

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

Course Announcement



Crisis Intervention Team (Basic CIT Training)

January 18-22nd, 2027

0830—1630 Hrs

Denny Stewart Training Center

3121 Dewitt Avenue

Mattoon, Il.

Submit enrollment to:

Registration form at

www.mtu13.com

The 40-hour program is designed to provide officers with specialized training on dealing with individuals in the community who have a mental illness or other behavioral disability. CIT officers are trained as resource specialists who can provide immediate response to calls involving a mental health crisis. The “team” concept refers to law enforcement involvement with stakeholder agencies, as well as interagency mutual assistance when appropriate.

The course will be conducted by a diverse group of law enforcement and behavioral health professionals including active CIT officers from three Illinois jurisdictions. Key topics include mental illness signs and symptoms, child and adolescent disorders, intervention strategies, geriatric issues, and the impact of substance abuse. Autism, intellectual disabilities, and community resources will also be addressed. The program will also provide officers with a unique opportunity to interact with individuals who have a mental illness and their family members (primary and secondary consumers).

Observed Mandates Include:

Civil Rights

Constitutional Use of LE Authority

Crisis Intervention

Human Rights

Legal Updates

Mental Health Awareness

Procedural Justice

Use of Force De-Escalation Techniques

Use of Force Ofc. Safety Techniques

An essential part of the CIT course is scenario-based skills training. Officers are challenged with realistic scenarios portrayed by professional actors from Chicago and St. Louis. Scenarios may include a suicide intervention, de-escalating a violent situation, or responding to a call involving an individual experiencing paranoia. All scenarios are facilitated, evaluated, and debriefed by experienced CIT officers.

This course is funded and certified by the Illinois Law Enforcement Training and Standards Board. Board certificates and uniform pins will be awarded to students who meet all testing and attendance requirements. Enrollment is open to all agencies, regardless of size.

Length of service prerequisite

Patrol Officers— 2 years minimum from date of hire

Corrections Officer— No Prerequisite

Telecommunications— No Prerequisite

This course is funded by the Illinois Law Enforcement Training Standards Board.

(Content is subject to change as this course is constantly being updated)

Crisis Intervention Team (CIT) Basic

Signs and Symptoms of Mental Illness

De-Escalation and Tactical Response

Autism and Intellectual Disabilities

Child and Adolescent Disorders

Substance Abuse / Co-Occurring Disorders

Risk Assessment and Legal Issues

Psychotropic Medications

Geriatric Issues / Returning Veterans

Community Resources

(Structured Role Play Scenarios)

(Audio Hallucination Exercises)

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

This course is funded by the Illinois Law Enforcement Training and Standards Board.
