



SHERIFFS NEWSLETTER

United in Justice

OCTOBER 2021



The Importance of Officer Resilience Training in Tough Times

Original Article [HERE](#) by Doug Wyllie

It's not "news" to report that cops across the country have come under withering political and physical attacks in the past decade and a half.

Not since the 1970s have police come under the constant criticism that they're enduring now. According to the COPS Office at the Department of Justice, approximately 200 ambush attacks have occurred each year against law enforcement officers.

To the betterment of law enforcement everywhere, training in officer resilience—the ability to endure such attacks is becoming more common. The wellness and welfare—holistically—of the officers that are out there on patrol and working the streets is substantially increased with such training, as well as the vocal support from law enforcement leaders.

Here are some thoughts on the increasing interest in resilience training and the positive effects it can have.

Warriors Caring for Warriors

When we talk about the warrior spirit or the warrior attitude or the warrior persona, one of the components has to be self-care. Ancient warriors didn't just sit around the campfire and sharpen their swords; they also tried to be prepared as a whole person, mentally, spiritually, and physically for the next battle, whenever that might come.

We know about physical fitness. We know about stress control a little bit, and we're now getting to the point where, after a huge traumatic incident such as a mass casualty incident or shooting incident, agencies kind of "force" their people to go see the chaplain or a counselor and debrief.

That's after the fact—"right of bang," if you will. It's important and effective, but there's opportunity to add a layer to that mental health care that can help officers before something happens.

Resilience training is an inoculation—a word that's been tossed around a lot in the past year or so—against post-traumatic stress. It's what authors Patrick Van Horn and Jason A. Riley would call "left of bang."

Until fairly recently, the mental and emotional preparation for police officers over the years was not particularly good.

Agencies made a little progress in that regard, but the responsibility also needs to be on the individual officers and their colleagues—and the police trainers providing resilience training. It's a concept that can be integrated into all kinds of other training—square range, EVOC driving, and just about every other type of training.

Fundamentally, resilience training is about "self care" and "buddy care" and is fortunately being de-stigmatized. It's about peer monitoring—particularly for supervisors—but for everybody that has a friend in law enforcement.

It's about learning to ask questions like, "What's my health like? What are my sleeping habits like? Are people complaining about my attitude? Are my ethics starting to slip a little bit?"

It's about asking those questions of your colleagues. "Are you OK? Can we get some time together off duty?"

Triumvirate of Self-Care

There are three basic categories of self-care.

First—and probably most popular among police officers—is physical fitness and general maintenance—and that's all about being aware of your bodies. Working out on a regular basis enables officers to endure the physical pressures of patrol, from foot pursuits to taking resistive subjects into custody.

Further—as I've previously written—officers should ensure that your off-duty time is filled with fun and family—making sure that spouse, offspring, parents, cousins, aunts, uncles, and even that strange woman who married your brother—know that they're loved. Take the family to dinner. Take the kids fishing.

Finally, there is officer mental health—the category into which resilience training best fits. It's medicine for your heart and your head. It's a natural outgrowth of an overall physiological process—it's understanding and better controlling that little lizard brain squeezing out those adrenaline chemicals all the time.

Final Words

Resilience training is available nationwide from private companies, government agencies, and police organizations such as the local FOP.

Another resource is the IACP, which offers the Law Enforcement Agency and Officer Resilience Training Program.

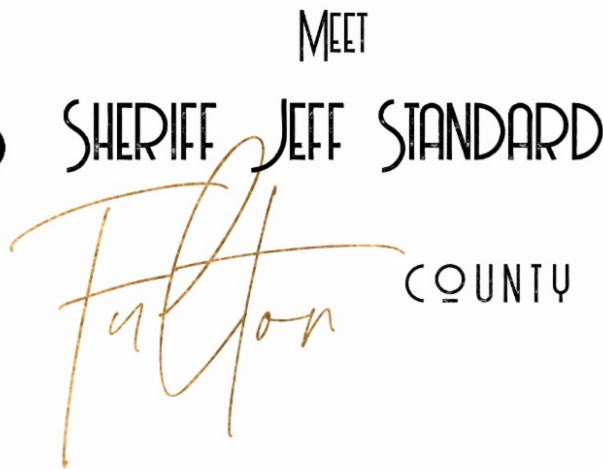
It is one of the seven programs currently within the Bureau of Justice Assistance (BJA)'s Preventing Violence Against Law Enforcement Officers and Ensuring Officer Resilience and Survivability (VALOR) Project.

The fact is that resilience training can make your life happier and your career longer. It's great to see that it's spreading in popularity among line officers and support from command staff.

I hope that everyone in law enforcement keep that momentum going.

Behind the Badge

Sheriff Jeff Standard, Fulton County



[Click above image](#) to watch Sheriff Jeff Standard's "Behind the Badge" interview.

National Prescription Take Back Day



SATURDAY, OCTOBER 23:
**National Prescription
Drug Take Back Day**



October 23rd is National Prescription Take Back Day and RAL Illinois is partnering with organizations across Illinois to encourage the safe disposal of old or unused medicines. Citizens in your county may be contacting your office regarding drop off sites.

