

Journey Forward To Recovery

Role Play

Daniel Rodgers, Consumer & Peer Support Specialist

Brian Bollinger, CIT Police Officer



CRISIS INTERVENTION TEAM CIT



STATE OF OHIO - CIT



- CIT is in 86 counties across Ohio
- 637 Law Enforcement Agencies
- 10,109 Officers have been CIT trained in Ohio
- 825 Individuals completed CIT training in Lucas County since 2001

THE PURPOSE OF CIT



- CIT is a collaborative model designed to improve the outcomes of law enforcement interactions with people who have a mental illness, addiction, and/or a developmental disability.
- The focus of the training is to educate the officers in basic mental health definitions, symptoms, and de-escalation techniques.

CORE OUTCOMES OF CIT

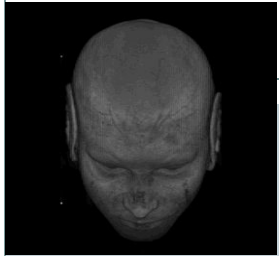


1. Lower incidents of injury to Officers and individuals
2. Increase the knowledge of community resources
3. Redirect people who have a mental illness, an addiction and/or a developmental disability from the criminal justice system and into an appropriate health system
4. Decreased costs to the criminal justice system

STAGES OF ESCALATION



LOSS MODEL: The 4 Types of Encounters



Loss of Reality

- Withdrawn
- False beliefs
- Disorganized thinking
- Hearing/Seeing things
- Odd behavior or mannerisms
- Suspicious/Paranoia/Fearful



Loss Of Control

- Manipulation
- Impulsiveness
- Destructiveness
- Irritability/Hostility
- Anger/Argumentative
- Anti-social/Oppositional



Loss of Hope

- Fatigue
- Anguish
- Emotional pain
- Suicidal gestures
- Crying/Deep despair



Loss of Perspective

- Very verbal
- Anxiety/Panic
- Restlessness/Pacing
- Nervousness/Energetic

De-escalation Skills . . .



Loss of Reality

Ground the person in the here & now.
Calm confusion and disorientation.
Defer your own belief in their psychosis.
Validate how it must be making them feel.

8



Loss Of Control

Be calm but firm.
Use I statements to deflect personal attacks. Allow the person some time to vent. Empathize by acknowledging their anger.

Loss of Hope



Stay calm and make a personal connection with their pain try and take control by using I statements.
If desperate, ask the person to make a promise to you.
Use their ambivalence to keep them alive.



Loss of Perspective

Let the person talk but not “wallow” in their anxiety.
Interrupt non-productive talk if it becomes repetitive.
Use “I” statements to interrupt their anxiety and ground them in the here & now.

DO YOU KNOW HOW TO ASK A QUESTION?



Closed

- Did
- Are/was
- Will
- Won't
- If

Open

- How
- Why
- What
- Describe
- Tell me more
- Say more about that

GOALS OF CIT

Assisting officers to build:

- **Empathy**
- **Patience**
- **De-escalation skills**