Southern Illinois Criminal Justice Training Program

Mobile Team Unit 15

Training Announcement

Name of Class	Class ID#	Course ID#
Peer Support for 1st Responders	**201106**	**48028**

Date of Training	Time	Hours	Location
January 27-29, 2027	**8:30 – 4:30**	**24**	**Mt. Vernon Police Department 600 S. 27th St. Mt. Vernon, Il**

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 skills necessary to provide emotional support and practical guidance to other 1st responders in need of assistance.
The course consists of a combination of classroom lecture and practical reality-based training scenarios in which the student will participate in listening exercises as well as mock one-on-one peer support sessions. The student will apply the knowledge and skills they learn during the classroom portion of the training in scenarios where they will alternately play the role of peer supporter and peer supportee.

Course Objectives

Upon completion of this course, students will:

- Provide a working understanding of the principles and practices of peer support.
- Acquire knowledge about the unique environment and impact of stress and trauma that encompass a 1st responder career.
- Describe the normal physiological and behavioral reactions to stress and trauma and the accompanying mental and physical health consequences that may result.
- Introduce, reinforce, and highlight various communication skills and techniques that are necessary tools of peer supporters.

Instructor

Dan Roach has a B.S. degree in Marketing (from Northern Illinois University), and both an MBA and a Master's of Criminal Justice degree from St. Ambrose University. Dan attended Session 204 of the FBI National Academy in 2001. 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.

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. She has extensive peer support and critical incident training.

Equipment Requirements

NA

Mandates Met by This Training

This course is approved by ILETSB approval and meets the following mandates: *Crisis Intervention, Legal Updates, Officer Wellness/Mental Health, Procedural Justice*

This class is partially funded and certified by the Illinois Law Enforcement Training and Standards Board