

**CITY OF LA VISTA**  
**MAYOR AND CITY COUNCIL REPORT**  
**JANUARY 16, 2024 AGENDA**

<b>Subject:</b>	<b>Type:</b>	<b>Submitted By:</b>
AUTHORIZE PURCHASE – THE HEART AND MIND OF THE GUARDIAN TRAIN THE TRAINER COURSE	◆ RESOLUTION ORDINANCE RECEIVE/FILE	KARL MEISTER POLICE OFFICER

**SYNOPSIS**

A resolution has been prepared to authorize the purchase of The Heart and Mind of the Guardian, Train the Trainer course from Blue Courage, Elmhurst, IL in an amount not to exceed \$22,280.

**FISCAL IMPACT**

The FY22 Law Enforcement Agency De-Escalation Grants - Community Policing Development Solicitation grant provides funding for the proposed training.

**RECOMMENDATION**

Approval.

**BACKGROUND**

In 2022, the Police Department received a \$75,000 grant for the development of de-escalation training. De-escalation training teaches individuals how to assess and manage tense situations so they don't escalate into a full blown conflict or that they can dial down a conflict that has already erupted. A portion of this grant will be utilized to put 10 Police Department employees through both a 16-hour participant course and a Train the Trainer course. The goal of this training is to utilize those skills and the curriculum provided to train all of the Police Department employees, both sworn and civilian.

**RESOLUTION NO. \_\_\_\_\_**

A RESOLUTION OF THE MAYOR AND CITY COUNCIL OF THE CITY OF LA VISTA, NEBRASKA AUTHORIZING THE PURCHASE OF THE HEART AND MIND OF THE GUARDIAN, TRAIN THE TRAINER COURSE FROM BLUE COURAGE, ELMHURST, IL IN AN AMOUNT NOT TO EXCEED \$22,280.00.

WHEREAS, the City Council of the City of La Vista has determined the purchase of this training course is necessary for the continuing education in de-escalation skills for sworn and civilian employees of the La Vista Police Department.

WHEREAS, the FY22 Law Enforcement Agency De-Escalation Grants - Community Policing Development Solicitation grant provides funding for the proposed purchase; and

WHEREAS, Subsection (c) of Section 31.23 of the La Vista Municipal Code requires the City Administrator secure Council approval prior to authorizing any purchase over \$5,000.00.

NOW, THEREFORE, BE IT RESOLVED, that the Mayor and City Council of La Vista, Nebraska, do hereby authorize the purchase of The Heart and Mind of the Guardian, Train the Trainer course from Blue Courage, Elmhurst, IL in an amount not to exceed \$22,280.00.

PASSED AND APPROVED THIS 16TH DAY OF JANUARY 2024.

CITY OF LA VISTA

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Douglas Kindig, Mayor

ATTEST:

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Pamela A. Buethe, MMC  
City Clerk



## Blue Courage® for the La Vista Police Department December 19, 2023

The Blue Courage® educational process enhances the capacity of individuals to maximize their potential and to align their purpose with the mission of their organization while paving the path for peak performance, leadership development and improved well-being.

Our process is one of continuing education through the development of a reinforcing culture and a style of leadership that embodies the high character and ability that the profession demands. This process will influence the influencers – the teachers, trainers, and leaders who shape and develops those in their care.

### **Blue Courage®: The Heart and Mind of the Guardian Course**

The Blue Courage®: The Heart and Mind of the Guardian is an IADLEST certified, 2-day education process provides foundational leadership development for 21<sup>st</sup> Century policing. Designed for all levels of the organization, it promotes and nourishes the mental, physical, spiritual, and emotional well-being and overall health of police officers. Blue Courage® instills and reaffirms a personal and professional commitment to the highest ideals of the policing profession, it provides skills to optimize performance through resilience, mindfulness, and ethical decision making, and helps attendees to define and embrace the positive and healthy aspects of police cultures.

### **The 3-day Blue Courage® Certification Course (train the trainer)**

The train the trainer provides all necessary tools, materials and coaching that ensure participants have the capacity to teach the 2-day course to their organization, promoting a sustainable educational process infused with the Blue Courage® philosophy. In order to attend the certification course, a prerequisite is to attend the 2-day Blue Courage® course.

