

SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION
Mobile Team ASSIST #14

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MANDATES: 1 Hr. Crisis Intervention, 5 Hrs. Officer Wellness and Mental Health, and 2 Hrs. Procedural Justice



P R E S E N T S



8 HOUR SURVIVING & THRIVING BEHIND THE BADGE

WHEN: Friday, March 27, 2026 – 8 AM/5 PM

WHERE: SILEC Training Room- DC006
2300 West Main St., Belleville, IL. 62226

WHO: Dr. Olivia Johnson

TO REGISTER: Visit our website www.silec.org. **Limit 40!**



This one-day (8-hour) course is designed specifically for first responders of all ranks. While extensive training exists for officer safety related to external threats, significantly less attention is given to wellness-related risks. This course addresses that gap by focusing on personal empowerment, resilience, and long-term health. The goal is not only survival, but the ability to thrive behind the badge.

At the end of this unit, the trainee will be able to:

- Acquire stress in first responders
- Identify stress in first responders
- Demonstrate practical strategies for maintaining heart health
- Recognize how occupational culture impacts overall health
- Identify when to seek help and how to access assistance
- Communicate effectively with healthcare providers through role-play
- Acknowledge suicide risk among first responders
- Develop suicide awareness and prevention strategies