Learn more and help raise awareness: <https://www.rali-il.org/>

Award Nominations

It's that time of the year!

Please take a moment to acknowledge any full-time Deputy, Correctional Officer or Telecommunicator in the State of Illinois for going above and beyond the call of duty this year. Please see below for information and contact Christan Neff (christan@ilsheriff.org) with any questions or nomination forms.

Deputy of the Year
Correctional Officer of the Year
Telecommunicator of the Year



The Illinois Sheriffs' Association is seeking candidates for "Deputy of the Year", "Correctional Officer of the Year", and "Telecommunicator of the Year" for 2021. These awards are recognition of exemplary performances in all aspects of law enforcement duties. Telecommunicators do not have to be employed by the County to be nominated.

Any full-time Deputy, Correctional Officer or Telecommunicator in the State of Illinois is eligible for consideration. You may nominate an officer who was killed in the line of duty and, if chosen, the award will be presented to a family member. Nominations are being sought and can be made by any Illinois Sheriff, in writing, to the Illinois Sheriffs' Association, no later than November 15, 2021!

Nominations should be made for exceptional achievement in any professional endeavor within the Sheriff's Office; including but not limited to:

EXTRAORDINARY VALOR
CRIMINAL INVESTIGATIONS
TRAFFIC SAFETY
YOUTH PROGRAMS
ACHIEVEMENT, INNOVATION OR CONTRIBUTION TO CRIME PREVENTION
COURT SECURITY
JAIL OPERATIONS
DRUG ABUSE PREVENTION & CONTROL

The awards will be presented at the Banquet during the 2022 Winter Training Conference on Monday, February 7th at the Embassy Suites East Peoria Riverfront Hotel. The winners and their spouse/plus one will be guests of the ISA at this banquet and one hotel room will be provided for an evening.

All nominations must include a signed letter of endorsement from the Sheriff submitting the nominee (appearing on office letterhead), which includes a brief statement of specific circumstances and actions that form the basis for the nomination, a brief biographical sketch, newspaper clippings, written reports, commendation letters, citations and other evidence that will assist in the selection process. The ISA's Membership Committee will review and evaluate all nominations received.

If you have any questions please call Christan Neff (217) 753-2372. Email: christan@ilsheriff.org



ISA STORE
NOW OPEN

Click the above image to shop the ISA store until November 22nd. **NEW ITEMS!**

Return of the Health Care Right of Conscience Act

by Rick Stewart

With the issuance of Executive Order 2021-20 (EO 21-20) and the vaccination/testing mandate, the 44-year-old Health Care Right of Conscience Act has returned to the spotlight.

In 1977, the General Assembly found “that people and organizations hold different beliefs about whether certain health care services are morally acceptable.” 745 ILCS 70/2.



Public Policy and the Protection of Conscience

Following Section 2 of the Health Care Right of Conscience Act, the General Assembly declared (and amended the declaration in 2017) that it was:

the public policy of the State of Illinois to **respect and protect the right of conscience of all persons who refuse to obtain, receive or accept**, or who are engaged in, the delivery of, arrangement for, or payment of health care services and medical care whether acting individually, corporately, or in association with other persons; **and to prohibit all forms of discrimination, disqualification, coercion**, disability or imposition of liability upon such persons or entities **by reason of their refusing to act contrary to their conscience or conscientious convictions** in providing, paying for, or **refusing to obtain, receive, accept**, deliver, pay for, or arrange for the payment of health care services and medical care. **It is also the public policy of the State of Illinois to ensure that patients receive timely access to information and medically appropriate care.** (Emphasis Added).

745 ILCS 70/2.

Section 5 of the Health Care Right of Conscience Act (“Act”) makes it unlawful for:

It shall be unlawful **for any person**, public or private institution, or **public official to discriminate against any person in any manner**, including but not limited to, licensing, hiring, promotion, transfer, staff appointment, hospital, managed care entity, or any other privileges, because of such person's conscientious **refusal to receive, obtain, accept** perform, counsel, suggest, recommend, refer or participate **in any way in any particular form of health care services contrary to his or her conscience.** (Emphasis Added).

745 ILCS 70/2.

Furthermore, it is unlawful for any employer, agency, or institution to:

... to impose any burdens in terms or conditions of employment on, or to otherwise discriminate against, **any applicant**, in terms of employment, **admission to or participation in any programs for which the applicant is eligible**, or to discriminate in relation thereto, in any other manner, on account of the applicant's **refusal to receive, obtain, accept** perform, counsel, suggest, recommend, refer, assist or participate in any way in any forms of health care services **contrary to his or her conscience** (Emphasis Added)

745 ILCS 70/7.

What is any individual's “conscience” or “conscientious convictions”?

While the General Assembly has, at times, left key terms in a piece of legislation undefined, they did define “conscience” when they passed the Act. Section 3(e) of the Act [745 ILCS 70/3(e)] defines “conscience” as:

a sincerely held set of moral convictions **arising from belief in and relation to God or** which, though not so derived, **arises from a place** in the life of its possessor **parallel to that filled by God among adherents to religious faiths.** (Emphasis Added).

