

## What is CIT?

CIT is the abbreviation for a concept known as Crisis Intervention Team

CIT is an innovative first responder model that has been successfully utilized by law enforcement personnel in all other 99 counties of N. C. and nationally across the U.S.

Thus, CIT is an effective law enforcement training and response program designed for first responders who handle crisis calls involving people with mental illness, developmental disabilities, and alcohol and substance abuse disorders.

## What are the basic goals of the CIT Program?

1. To provide supportive measures and an “on –the–job –tool” that can be used by law enforcement personnel to enhance and maintain officer, consumer and public safety.
2. To provide intervention strategies and alternatives to assist in directing individuals with mental illness to the appropriate health care systems during crisis contacts and reduce their involvement in the criminal justice system.

## Why, when and who initiated CIT (Crisis Intervention Team)?

The Memphis, Tennessee Police Department developed the first CIT program in 1988 following a tragic incident in which officers fatally shot a suicidal man.

The Memphis CIT was developed to better equip officers to respond to persons in crisis.

Subsequent, to the program’s implementation in Memphis, CIT quickly spread to jurisdictions throughout the United States.

## What does the CIT training involve?

CIT training is a certification that is earned by law enforcement personnel by successfully completing an intensive five-day 40- hour training and evaluation process.

For Johnston County, this training, certification and continuing education credits are being offered and provided through the Basic Law Education program at Johnston Community College.

Training modules include (*but not limited to*):

- Crisis Intervention & Verbal De-escalation
- Signs and Symptoms of Mental Illness
- Suicide: Risk Factors & Intervention
- Simulated “Hearing Voices” Exercise
- Military & Veterans Issues
- Trauma & PTSD
- Personality Disorders

- Substance Abuse & Addictions Disorders
- Responding to Children & Adolescents
- Intellectual & Developmental Disabilities
- Homelessness & Mental Illness
- Site Visits to Treatment Programs
- Community Resources & Mobile Crisis Teams
- Interactive Role Plays
- Evaluation & Feedback from Certified CIT Officers

What are some benefits of CIT?

- Decrease in the number of injuries to officers
- Decrease in number of injuries to consumers
- Improves overall public safety
- Rapid and effective crisis response
- Enhanced de-escalation skills for officers
- Decrease in the use of force during crisis events
- Increase the use of appropriate alternatives for placement during crisis response events
- Cost savings in time and financial resources

What is needed now to move forward with the Johnston County CIT program being established?

1. To identify an officer to act as the CIT liaison from your department to continue the planning, development and ongoing collaboration for the process.
2. To identify and register personnel to attend the first scheduled Johnston County Crisis Intervention Team (CIT) Training academy.

When is the first scheduled Johnston County CIT training academy 6

Date: Monday, March 17 through Friday, March 21, 2014

Time: 8:00 am to 5:00 pm daily

Location: Johnston Community College

Who is the Mental Health contact person for CIT?

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