

NORTHERN ILLINOIS TRAINING ADVISORY BOARD

Jeff Schelling, Executive Director

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[www.nitab.org](http://www.nitab.org)

**MENTAL HEALTH AWARENESS & RESPONSE:  
AN INTRO TO C.I.T.**

Date: October 8, 2025

**Registration Deadline: September 8, 2025**

Times: 0800-1600 hours

Location: NITAB  
527 Colman Center Drive  
Rockford, Il.

Instructor: Troy Siewert

Member Fee: \$0                      Non-MTU Member – Member Non-Sworn Fee: \$150

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This class meets the Mental Health Awareness training mandate. Effective Jan 1, 2018, HB 375 mandates Mental Health Awareness training for law enforcement on an every three-year cycle.

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 the 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 course has been certified by the ILETSB and approved to meet the following mandates:***

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|--|---|
| <input checked="" type="checkbox"/> .5 Civil Rights              | <input checked="" type="checkbox"/> .5 Constitutional & Proper Use of Law Enforcement Authority |
| <input checked="" type="checkbox"/> 2.5 Crisis Intervention      | <input type="checkbox"/> Cultural Competency  |
| <input type="checkbox"/> Emergency Medical Response              | <input checked="" type="checkbox"/> .5 Human Rights   |
| <input checked="" type="checkbox"/> .5 Legal Updates             | <input checked="" type="checkbox"/> 1.0 Officer Wellness and Mental Health                      |
| <input checked="" type="checkbox"/> 1.0 Procedural Justice       | <input type="checkbox"/> Psychology of Domestic Violence  |
| <input type="checkbox"/> Reporting of Child Abuse and Neglect    | <input type="checkbox"/> Sexual Assault Trauma Informed Response                                |
| <input type="checkbox"/> Use of Force                            | <input checked="" type="checkbox"/> 1.0 De-Escalation Techniques                                |
| <input type="checkbox"/> High-Risk Traffic Stops                 | <input type="checkbox"/> Law concerning stops, searches, and use of force                       |
| <input checked="" type="checkbox"/> .5 Officer Safety Techniques | <input type="checkbox"/> Firearms Restraining Order Act   |

**Specialized Training**

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|--|---|
| <input type="checkbox"/> Crisis Intervention Team Training (CIT) | <input type="checkbox"/> Lead Homicide Investigator                             |
| <input type="checkbox"/> School Resource Officer                 | <input type="checkbox"/> Sexual Assault Investigator Training                   |
| <input type="checkbox"/> Epinephrine Autoinjector (Epi Pen)      | <input type="checkbox"/> Opioid Antagonist (NARCAN)                             |
| <input type="checkbox"/> Drug Recognition Expert (DRE)           | <input type="checkbox"/> Advanced Roadside Impaired Driving Enforcement (ARIDE) |

To receive a State Certificate / training credit for the above listed mandates, no more than 10% of the course hours can be missed.