

# East Central Illinois Mobile Law Enforcement Training Team

## MTU #13

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## Course Announcement

### Youth Mental Health First Aid

June 18th, 2021

0800-1630 Hrs

**Mattoon Training Facility**

**3121 Dewitt Ave.**

**Mattoon, IL 61938**

Submit enrollment to:

Registration form at

[www.mtu13.com](http://www.mtu13.com) or

[ecimlett@gmail.com](mailto:ecimlett@gmail.com)

The primary application of this course will be to provide a three-year certification to students who will be proficient and confident in identifying signs and symptoms of mental illness, use a 5-step action plan during a crisis, and increase awareness and reduce stigma of mental health disorders.

#### **Course of Instruction:**

##### **-Session 1, Part 1**

-What is Mental Health First Aid, Mental health problems in the USA, The Mental Health First Aid Action Plan, Understanding depression, Understanding anxiety disorders

##### **-Session 1, Part 2**

-Crisis first aid for suicidal behavior & depressive symptoms, What is non-suicidal self-injury?, Non-crisis first aid for depression and anxiety.

##### **Session 2, Part 1**

-Crisis first aid for panic attacks, Crisis first aid for traumatic events, Understanding disorders in which psychosis may occur, Crisis first aid for acute psychosis.

##### **Session 2, Part 2**

-Understanding substance use disorder, Crisis first aid overdose, Crisis first aid withdrawal, Using mental health first aid.

#### **Observed Mandates Include:**

Cultural Competency

Procedural Justice

Human Rights

Use of Force

Intro to Mental Health Awareness



**This course is funded by the Illinois Law Enforcement Training and Standards Board and the Illinois 5th Judicial Circuit Family Violence Coordinating Council**

Derrick Sanders is a Deputy Sheriff at the Clark County Illinois Sheriff's Office and has been for over 15 years. Derrick is currently a Juvenile Officer, a certified Crisis Intervention Team member, and has been certified as a Hostage Negotiator with designations of phase I, II, and III. In addition to Derrick's civilian law enforcement experience he served on active duty in the United States Army in the Military Police Corp for almost 5 years. While serving in that capacity Deputy Sanders served in two combat deployments during and shortly after Desert Storm.

Derrick is a certified Instructor in Mental Health First Aid for the Adult and Youth Curriculum from the National Council of Behavioral Health. Additionally, Derrick holds module designations with Mental Health First Aid for specific areas of training for Public Safety, Fire/EMS, Veterans and Military members and their families, Older Adults, Higher Education, and Rural. Each of these disciplines have specific cultural areas to highlight, discuss and facilitate.

Derrick has facilitated more than 50 classes of Mental Health First Aid, certifying over 760 individuals, conducting classes throughout the East Central Illinois region. Derrick is a Board Member of the Clark County 708 Mental Health Board and a member of the Clark County Local Emergency Planning Committee.

Derrick currently resides in Marshall with his wife of 27 years. He enjoys spending time with his four children and three grandchildren.



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