

## **CIT Training**

### ***On-Site Visits Program***

The 40-hour comprehensive training emphasizes mental health and substance abuse related topics, crisis resolution skills and de-escalation training and access or knowledge of community-based services and resources.

The format of the 40-hour training will consist of didactics/lectures, on-site visitation and exposure to mental health facilities, intensive interaction with individuals with a mental illness and scenario based de-escalation skill training.

#### **Philosophy of the CIT Training**

There is a specific and purposeful philosophy of the CIT training. The philosophy is outlined as follows:

1. CIT training is about Officer Safety, first and foremost. This needs to be conveyed in every module of the training
2. CIT is primarily a response to persons with mental illnesses, but the techniques can be used for others who may be in crisis
3. The training is designed to help the officer gain knowledge and skills and then be able to apply the knowledge and skills to real life situations
4. The training has to be relevant for the officer – Why is it important for the officer to know this

#### **Role for the Consumer and Family Member**

In preparing individuals with a mental illness and family members who will be presenting it is important to have instructions for what you want them to talk about. It is also important to ask them to write down what they plan to talk about so it helps them to stay on track. Being very clear about their role in the training is paramount to a successful interaction with the officers.

#### **What to Present**

##### From the consumer perspective:

Talk about your illness, how long you have had it, the medications you take, etc.

Talk about what is like for you to live with a mental illness

Share if you have ever had an encounter with a law enforcement officer or been in jail due to your illness

Share what that experience was like

Give your thoughts on how they can help you if you were to be in crisis so that it would be a good outcome for you and for them

You can tell stories, be humorous, etc.

PLEASE do not show anger or be accusatory with the officers – this is meant to be a learning experience not a time to vent.

##### From the family perspective:

Talk about your child (even if they are an adult) and their mental illness

Share your experience with what it is like for you as a family member to have a child with a mental illness

Share if you ever had to call law enforcement for help and how was that encounter

If you were to call them again what would you want them to know in order to have a positive outcome for all

Help the officers feel the emotions of having a family member with mental illness

Talk about STIGMA

**FOR BOTH – ENGAGE THE OFFICERS, ASK THEM QUESTIONS, GET THEM SHARING AND TALKING WITH YOU**