To be an act contrary to a person's “conscience” or “conscientious convictions” it must arise from “what are traditionally characterized as religious beliefs.” *Free v. Holy Cross Hosp.*, 153 Ill. App. 3d 45, 49 (4th App. Dist. 1987). The *Free* court goes on to hold that the Act does not contemplate “the protection of ethical concerns as opposed to sincerely held moral convictions arising from religious beliefs.” *Id.* In 1995 the same standard was used in the 5th Appellate District. See, *Cohen v. Smith*, 269 Ill. App. 3d 1087, 1096, 648 N.E.2d 329, 336 (5th App. Dist. 1995). The court in *Cohen* did not try defining what actions constitute traditional religious beliefs. In fact, no court has.

What has happened is that courts have made it clear the refusal to do so something (currently in dispute:

get the COVID-19 vaccine) must arise from "traditional religious beliefs." EO 21-20 has a religious exemption from getting the vaccine and will survive a legal challenge as far as vaccinations go. EO 21-20 does require weekly testing in its place. However, it will be hard to prove the beliefs of a religion (or equivalent thereof) prevent a person from being tested for COVID-19. Especially, if that person gets other medical tests.



A special "Thank You" to Back the Blue Illinois, Weebles Bar & Grill in Springfield, and all participants for throwing a benefit party on October 9th, 2021 and donating \$600 in proceeds to the Illinois Sheriffs' Association!

We appreciate your support!

2021 Conference Dates:

Administrative Assistant's Conference

October 21-22

President Abraham Lincoln Hotel
Springfield

Civil Process Training

November 17, 2021

Crowne Plaza Hotel
Springfield

Additional Training Opportunities:

LAW ENFORCEMENT PSYCHOLOGICAL AUTOPSY (LE-PA)

Understanding circumstances and events preceding a death by suicide can assist those left behind in better understanding the reason(s) and motivations behind such an act. Additionally, it can assist agencies in future prevention and awareness efforts.

Participants will examine case studies and will work through a simulated case. Each case study will include: examination of simulated family and friend interviews, develop timeline (1-year) prior to death, investigation of documentation obtained post-incident (e.g., autopsy reports, toxicology, death certificate, police reports, family interviews/statements, social media accounts, pictures, etc.).

LEARNING GOALS AND OBJECTIVES:

- ✓ Participants will acquire an understanding of the PA pros and cons
- ✓ Participants will develop a timeline (1-year preceding death) to include major events
- ✓ Participants will build skills in identifying who should be interviewed
- ✓ Participants will develop skills to search and find documentation on the decedent
- ✓ Participants will understand their state's Laws for obtaining necessary records
- ✓ Participants will develop a system of information collection and online presence
- ✓ Participants will build a simulated PA



Nov. 29-30, 2021
Duration: 8-hours

Time: 10am-2pm CST

ONLINE

Cost: \$395/person



**Dr. Olivia
Johnson**



**Dr. Jorey
Krawczyn**

REGISTER NOW!
CALL 618-791-9146

Registration Link:

<https://www.bw-institute.com/online-courses/>

Trauma & Resilience

with Maggie Bradford



Wednesday October 27

*Macon County Law Enforcement Training Center
Decatur, IL: 9:30-11:30am*

-and-

*Illinois Wesleyan University Memorial Center
Bloomington, IL: 3:00-5:00pm*



Trauma and Resilience is designed to educate on the types and effects of stress that confront professionals who serve in stressful first responder occupations. This workshop employs hands-on, reality-based examples that are both useful and

enlightening for first responders, as well as lessons learned from field experiences. Participants will be provided with the necessary tools to recognize and understand the signs and symptoms of stress, to recognize the types of incidents that will need follow-up care, and effective ways for managing stress.

For event registration visit:
100ClubIL.org/first-responder-training/





First Responder Jiu-Jitsu

with Rodrigo "Comprido" Mederios

Tuesday October 19: 10-11am
Bloomington, IL
-and-

Thursday October 28: 12-1pm
Highwood, IL



The class will highlight effective Jiu-Jitsu techniques that First Responders can use to better respond to an uncooperative subject. The techniques learned will help increase self-confidence when having to deal with a resistive subject. Come prepared for a physical workout as this is a hands-on interactive course.

For event registration visit:
100ClubIL.org/first-responder-training/



The Trauma of Being a First Responder

with Amy Morgan



Thursday November 4, 8:30am-3:30pm
Schaumburg Police Department



This training will cover many topics related to the traumas of working in a first responder career. You will learn about how trauma impacts a first responder, signs and symptoms to identify distress, and ways to cope with these incidents and symptoms

for yourself and others in the field. Each participant will receive a guided course book to follow along during the training and take home for future reference.

*Lunch will be provided to attendees.
Register now, seats are limited!*

For event registration visit:
100ClubIL.org/first-responder-training/



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PROGRAM**

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