

CRISIS INTERVENTION TEAM (CIT) PROGRAMS



It's more than training

Relationships & Partnerships



- Mental Health System
- Law Enforcement Agencies
- Mental Health Advocacy Organizations



Keys to Success



- Commitment from leaders - Create a steering committee
- Understand community-wide response to mental health crisis situations
- Build infrastructure to strengthen and sustain a program
- Training (Coordinator)
- Commitment to ongoing improvement

CIT Training Building Blocks

40 hours – 3 components

Knowledge

- Understanding mental illness
- Medications
- SUDT/Co-occurring
- Laws & Legal Issues
- Special populations
- Local Resources

Building Empathy

- "Hearing voices" exercise
- Community site visits
- Meet family & people with live experience
- Communication skills

Practical Application

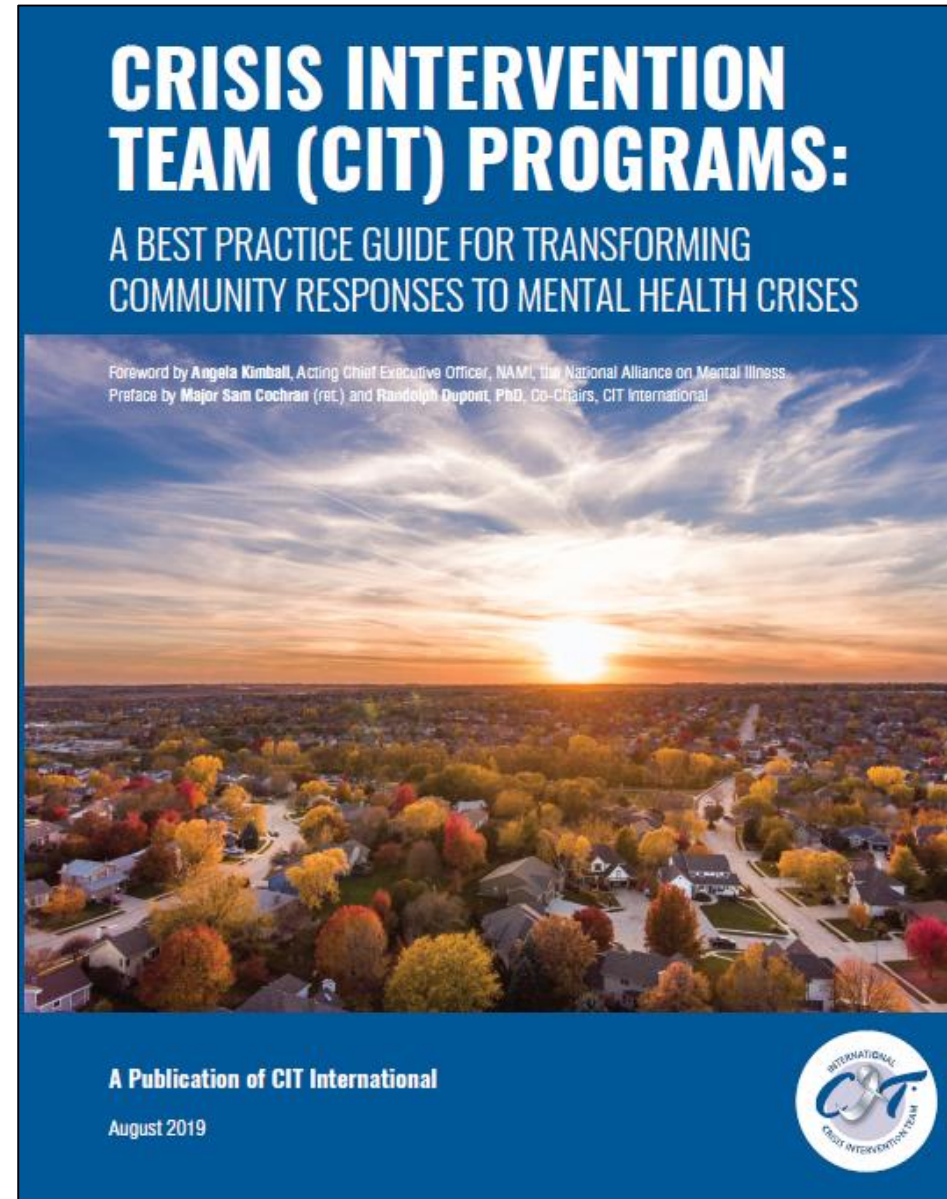
- De-escalation skills
- Scenario-based training
- Coaching & feedback
- Graduation!



National Alliance for the Mentally Ill (NAMI) is committed to the CIT International program model.

NAMI Mendocino County is committed collaborate with other organizations and agencies to educate the entire community on mental health issues.

We encourage all agencies to include CIT training in their annual budgets.





"When written in Chinese, the word *crisis* is composed of two characters – one represents danger and the other represents opportunity."

- *John F. Kennedy*

Questions?