



# ▶ Crisis Intervention Training Overview Presentation

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# Introduction

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**Purpose of Crisis Intervention Training (CIT):** Enhancing collaboration between law enforcement and behavioral health professionals to improve outcomes for individuals in crisis.

**Overview of Training Objectives:**

- Recognize signs of mental health crises.
- Understand de-escalation techniques.
- Learn about resources and referral pathways.

**Target Audience for Training:** Law enforcement, first responders, and mental health professionals, and the community.

**Duration of Training:** Typically, 8-40 hours depending on the depth of the program.



## Frontline Response

- CIT and co-responder models have a positive and measurable effect on individuals in crises by minimizing exposure to the legal system through collaborative alternatives.
- This includes training to better de-escalate intense or emotional crisis situations without using force.
- The success of the model depends on strong collaborative partnerships between the police, local service providers, and advocates to provide comprehensive community-based responses to individuals in crisis.

# Working Together

**Law Enforcement Officers:** Experienced officers share practical knowledge on handling crisis situations, emphasizing de-escalation techniques and safety protocols.

**Mental Health Professionals:** Experts who offer insights into various mental health conditions, treatment approaches, and effective communication strategies.

**Individuals with Lived Experience:** People who have personally navigated mental health challenges, along with their family members, provide firsthand perspectives on their experiences and interactions with law enforcement.

**Community Service Providers:** Representatives from local organizations discuss available resources and support systems for individuals in crisis.





# Mental Health Basics

## Understanding Mental Illness:

- Common disorders encountered in the field (e.g., schizophrenia, bipolar disorder, PTSD).
- Symptoms and behaviors associated with mental health conditions.

## Substance Use and Co-occurring Disorders:

- Impact on behavior and crisis situations.
- Tips for differentiating between mental health and substance-induced crises.

# Crisis Response

## **Recognizing Crisis Situations:**

- Key indicators (verbal, physical, and environmental).
- Situations that escalate risk (e.g., suicidal ideation, psychosis).

## **Stages of a Crisis:**

- Baseline, escalation, crisis, recovery.



# De-Escalation Techniques

## Principles of De-escalation:

- Maintaining safety for everyone.
- Communicating effectively under stress.

## Verbal and Nonverbal Strategies:

- Active listening.
- Tone, body language, and empathy.

## Practice Scenarios:

- Role-plays with examples of challenging interactions.
- Feedback and discussion.

# Legal and Ethical Considerations

- **Rights of Individuals in Crisis:**

- Americans with Disabilities Act (ADA) implications.
- Handling involuntary holds (e.g., 5150 in California).

- **Use of Force Policies:**

- Balancing safety with the least restrictive measures.





# Community Resources and Partnerships

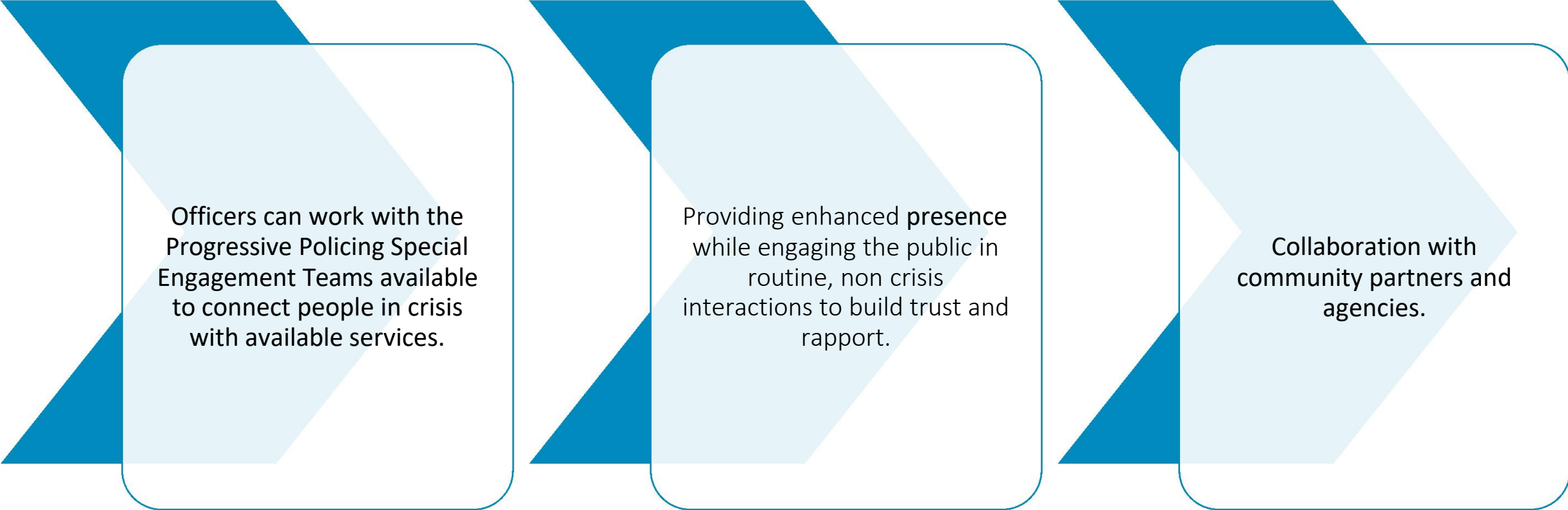
## **Behavioral Health Services:**

- Referral options for crisis stabilization.
- Hotlines, mobile crisis teams, and outpatient services.

## **Collaboration Strategies:**

- Building relationships between law enforcement and mental health providers.
- Importance of ongoing communication.

# Addressing Quality of Life Concerns



Officers can work with the Progressive Policing Special Engagement Teams available to connect people in crisis with available services.

Providing enhanced **presence** while engaging the public in routine, non crisis interactions to build trust and rapport.

Collaboration with community partners and agencies.



# Program Outcomes and Metrics

## Impact of CIT:

- Reducing arrests and improving crisis outcomes.
- Decreasing use-of-force incidents.

## Tracking and Reporting:

- Data collection and success stories.
- Importance of continuous improvement.

# Conclusion and Next Steps

- **Key Takeaways:**

- Empathy and understanding as tools for effective crisis resolution.
- Value of interdisciplinary collaboration.

- **Commitment to Ongoing Training:**

- Regular refreshers and advanced courses to enhance the knowledge of CIT coordination with community stakeholders.

## CIT Training Inspiring Quote

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"The best way to predict the future is to create it." – Peter Drucker