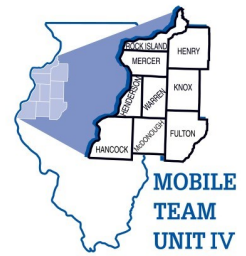




MOBILE TEAM TRAINING UNIT IV

Main Office: 1201 7th Street • East Moline, Illinois 61244
Phone: (309) 755-3271 • **Fax:** (309) 755-3371
Satellite Office: 1801 Windish Drive • Galesburg, Illinois 61401
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A Statewide System of Inservice Training Program
Illinois Law Enforcement Training and Standards Board



PRESENTS

PEER SUPPORT FOR 1ST RESPONDERS

Course Description:

This 3-day Peer Support training class will introduce the student to the process of peer support and equip them with the knowledge and techniques necessary to provide emotional support & practical guidance to other 1st responders who are in need of assistance. This class consists of both classroom lecture and reality-based training scenarios. Throughout the course students will learn best practices, participate through interactive discussion, and engage with practical exercises applying and showing understanding of what they have learned.

Topics:

- Peer Support Principles & Practices
- 1st Responder Culture & Mental Health
- Physiological/Behavioral Reactions to Stress and Trauma
- PTSD and Suicide
- Peer Support Skills and Techniques
- Additional Crisis Interventions (CIRM)
- Resiliency and Stress Management
- Support Resources
- Practical Exercises/Role Plays

DATE: September 22-24, 2025

REGISTRATIONS ENDS: September 15, 2024

TIME: 8:00 AM-5:00 PM

LOCATION: Moline Police Department, 1640 6th Avenue, Moline, IL

INSTRUCTORS: Dan and Tammy Roach

Maximum Enrollment: 21

Cost: MTTU IV MEMBERS: \$ 0.00 (HAVE PREFERENCE) - NON MTTU IV MEMBERS: \$0.00. MTTU IV members will have priority until 1 month prior to class.

Per Board approval, this Class Meets the following Mandatory Training Key Guidelines.

Crisis Intervention—5.5 hours; Legal Updates—1 hour; Officer Wellness and Mental Health—9.5 hours; Procedural Justice—5 hours.

Instructors:

Tammy Roach is an ordained pastor with the Evangelical Covenant Church (ECC) and currently serves as a pastor-at-large—preaching, teaching, offering pastoral care, and presiding over worship, funerals, and weddings. She specialized in teaching/ leading Spiritual Wellness Practices. Tammy is a trained Spiritual Director who provides Spiritual Coaching to the First Responder Community. Tammy has a B.A. Degree in English from North Central College and a Masters of Christian Formation from North Park Theological Seminary, where she also earned a graduate certificate in Spiritual Direction.

Dan Roach worked as a law enforcement officer/executive for 31 years. He retired from the Illinois State Police as an Investigations Commander having served there for over 26 years. He then served as the Deputy Chief of the Schaumburg (IL) Police Department for five (5) years. Dan has a B.S. degree in Marketing (from Northern Illinois University), a both a MBA degree and MCJ St. Ambrose University. Additionally, he has extensive peer support training, and holds several certifications in peer support., as well as a Certificate of Spiritual Direction from North Park Theological Seminary.