



Law Enforcement Training Advisory Commission

840 S. Spring Street, Suite B • Springfield, IL 62704

Phone (217) 726-7014 • Fax (217) 726-7833 • Email letac@mtu10.com • Website www.letac.org

Robert S. Crouch, Director

MENTAL HEALTH AWARENESS AND RESPONSE- AN INTRO TO CIT TRAINING

LETAC

840 S. Spring St, Suite B

Springfield, IL 62704

December 09, 2019

8:00 a.m. - 4:00 p.m.

Meets the following mandated law enforcement training requirements:

Introductory Mental Health Awareness, Procedural Justice, Human Rights, Law Updates, and Use of Force

This course was formerly titled "Mental Health Awareness"

This course meets the Mental Health Awareness training mandate.

Effective Jan 1, 2018, HB 375 mandates Mental Health Awareness training for law enforcement on a three-year cycle.

Course Length: 8 hours

Course Instructor: Mark Benson, LCPC. Mr. Benson is the central and southern Illinois regional coordinator for the Crisis Intervention Team (CIT) training. Mr. Benson is the owner of NSE Solutions, an out-patient counseling practice in Normal, Illinois. Mr. Benson previously was a clinician and program manager for a mobile crisis response team in McLean, Woodford and Tazewell counties. Mr. Benson also provided mental health services in the McLean County Detention Facility for approximately 18 years.

Mr. Benson has been a certified instructor with the Illinois Law Enforcement Training and Standards Board since 2003 and CIT since 2008 serving as a regional coordinator since 2013. Mr. Benson has conducted trainings in the following areas:

- Crisis Intervention Team training courses: Prep, Basic and Advanced training
- Mental Illness and Suicide Prevention in a Correctional Setting
- Mental Health Issues and Suicide Assessment for First Responders

Illinois Law Enforcement Training & Standards Board Mobile Team Unit #10

Serving the Counties of Christian • Dewitt • Logan • Macon • Mason • Menard • Montgomery • Sangamon



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Course Content: Law enforcement officers have an important role to play in their interactions with community members. This means responding to incidents with individuals who have mental health issues, including diagnosed mental illness. This 8-hour course is meant to provide law enforcement officers with an awareness of mental health issues including a history of the mental health system, types of mental illness, signs and symptoms, common treatments and medications, and the potential interactions law enforcement may have on a regular basis with these individuals, their families, and service providers.

Student Performance Objectives:

1. Recognize the history of the mental health system and its impact on law enforcement and the criminal justice system
2. Define mental illness:
 - a. Differentiate myths and facts associated with mental illness, including common misperceptions
 - b. Examine the stigma associated with mental illness
3. Identify common forms of mental illness likely to be encountered including symptoms and behaviors of each:
 - a. Recognize the implications of co-occurring disorders (i.e. substance abuse & mental illness) on police encounters
 - b. Examine the components of a crisis
 - c. Discuss the prevalence of suicide, risk assessment, and response
4. Differentiate treatment modalities for mental illness:
 - a. Recognize treatment options that assist individuals to live independently
 - b. Demonstrate understanding of different types of medications
5. Increase awareness of appropriate law enforcement interaction with individuals who have mental illness:
 - a. Critical Decision-Making Model Introduction
 - b. Tactical Communications Overview
 - c. Operational Safety Tactics Overview
6. Overview of Officer self-care and Peer Support Programs
7. Overview of the benefits of the 40-hour basic CIT training and developing a department CIT Program

Non-Member Tuition: \$0.00. This course is funded by a grant.

To Register: Email registration to register@letac.org. You may also fill out and submit our online registration form through the website at www.letac.org or call 217-726-7014 to register by phone (be sure to include all pertinent information). MTU #10 local member department officers will be given registration preference until seven days prior to the date of class. After that date, registrations will be taken on a first-come, first-served basis, regardless of MTU status. We cannot accept registrations from individual officers. All registrations must go through your Chief, Sheriff, or department training office, even if you are attending class on your own time.

Cancellation: If a class must be canceled for any reason, every effort will be made to do so at least 2 weeks before the class is scheduled to begin. However, there are circumstances where last minute cancellation is out of our control. All officers who have been registered for training will be contacted at the email address given at registration, so please be sure to provide an email address which is checked often.