

Ventura County CIT Course Outline

- I. Non-Violent Crisis Intervention – The Mental Health Side (1.5 hours)
 - A. Introduces Self and Background
 - B. CIT Purpose & Philosophy
 - i. Safety
 - 1. For the officer
 - 2. For the consumer
 - 3. For the family and the public
 - ii. Familiarity with Disorders
 - 1. Recognize, Interact Effectively, Resources
 - C. Visualization Exercise
 - i. Helpful vs. Not-So-Helpful Coworker's Behaviors & Appearance
 - ii. Develop a deeper understanding of what is more likely to work when de-escalating someone
 - D. Mental Health Contrasted with Law Enforcement
 - i. Scope of practice
 - ii. Limitations
 - iii. The roles each other plays
 - E. Qualities of a CIT Officer
 - i. Building rapport
 - ii. Willing to take time to listen
 - iii. Listening skills
 - iv. Offering practical short term problem solving
 - v. Sincere and genuine in actions
 - vi. Verbal intervention matches non-verbal cues
 - vii. Follow-up
 - F. Crisis
 - i. Characteristics
 - 1. Graph depicting stages
 - ii. Definitions
 - 1. The point of most intensity and when injury to self and/or others is likely
 - iii. Stages
 - 1. The Crisis / Assault Cycle
 - a. Baseline
 - i. Normal personal best
 - b. Trigger
 - i. Seen and unseen
 - ii. Can you identify what the trigger is?
 - 1. Preventing it in the future
 - c. Escalation
 - i. "Warming up"
 - d. Crisis
 - i. The most amount of energy
 - ii. Communication intervention limits
 - 1. Only 5% heard when fully escalated
 - 2. Utilizing short sentences
 - a. Under 5 words

i. Each word has less than 5 letters

e. De-escalation

i. Needing time to calm down (“cooling off”)

1. Means to “cool off”

a. Officer safety issues in allowing certain cool off behaviors

ii. Subject can easily re-escalate / re-trigger

f. Post-Crisis Depression

i. Suicide risk

1. Following up to prevent suicide

2. Transferability of the Crisis Cycle

a. Emotional disturbance vs. mental illness

G. Communication

i. Percentage of a total message

ii. Description of...

1. Verbal

a. Words we use

2. Para-verbal

a. Words we stress

3. Non-verbal

a. Our actions

iii. Active Listening

1. Effectiveness for building rapport and in de-escalation

H. Effective limit setting during an encounter

I. Basic Needs/Feelings

i. The minimum we need each day to be functioning

ii. The higher levels

1. Sense of self

2. Productivity

3. Ability to “shake off” criticism, rejection, undesirable consequences, etc.

J. Handout Reviewed: General and Disorder Specific Responses

K. CONREP

i. Early conditional prison releases of the mentally ill

ii. VCBH’s role in monitoring these individuals

L. Q&A

II. Non-Violent Crisis Intervention – The Law Enforcement Side (2 hours)

A. Introduces Self and Background

B. Overview: Purpose and Philosophy

C. Crisis Response

i. The “Five C’s”

1. Command

2. Coordinate

3. Containment

4. Communication
5. Control

D. Less-Lethal Weapons

- i. It is still a use of force

E. Pre-death Behaviors

- i. Hyper vigilance
- ii. Change in Respiratory Rate
- iii. Counting Down/Up
- iv. Officer safety
- v. Officer actions
 1. Interrupting these behaviors to prevent life taking

F. CIT Basic Intervention Rules

- i. Slowing down
 1. Yourself
 2. The subject
 3. Your team
 4. Bystanders and the scene
- ii. Environment
 1. Maintaining safety
 - a. Moving the public away
 - i. Practical example of stopping traffic under a busy freeway overpass
 2. Eliminating distractions and triggers
- iii. Positioning
 1. Officer safety
- iv. Tone
 1. Conducive to the interaction
- v. Strategies
 1. Is it best to go hands-on?
 2. Less-Lethal
 3. Waiting for other team members or outside resources
 - a. Contacting a HNT or mobile crisis team
- vi. Verbal Interventions
 1. Words being congruent with non-verbal cues
- vii. What not to do
 1. Do you involve family in de-escalation?

G. Documentation

- i. For follow-up purposes

H. TACT Principles

- i. Tone
- ii. Atmosphere
- iii. Communication
- iv. Time

I. Reminder in preparation of the Role-Plays

J. Q&A