

Journey Forward To Recovery

Role Play

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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

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THE PURPOSE OF CIT



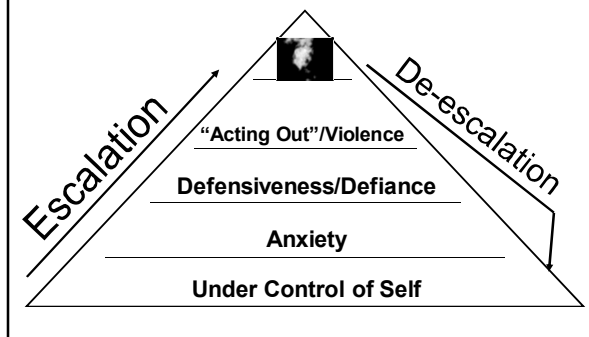
- CIT is a collaborative model designed to improve the outcomes of law enforcements interactions with people who have a mental illnesses, addiction, and/or a developmental disability.
- The focus of the training is to educate the officers in basic mental health definitions, symptoms, and de-escalation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

 <p>Loss of Reality</p> <ul style="list-style-type: none"> ● Withdrawn ● False beliefs ● Disorganized thinking ● Hearing/Seeing things ● Odd behavior or mannerisms ● Suspicious/Paranoia/Fearful 	 <p>Loss Of Control</p> <ul style="list-style-type: none"> ● Manipulation ● Impulsiveness ● Destructiveness ● Irritability/Hostility ● Anger/Argumentative ● Anti-social/Oppositional
 <p>Loss of Hope</p> <ul style="list-style-type: none"> ● Fatigue ● Anguish ● Emotional pain ● Suicidal gestures ● Crying/Deep despair 	 <p>Loss of Perspective</p> <ul style="list-style-type: none"> ● Very verbal ● Anxiety/Panic ● Restlessness/Pacing ● Nervousness/Energetic

De-escalation Skills . . .

 <p>Loss of Reality</p> <p>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.</p>	 <p>Loss Of Control</p> <p>Be calm but firm. Use I statements to deflect personal attacks. Allow the person some time to vent. Empathize by acknowledging their anger.</p>
 <p>Loss of Hope</p> <p>Stay calm and make a personal connection with their pain try and take control by <u>using I statements</u>. If desperate, ask the person to make a promise to you. Use their ambivalence to keep them alive.</p>	 <p>Loss of Perspective</p> <p>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.</p>

DO YOU KNOW HOW TO ASK A QUESTION?



<p><u>Closed</u></p> <ul style="list-style-type: none"> ■ Did ■ Are/was ■ Will ■ Won't ■ If 	<p><u>Open</u></p> <ul style="list-style-type: none"> ■ How ■ Why ■ What ■ Describe ■ Tell me more ■ Say more about that
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GOALS OF CIT

Assisting officers to build:

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