March 27**  
PURCHASE one or more bottles of  
**Fayette County Fire Cinnamon Whiskey**  
*Buy 6 and get at 10% discount (limited time offer)*

WITNESS Distillery will contribute \$10 per bottle  
to a First Responders Dinner.

For every bottle purchased, you'll be entered to win a freshly  
dumped 10-gallon bourbon barrel! Great for display on your bar or home!

As part of reaching the goal of 500 bottles sold in 10 days! Like us on Facebook. Follow our sales progress.  
\*First Responders and Spouse/Closest to be held in late Spring or early Summer (late 1983)



Fayette County partnered with a Distillery where a portion of each bottle purchased went to a First Responder's Dinner.

Click [HERE](#) for information.



Click [HERE](#) for information.



Lee County is hosting a Bike Rodeo in June.

Click [HERE](#) for information.

## **"Policing is stressful enough, and now this."**

Article by Calibre Press [HERE](#)

Cops everywhere are needing to deal with the nervous, pressurized public while simultaneously dealing with their own personal challenges that have been exacerbated by the coronavirus situation.

It's not out of the realm of reason to believe that some of us may have thoughts of hopelessness. Hopefully, they're fleeting thoughts, but notable and likely alarming, nonetheless.

### **Here are 9 ways to avoid hopelessness:**

#### **1. Tap into strong social supports.**

As Coates points out, this means not just having many friends, but having friends you look up to who are themselves resilient. Watching strength, resilience and positive determination in action can be inspiring and contagious. Actively look for that and draw your own strength from it.

#### **2. Help others.**

By virtue of your job, you're helping others, but sometimes, the kind of "help" you provide as a cop doesn't always feel like a positive thing. Look for opportunities to help others outside of the job, too. "Good deeds create positive emotions and engender a positive self-image in the long term," says Coates. Being compassionate to others and seeing the results of helping someone in need, even if it's just by sharing some positive thoughts in a tough time, has great emotional benefits for you as well. Research backs that up.

#### **3. Maintain your sense of humor.**

Seriously. Stay funny. Cops can be some of the funniest people in the world, which can be hard for some to believe given what they deal with. Don't overlook opportunities to laugh, even in the most trying situations. Sometimes (OK, many times) it may be gallows humor but it's humor, and when it's shared with those who get it, it helps. It's important.

#### **4. Stay proud.**



That means pride in what you do and who you are. “You are a first responder! There is great pride in that,” Coates reminds us. Your work is noble, courageous and critical...and so are you. Remember that and believe in your self-worth and extraordinary abilities in times when you might start feeling helpless or hopeless. You have tremendous reason to stand proud amid the storm. Take strength in that.

5. Accept the fact that mistakes happen.

You can't work in the public and deal with crisis and pain and confusion and violence and whatever else without making mistakes. Sometimes they're painful. A key to preventing mistakes from pulling you into despair is forgiving yourself. Take a long-term look at life and then put the situations you're currently facing into context, then motivate yourself to move on.

6. Keep fit.

Exercise and diet are essential to mental and physical health. If you start feeling overwhelmed and you feel lethargy leaking in, don't let it take over. Motivate yourself to keep active and make it a point to eat right. The physical and chemical benefits of that can be powerful weapons against feelings of hopelessness.

7. Rest up. Getting enough sleep can be one of the best things you can do to keep yourself strong emotionally. On the flip side, fatigue and lack of sleep can magnify negative feelings and tear away at some of the positive self-thinking we listed earlier. There are some good sleep tips listed in an earlier Calibre article posted here and many other resources online. Remember, too, that #6 will also help you sleep better.

8. Think small.

Get through the manageable tasks in front of you rather than worrying about the big, scary picture. Stay focused and productive while avoiding the understandable but inadvisable temptation to look so far down the road – a road you can't really see the end of anyway – you lose sight of your ability to make a difference right here, right now.

9. Be mindful & avoid the Three P's.

From Coates: “Take a deep belly breath and return in silence to your body. For all the reasons I've highlighted in this book—increased self-awareness, gratitude, sense of well-being, and situational awareness—mindfulness contributes to your ability to weather life's ups and downs resiliently and see that life goes on despite setbacks.” That way, Coates points out, you can avoid falling into what prominent psychologist, Martin Seligman, called the Three P's: personalization (it's my fault); permanence (it will be this way forever); and pervasiveness (this affects all aspects of life). How you handle the Three P's might determine how you come out on the other side of a trying, perhaps traumatic, experience. “A little bruised, but okay.”

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<https://www.stellar-services.net/>



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Level: PLATINUM

**We have the most amazing sponsors!!**

If you are looking for services or products in these areas please reach out to one of our Preferred Vendors.

Without their support we would not be able to host our Training Conferences!



Level: DIAMOND



Level: DIAMOND