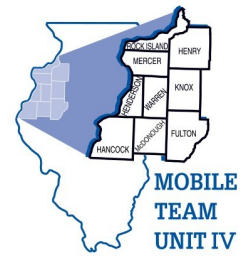




MOBILE TEAM TRAINING UNIT IV

Main Office: 6600 34th Avenue, Bldg, 2, Moline, Illinois
Phone: (309) 755-3271 • Fax: (309) 755-3371
Satellite Office: 1801 Windish Drive • Galesburg, Illinois 61401
Phone: (309) 344-3366 • Fax: (309) 344-5215
A Statewide System of Inservice Training Program
Illinois Law Enforcement Training and Standards Board



PRESENTS

PTSD, RETURNING VETERANS & OFFICER WELLNESS

COURSE DESCRIPTION:

This 8-hour program has been designed to provide students with general information about issues specific to veterans and active-duty military members that may lead to encounters with law enforcement. Items discussed in this program include post-traumatic stress disorder (PTSD), Traumatic Brain Injury (TBI), deployment and home life, interaction with combat veterans, potential treatment options, and deescalation skills for working with veterans. Additionally, the importance of officer wellness and self-care will be addressed in the second half of this program. Beyond the stress of the job itself, a police officer has to balance home life along with other personal struggles which may add additional strain to one's physical and more importantly mental well-being. Officers may experience difficulty separating work life from personal life, finding themselves unable to destress, recenter, and refocus. Healthy ways to deal with the stressors and trauma of the job and one's personal life by utilizing support systems and enjoying one's life away from work will be discussed. Stress, burnout, cumulative trauma, vicarious trauma, and health and wellness will be discussed in detail along with various techniques officers can use immediately for stress reduction.

DATE: April 9, 2027

REGISTRATIONS ENDS: April 2, 2027

TIME: 8:00 AM — 5:00 PM

LOCATION: MTTU IV @ BHC 6600 34th Ave., Building 2, Room 126, Moline, IL

INSTRUCTOR: Nick Greco

Maximum Enrollment: 30

Cost: No fees but MTTU IV MEMBERS HAVE PREFERENCE OVER NON MTTU IV MEMBERS.

Visit www.mttuiv.org to register. Registrations are only accepted from department training officers

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

Human Rights (1 hour); Officer Wellness/Mental Health (6 hours); Procedural Justice (.5 hours)

Instructor BIO

Nicholas Greco, M.S., B.C.E.T.S., C.A.T.S.M., F.A.A.E.T.S.

- President, C3 Education and Research, Inc.
- Board Certified Expert in Traumatic Stress
- Diplomate and Fellow - American Academy of Experts in Traumatic Stress
- Certified CIT Coordinator, CIT International
- Member - International Law Enforcement Educators and Trainers Association (ILEETA)
- Editorial Review Group Chair - Psychology and Medical Legal Issues, Doody Publishing

Mobile Team Training Unit IV has received certification for this course with the Illinois Law Enforcement Training and Standards Board