

**SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION**  
**Mobile Team ASSIST #14**

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**MANDATES:** 12 Hrs. Crisis Intervention, 7 Hrs. Human Rights, 2 Hrs. Legal Updates, 2 Hrs. Officer Wellness and Mental Health, 4 Hrs. Procedural Justice, 8 Hrs. De-Escalation Techniques, & 4 Hrs. Officer Safety Techniques

# **CRISIS INTERVENTION TEAM TRAINING- 40 HOUR**

**WHEN:** Monday-Friday, June 15-16-17-18-19, 2026 - 8 AM/5 PM  
**WHERE:** Grace Church  
5151 North Illinois  
Fairview Heights, IL. 62208

**FACILITATOR:** Mark Benson, State-Wide CIT Coordinator  
**TO REGISTER:** Visit our website [www.silec.org](http://www.silec.org). **LIMIT:** 40



## **PURPOSE**

Law enforcement officers are generally the first responders to crisis events. It is important to have individuals in law enforcement who can utilize effective strategies, insuring public and personal safety. The Crisis Intervention Team (CIT) training provides officers with education about mental illness and other behavioral disabilities as well as providing skills and tools for effectively and safely interacting with someone who is experiencing a crisis.

## **COURSE DESCRIPTION**

Crisis Intervention Team training is an in-depth 40-hour specialized course of study for uniformed patrol law enforcement officers who, in addition to their regular service calls, will be required to respond to crisis calls involving people who have behavioral disabilities. CIT officers will use their acquired knowledge and skill to effectively handle crisis situations and make the most appropriate disposition, which will best serve the individual and the community.



The key components of this course cover the following:

- Officers are exposed to the dynamics of mental illness, developmental disabilities, child and adolescent disorders, elderly individuals with behavioral issues, returning combat veterans, people who have excited delirium, and people with substance abuse/co-occurring disorders. This training will allow officers to make quick and effective decisions utilizing options they have to resolve the crisis.
- Officers are exposed to the experiences, viewpoints and concerns of persons with mental illnesses (consumers). Officers will meet with consumers in order to gain their perspective and learn from them.
- Officers receive instruction and demonstrations in basic listening and responding skills along with crisis interventions strategies. Real life crisis scenarios provided by trained professional actors with the assistance of state-certified CIT officers are presented to officers for them to demonstrate their resolution skills.

## **GOALS OF COURSE**

- Each officer will become familiar with the CIT model of intervention with the mentally ill.
- Officers will gain an enhanced understanding of mental illness and other conditions, and obtain the knowledge, skills and tools for effective, safe interventions with mentally ill individuals.

## **COURSE OBJECTIVES**

- Learn what the CIT model is and how to utilize the model appropriately with individuals who have a mental illness.
- Understand the factors involved in reaching a disposition in a case involving an individual with a mental illness.
- Be able to understand major types of mental illnesses and be able to explain and identify the associated symptoms.
- Distinguish between threatening and non-threatening behaviors.
- Respond effectively to older adults experiencing signs of dementia, Alzheimer's disease and other conditions which may or may not be mental illnesses.
- Understand the difference between substance use, substance abuse and addiction, and co-occurring disorders.
- Differentiate between mental illness and the effects of drugs or alcohol.
- Identify and describe the signs and symptoms of Conduct Disorder, Oppositional Defiant Disorder, ADHD, Depression and Bipolar Disorder.
- Understand considerations when trying to de-escalate children and adolescents with mental illnesses.
- Determine when a petition for involuntary admission may be appropriate.
- Understand the necessary elements and limitations of the Confidentiality Act.
- Identify signs of traumatic brain injury and PTSD and why those are issues with recent military combat veterans
- Understand why some medical conditions can look like mental illnesses, and what actions to take when a medical condition is likely the cause.
- Describe the different types of psychotropic medications and their common uses.
- Understand causal factors and warning signs of a likely suicide attempt.
- Identify techniques that may be utilized in suicide intervention.
- Understand the difference between developmental disabilities and mental illnesses and how to safely intercede in such situations.
- Understand the needs of consumers and family members in a crisis situation.
- Describe the effects of stigma on an individual with a mental illness.

Funding made available by the Illinois Law Enforcement Training and Standards Board, Southwestern Illinois Law Enforcement Commission, ASSIST #14 Partnership and the seven counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington. MTU 14 request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board.