



Northwest Illinois Criminal Justice Commission

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Mobile Team Unit #1 is funded in partnership with the Illinois Law Enforcement Training & Standards Board

Intro to CIT Training-Mental Health Awareness & Response

DATE: February 17, 2026

Registration Ends: February 1, 2026

TIME: 8:00 AM—4:00 PM 8 Hours

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

INSTRUCTOR: Troy Siewert - Insight Crisis Response, LLC

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

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

REGISTRATION:

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

