Description of Crisis Intervention Team (CIT)

**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 North Carolina and nationally across the U.S.

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

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

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.

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 began the CIT program in 1988 following a tragic incident in which officers fatally shot a suicidal man. The program, developed to better equip Memphis officers to respond to persons in crisis, 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.

**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

**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 is needed to continue to move forward with the Johnston County CIT program being established?**

To identify and register officers to attend an upcoming Johnston County Crisis Intervention Team (CIT) Training academy.

To identify an officer(s) to act as the CIT liaison from each law enforcement department to continue the planning, development and ongoing collaboration for the process.

**When is the next scheduled Johnston County CIT training academy?**

Academy 3  
**Date:** Monday, October 1 through Friday, October 5, 2012  
**Time:** 8:00 am to 5:00 pm daily  
**Location:** Johnston Community College

**How to register:**

To register go to: [http://www.johnstoncc.edu/lawenforcementinservice.aspx](http://www.johnstoncc.edu/lawenforcementinservice.aspx)
Or contact:

Carla P. Roberts  
In-Service Training Coordinator  
Johnston Community College  
PO Box 2350  
Smithfield, NC 27577  
Phone: 919-464-2357  
Email: cproberts@johnstoncc.edu  
Fax: 919-464-2350

**Who is the Mental Health contact person for CIT?**

Alice O'Neal, Education & Training Coordinator  
Phone: 919-989-5500  
Email: alice.oneal@johnstonnc.com  
Fax: 919-989-5532

or  
Dr. Janis Nutt, Area Director  
Phone: 919-989-5500  
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Fax: 919-989-5532