

Ventura County CIT Course Outline

Role-Plays (4 hours)

- A. Five scenarios are presented; each student must test in at least one scenario as a Primary Officer by resolving the situation using verbal skills
 - i. A secondary cover officer is designated as well
 - ii. All other students observe the scenarios
 - iii. Experienced officers and mental health professionals (collectively, the instructors) provide feedback to testing student at the end of the scenario
 - 1. Instructors comment on:
 - a. Rapport building skills
 - b. Active listening skills
 - c. De-escalation skills
 - d. Problem solving skills
 - e. Environmental concerns
 - i. Identifying officer safety concerns
 - ii. Identifying dangers to the consumer
 - iii. Identifying dangers to the public
 - f. Utilization of other resources
 - g. Negotiation efforts, if applicable
 - h. Ability to recognize mental health / developmental disability symptom and/or diagnosis
 - i. Ability to lay out a clear action and follow-up plan
 - j. Ability to articulate a proper 5150 evaluation, if applicable
 - k. Their verbal, para-verbal, and non-verbal demonstration and whether they all matched.
 - l. The student's perception of / feelings about the encounter.
 - iv. At the end of the five scenarios the entire class shares their experiences
- B. At no-time are students & actors allowed to bring weapons into the role-plays
- C. At no-time are students & actors allowed to physically touch each other
- D. Scenarios
 - i. Danger to Self
 - 1. Actor on an imaginary ledge must be talked down. Actor may engage in pre-death behaviors (such as counting down from number ten).
 - 2. Tests an officer's considerations of the environmental factors such as traffic driving by
 - 3. Challenges officer's knowledge of community specific resources
 - 4. Challenges officer's willingness to negotiate for actor's request for comfort items either while on scene or en route to the hospital
 - 5. Tests an officer's skills of interrupting pre-death behaviors

6. If officer desires to go hands-on in lieu of verbal techniques the actor displays a play knife
 - a. Serves as reminder to not make assumptions that the depressed & suicidal individual would not harm the officer
- ii. Danger to Others
 1. Actor is a Board & Care Home Resident who is hearing voices and is manic / psychotic
 2. Tests an officer's consideration of the environmental factors such as asking staff and other residents to not interfere/trigger and to remove them from the scene
 3. Challenges an officer to designate a less-lethal option
 4. Challenges an officer to verbally engage with an actor that is extremely escalated verbally and vandalizing property
- iii. Gravely Disabled
 1. Actor is almost non-communicative and is lost in a park at nighttime
 2. Challenges an officer's ability to build rapport
 3. Challenges an officer's ability to try alternative communicative patterns
 4. Tests an officer's knowledge of other resources that could assist him/her in discovering the client's identity
 5. Challenges an officer's tolerance of time passing by where he/she does not feel very efficient (CIT skill of taking time). They learn to deal with the helpless feeling.
 6. Tests an officer's ability to recognize grave disability with circumstances given in scenario
 7. Tests and officer's ability to coax actor into a patrol car versus going hands-on
- iv. No-Win Suicidal
 1. Police respond to a check the well being call on a subject but they lack any additional information. When on scene the subject is very adversarial with officers claiming they violated his 4th Amendment Right. Actor begins mixing a drink and swallows some or threatens to throw it on officers (later discovered to be an imaginary lethal / caustic chemical compound).
 2. Challenges officer's willingness to engage with an unpleasant subject.
 3. Challenges officer's ability to deal with the fact actor temporarily stops talking to the "primary officer" but engages with the "cover officer". Actor tries to engage primary officer into a no-win power struggle.
 4. Tests an officer's ability to contemplate that the drink ingested is a lethal and whether the officer requests medical attention. And/or tests officer's ability to recognize officer safety threat that drink may harm them if they approach too closely (CIT skill of giving space).

5. Tests an officer's ability to problem solve and strategize.
6. Helps an officer understand that he/she cannot win in every situation. They learn to deal with the helpless feeling.

v. Cats

1. Police take an imaginary woman on a 5150 hold while they standby as Animal Control takes custody of several cats belonging to her. The husband (an actor) comes out of home and threatens officers on scene with an imaginary knife then threatens to kill himself all in a very hostile manner.
2. Tests an officer's willingness to step back now that actor has an imaginary bladed weapon (CIT skill of space)
3. Tests an officer's skills of designating less lethal
4. Challenges an officer to negotiate with actor that may request that officer let the wife or cats go
 - a. Will the officer power struggle with actor over the cats?
 - b. If the officer lets an imaginary cat or two go free the actor will de-escalate and begin to lower the knife