

CIT Role-Play Prep and Scenarios

- 10-15 minutes in length – will debrief with officers and larger group after each one
- Should not be anymore than 6 total role-plays for the 3 hour session
- Design the role-play to allow the officer the experience of working to verbally de-escalate the client, make it take some time, but also allow them success in the end
- Avoid levels of escalation that would “force” the officers to have to take you into physical custody or restraint (i.e. don’t throw punches, hit, or grab for their weapons)
- There will be one designated “client” that will be the focal point of the roleplay – if you are an additional participant your role needs to be relatively small so that the group and the officers can focus on one main de-escalation

SCENARIOS

- Male--upset with kids and others in the neighborhood who are "messing" with him. Makes no threats. Calls himself as the complainant. Male exhibits signs of anxiety when officers interact with him. Male will not provide sufficient symptoms or make enough threats to merit being taken away against his will and will not volunteer to go with officers.
- Agitated male--upset with kids and others in the neighborhood and those kids and others are "messing" with him. Makes a specific threat to harm the kids the next time he interacts with them. Mentions that he will kill one of them and he has the means to do it. Is more agitated and showing more signs of anxiety interaction with officers than previous scenario. Wife/sister calls the police
- First break male or female. Neighbor has called that he/she is concerned about the activities next door with the first break person. Officers interview male/female. For first minute or two, conversation appears very "normal." Male/female then asks officers if they heard what the people (aliens?) in the lamp just said and then goes on to describe that they talk to her all the time.

- Female borderline or manic who is very sexual--Officers called by a relative who is concerned. Female consumer gets very sexual with the officers and gets offended when they turn her down.
- Male individual has broken all of the windows out of his home and the neighbors have called the police. Officers arrive to find a man in severe grief who is mourning the recent loss of his wife and he is not coping well with the situation. Male will not initially talk to the officers and just sits with his head bowed and wringing his hands. Eventually, the male will tell the officers that he just can't cope any more and that he does not know what he is going to do without his wife. He is also depressed in that he believes that he is responsible for the death of his wife because of some real or perceived lack of action on his part.
- Homeless paranoid schizophrenic is outside the bus station. Caller is the management of the station. Call was that the consumer is threatening others and that he may have a knife. No knife has been seen. Consumer is outside the station currently on the sidewalk and is kneeling.
- Husband/wife team--Wife is the caller about her husband. Wife opens the door. Husband is sitting down staring into the television (TV is turned off) and is carrying on a conversation while being submissive and fearful of the voices coming from the TV. Officers question wife and then move over to the husband. Wife gets upset and begins to show symptoms that she is also mentally ill (depressed, schizophrenic, etc.)
- Burglary call--Female caller answers door when officers arrive. Bi-polar male in manic stage is inside and sitting on a chair in animated state. Female advises officers that boyfriend forcefully pushed her aside and entered the apartment and she wants him out immediately. After she states this, male gets up and starts moving around in animated method and yells out that he knew the female wanted to break up with him. When officers ask female if the male lives there or has ever lived there, she gets mad and begins to argue with the officers and demands that the male be removed from her apartment.
- Officers respond to a call from a wife/husband that his/her spouse is acting strangely and that the spouse may be contemplating suicide. Officers arrive to find another police

officer sitting at a table with a gun in plain view on the table next to the officer. When responding officers ask the officer what is going on, he relays that he got involved in a situation on his shift in the past with a known criminal and that he is now under investigation by Internal Affairs. The officer is afraid that he is going to lose his job and is going to disgrace his family and is thinking that the way to avoid this situation is to commit suicide and not have his family have to endure the situation.

Responding officers have to deal with the situation while the officer who is under investigation continues to pat his weapon and move it around on the table.

- **Male/Female consumers showing signs of depression, high fatigue/low energy kind of person.**
- **Bi-polar consumer who is agitated, and in manic stage.**
- **Role-play with a person who is MI/MR-DD dually diagnosed**
- **Role-play with a person who is SAMI dually diagnosed**
- **Male/Male roommates in a group home call in on each other. One male claims that the room is his and that the other is supposed to get out. The other claims that he lives there and that the other person is trespassing**
- **Store security calls about a male taking a shopping cart from the store premises. Homeless male claims that the cart is his and that he can take it if he wants. Homeless male exhibits signs of some kind of mental illness (TBD)**
- **Suicidal individual**
 - **Will accept transport if talked to enough**
 - **Will not accept transport**
 - **Hostage negotiators need to be called to the scene (bridge jumper?)**