



Northwest Illinois Criminal Justice Commission

Jeff Ragan, Regional Director
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Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards Board

Mental Health Awareness & Response: An Intro to CIT

DATE: April 17, 2025

Registration Ends: April 7, 2025

TIME: 8:00 AM—4:00 PM 8 Hours

LOCATION: Dixon Police Department, 220 S. Hennepin Ave., Dixon IL

INSTRUCTOR: Mark Benson, Central and Southern Illinois CIT Coordinator

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

Recognize the history of the mental health system and its impact on law enforcement and the rest of the criminal justice system

Define mental illness

- Differentiate myths and facts associated with mental illness, including common misperceptions
- Examine the stigma associated with mental illness

Identify common forms of mental illness likely to be encountered including symptoms and behaviors of each

- Recognize the implications of co-occurring disorders (i.e., substance abuse and mental illness) on police encounters
- Examine the components of a crisis
- Discuss the prevalence of suicide, risk assessment, and response

Differentiate treatment modalities for mental illness

- Recognize treatment options that assist individuals to live independently
- Demonstrate understanding of different types of medications

Increase awareness of appropriate law enforcement interaction with individuals who have mental illness.

- Critical Decision-Making Model Introduction
- Tactical Communications Overview
- Operational Safety Tactics Overview

Partial funding provided by Illinois Law Enforcement Training and Standards Board and MTU#1's request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board

REGISTRATION:

All registrations are received on the [MTU#1 website](#). Find Registration instructions [here](#)



Instructor: Mark Benson, LCPC

Mr. Benson is currently the course coordinator for the Critical Incident Training (CIT) throughout the State of Illinois.

Mr. Benson is also the co-owner and clinician with Real Change Clinical Services in Bloomington, Il. and is a Clinical Supervisor for Specialty Courts with McClean County Court Services.

He has been a Certified Instructor with the Illinois Law Enforcement Training and Standards Board since 2002.

Mr. Benson has conducted training in the following areas:

- Mental Health in the Correctional System,
- Mental Health Issues & Suicide Assessment for First Responders
- Psychotropic Medications/Illness that mimics Mental Illness
- Legal Issues for the CIT training.

This Training meets the following mandates:

Civil Rights	.5 hours
Constitutional/Proper Use of LE Authority	.5 hours
Crisis Intervention	2.5 hours
Human Rights	.5 hours
Legal Updates	.5 hours
Officer Wellness and Mental Health	1 hour
Procedural Justice	1 hour
De-escalation Techniques	1 hour
Officer Safety Techniques	.5 hours