These two courses are typically scheduled as a **Blue Courage® Academy** which is a 5-day educational process that consists of the 2-day course immediately followed by the 3-day certification.



## Blue Courage Course Offerings Pricing thru June 2024

Course	Qnt.	Unit Cost	Investment
<b>Blue Courage® Heart and Mind of the Guardian 2-day Course</b> Facilitated by (2) trainers and includes materials for up to 25 participants (participant kit includes: participant manual, pocket guide, Nobility of Policing book, learning journal, mirror) *additional kits must be purchased for each additional participant over 25 (\$96.20/each)	1	\$7,480.00	\$7,480.00
<b>Blue Courage® Certification Course</b> (3-day class) 10 participants maximum; facilitated by (1) trainer <b>Note:</b> attendees must have completed the 2-day Blue Courage Course (materials purchased separately)	1	\$5,400.00	\$5,400.00
<b>Blue Courage® Facilitation Kit for participants</b> (one kit must be purchased in addition for each participant of the Certification course)	10	\$550.00	\$5,500.00
<b>Estimated Shipping based on 10 certifications</b>	1	\$300.00	\$300.00
<b>Travel Estimate:</b> Travel and materials shipping will be invoiced at actual cost. Travel costs include: airfare, lodging, ground transportation and meal per diem for the 5-day Academy.	1	\$3,600.00	\$3,600.00
<b>Estimated Total Investment</b>			\$22,280.00
<b>Mentoring / In class Coaching for Blue Courage® 2-day Course</b> In-person coaching for 2-days facilitated by (1) Blue Courage Master Trainer **Materials purchased separately; at a minimum, (1) Participant Guidebook must be purchased for each participant (pricing list attached)		\$4,000.00/ each 2-day class	
<b>Estimated Travel for (1) Facilitator</b> -to be invoiced at cost with associated receipts. Includes airfare, lodging, ground transportation and meal per diem.		\$1,700.00	

\*\* If, upon inspection and verification of the request and requirements, there are changes or discrepancies, we retain the right to adjust this proposal. **This proposal is valid for a period of 30 days, beyond that please request an updated proposal.**



## Blue Courage®: The Heart and Mind of the Guardian Course Materials Menu

### Blue Courage® Participant Kit:

The Blue Courage® course was designed at its most influential and engaging experience when utilizing the entire participant kit. The participant kit consists of: Blue Courage® Participant Guidebook, Nobility of Policing book (available as a soft or hard cover), HeartMath's Resilience Advantage Pocket Guide, the Blue Courage® Journal, and the Blue Courage® Mirror.

Item	Quantity	Unit Price
<b>Participant Kit (with hard cover Nobility of Policing book)</b>	1-50	\$102.00
	51-100	\$96.50
	101 +	\$92.00
<b>Participant Kit (with soft cover Nobility of Policing book)</b>	1-50	\$96.20
	51-100	\$90.00
	101 +	\$87.30

### Blue Courage® Participant Kit Contents - Individually Priced:

We understand that purchasing the entire participant kit isn't always conducive to budgets and training plans. Below is a breakdown of each item provided in the entire participant kit, priced individually. At minimum, a participant guidebook (whether purchased as a pre-printed hard copy or a license to print your own copies) is required when teaching the Blue Courage® course.

#### Participant Guidebooks

Quantity	Unit Price
1-50	\$56.00
51-100	\$54.00
101 +	\$52.00

#### Resilience Advantage Pocket Guide

Quantity	Unit Price
1-50	\$15.00
51-100	\$14.25
101 +	\$13.75



**Nobility of Policing:  
Hard Cover**

**Soft Cover**

Quantity	Unit Price
1-50	\$19.95
51-100	\$19.00
100+	\$18.95

Quantity	Unit Price
1-50	\$13.95
51-100	\$12.95
100+	\$11.95

**Blue Courage® Journal**

Quantity	Unit Price
All	\$7.00

**Blue Courage® Mirror**

Quantity	Unit Price
All	\$8.50

**License to Print Blue Courage® Participant Guidebook**

**\*Note: A signed license agreement is required.**

Quantity	Unit Price
150-250	\$25.00
251-350	\$22.00
351-500	\$20.00
501+	\$17.00
*High quantities	Ask for Pricing