



Southern Illinois Criminal Justice Training Program

Mobile Team Unit 15

Training Announcement

Name of Training			Class ID#	Course ID#
ILETSB - Intro to CIT Training - Mental Health Awareness & Response			200233	71969
Date(s) of Training	Time	Hours	MTU	
October 20, 2025	8:30-4:30	8	Effingham PD 110 S. 3 rd St. Effingham, IL	

Course Description

Law enforcement officers' role in the community includes a variety of interactions, including responding to incidents with individuals with mental health concerns or diagnosed mental illness. This 8-hour class is geared to enhancing law enforcement officers' awareness of mental health issues by providing information on the history of mental health system, types of mental illnesses, signs and symptoms of each, and common treatments and medications. It will also cover situations that law enforcement may experience on a regular basis and considerations when responding to individuals, their families, and service providers.

Course Objectives

Class objectives include understanding:

- ✓ The definition of mental illness and mental health
- ✓ Common forms of mental illnesses and the symptoms and behaviors associated with each
- ✓ Treatment options
- ✓ Appropriate law enforcement interactions with mentally ill individuals, their families & service providers
- ✓ How to respond to crisis situations involving the mentally ill

Instructor



Emily Hejna has served as a Crisis Intervention Team (CIT) Officer for the Alton Police Department for the past 10 years, as well as serving as the department's Public Information Officer from 2013 to 2017. She has taught numerous programs for local agencies and served as a presenter at the states 2017 CIT Conference. She holds a Bachelor of Science in Mass Communications from Southern Illinois University, Edwardsville.

Mandates Met by This Training

This course is approved by ILETSB for the following mandates:

Civil Rights, Constitutional Use of Law Enforcement Authority, Crisis Intervention, Human Rights, Legal Updates, Officer Wellness/Mental Health, (Use of Force) De-escalation Techniques & Officer Safety (Including Cover, Concealment and Time), and Procedural Justice

This class is partially funded and certified by the Illinois Law Enforcement Training and Standards Board