

*West Central Illinois Criminal Justice Council*  
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Chairman: Chief Adam Yates  
Vice-Chairman: Deputy Chief Rodney Cox  
Secretary/Treasurer: Deputy Chief Travis Weimelt

**Website:** [www.mtu9.org](http://www.mtu9.org)

*Funded in Partnership with the Illinois Law Enforcement Training & Standards Board*

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*(Serving the Counties of Adams, Brown, Calhoun, Cass, Greene, Jersey, Macoupin, Morgan, Pike, Schuyler and Scott)*

## **THE TREASURE IN TRAUMA**

**DATE:** March 18, 2025

**TIME:** 1:00 p.m. - 5:00 p.m.

**LOCATION:** John Wood Community College – Room D022

1301 S. 48<sup>th</sup> Street, Quincy, IL

**INSTRUCTOR:** Matthew Griffin – Matthew is a 21-year Veteran of the United State Navy, Virginia Beach Police Department, Keene, NH Police Department

Matthew specialized in undercover operations during his tenure and was assigned to the Attorney Generals Drug Task Force.

**NON-MEMBER FEE: \$0.00**

**Meets IL Mandates: Crisis Intervention (1 hr.), Officer Wellness/Mental Health (3 hrs.)**

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### **COURSE DESCRIPTION**

On March 17, 2017, I wrote my suicide note. In the depths of despair, I was ready to surrender to the shadows. Yet, a timely call from a friend, became the catalyst for a profound transformation, I am now the proud first member of the 10% Club, a community that emerged from the crucible of adversity. This is not just a story of survival but a celebration of resilience, empathy, and the daily commitment to make a positive impact in someone's life every day. This presentation will change how you view suicide, mental health and most importantly how you address trauma. I will address and talk about the years of research leading to the 4X #1 bestseller "The Journey to Midnight" and what I have come to learn about we can survive a career as a first responder or any other profession. Trauma can take on many forms. It can leave us lost, broken, and alone. However, what if we shifted our perspective and saw trauma through a Post Traumatic Growth mindset? What if we could turn pain into progress, what would we be able to accomplish? This presentation will explore the idea that, even in the midst of our most difficult experiences, there is a hidden treasure waiting to be discovered.

### **LEARNING OBJECTIVE**

- How you can help reshape the cultural narrative around mental health
- How First Line Supervisors can identify and address PTSD & Trauma before its too late
- Post Traumatic Growth Philosophy
- Strategies to increase the effectiveness of your peer support program
- Crisis intervention best practices

**Non-Member Tuition:**

**\$0.00.** Non-member tuition shall apply to State/Federal agencies and Local Law Enforcement agencies which are not members of MTU #9. Tuition will be invoiced to departments upon course completion. If a pre-registered student from a Non-Member agency fails to attend training, and the agency fails to provide advance notice within 7 days of the start date of that class, the agency will be invoiced the entire amount of the student's tuition. [See Tuition Policy Here](#)

**No Shows/Cancellation Policy**

West Central IL Criminal Justice Council-MTU #9 has instituted a No Show/Cancellation fee of \$50.00 to be invoiced to member/non-member agencies who do not provide sufficient notice of cancellations seven (7) days before start of class. This Fee will be invoiced within a week of an officer's absence from a training course in which he/she was registered. If an agency is unable to provide advance notice of its intent to cancel course registration because of circumstances beyond its control, the Director will have the discretion to waive this payment. Any requests to waive No Show/Cancellation Fee must be made to the Director in writing. (View Full Policy [HERE](#))

**To Register:** Follow this link to Register: <https://mtu9.org/page/3/register-now> If you experience problems or issues with registration, please email [register@mtu9.org](mailto:register@mtu9.org). ALL registrations must go through your Sheriff, Chief, or Training Officer.

**This course is certified and approved by the Illinois Law Enforcement Training & Standards Board**