

Ventura County CIT Course Outline

Children & Adolescents (1.5 hours)

- A. Introduces Self and Background
- B. Officers will develop a better understanding of how mental illnesses develop early on in life
 - i. Ways to prevent / delay mental illness
 - ii. Need for referrals to expert early intervention
- C. Officers will develop a better understanding of how some developmental disabilities aren't diagnosed until first few years of life
- D. Causes of Problems
 - i. Toxins
 - ii. Abuse
 - iii. Stress
- E. Definitions of Disorders
 - i. What is a "Disorder"
 - ii. Disorders Illustrated
 - 1. ADD/ADHD
 - a. Similarity to bipolar disorder
 - 2. Autism
 - a. Age of onset
 - 3. Conduct Disorder
 - a. May lead to anti-social personality disorder
 - b. Frequent police contacts
 - 4. Eating Disorders
 - a. For both sexes
 - 5. Tourette's Disorder
 - a. Blurting out inappropriate comments
 - b. Uncontrollable movements
 - 6. Elimination Disorder
 - a. Prevalence in children that are abused
 - 7. Mood Disorders
 - a. Suicide risk due to impulsiveness, poor problem solving, alienation, etc.
 - 8. Anxiety Disorders
 - a. Separation Anxiety Disorders
 - b. Classroom behaviors

- F. Available Treatment
 - i. Therapy / Coaching / Support Groups
 - 1. Parenting classes
 - 2. Parent support groups
 - 3. In-home therapy for child & family
 - 4. Out-patient therapy for child & family
 - 5. Shelters
 - ii. Medication
 - 1. Concerns about medications given to children

- G. Causes of Lack of Treatment
 - i. Culture
 - ii. Denial
 - iii. Shame/Embarrassment
 - iv. Misdiagnosis
 - v. Finances

- H. Behaviors
 - i. Rocking
 - ii. Humming
 - iii. Communication Altered
 - iv. Frustration levels
 - v. Aggression at home and in school

- I. Use of Drugs as a Last Resort
 - i. Mental Health Interventions/Effective Intervention Strategies
 - ii. Diet

- J. Case Study examples given (parent/child dynamics)

- K. Children Family Services (CFS)
 - i. Powers and limitations
 - ii. Investigations
 - iii. Resource services offered

- L. Q&A