



## CIT TRAINING MISSION

To help persons with mental illness, substance use, and intellectual or developmental disabilities who are in crisis get connected to the services they need and reduce the inappropriate use of our criminal justice system and the hospital emergency department.

## PARTNERING ACROSS SYSTEMS & COMMUNITIES

- First Responders including Law Enforcement, Fire/Rescue, Emergency Medical Services (EMS), and 911 Dispatchers
- Mental Health Systems
- Individuals Receiving Services
- Family Advocates
- Network Providers
- NAMI Members
- Community Stakeholders

## CIT TRAINING IS AVAILABLE FOR

- Jail Staff (40 hour course)
- Probation Staff (40 hour course)
- School Resource Officers (40 hour course)
- Law Enforcement (40 hour course)
- EMS (24 hour course)
- Fire/Rescue (24 hour course)
- Dispatcher (16 hour course)

For more information or to request CIT Training in your community, call us at **1-866-998-2597** and ask for a CIT Coordinator or email us at [CIT@TrilliumNC.org](mailto:CIT@TrilliumNC.org)

## REGIONAL OFFICES

**Northern Regional Office**  
144 Community College Rd.  
Ahoskie, NC 27910-8047

**Central Regional Office**  
201 West First Street  
Greenville, NC 27858-1132

**Southern Regional Office**  
3809 Shipyard Blvd.  
Wilmington, NC 28403-6150

**Behavioral Health Crisis Line**  
1-888-302-0738

[www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org)

**Trillium Health Resources is a Local Management Entity/Managed Care Organization (LME/MCO).**

**We are designated by the NC Department of Health & Human Services to oversee state and federally funded services for 28 counties in eastern North Carolina.**

Trillium is responsible for providing access to and oversight of services for individuals who receive Medicaid or state funding for their care. Trillium complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

Trillium requires priority admission to all women who are pregnant and injecting drugs, pregnant and using substances, and other individuals who are injecting drugs. Trillium does not publish materials or share information that is intimidating, misleading, or inaccurate.

Revised: April 2023




An innovative first-responder model of crisis intervention training.

# CRISIS INTERVENTION TEAM



Regional CIT Training Program



# CONNECTING PEOPLE TO SERVICES THEY NEED WHILE DIVERTING THEM FROM OUR CRIMINAL JUSTICE SYSTEM AND HOSPITAL EMERGENCY DEPARTMENTS.

## THE CIT PROGRAM

The CIT Program is a community-based collaborative between individuals and their families, the behavioral health system and providers, law enforcement agencies, National Alliance on Mental Illness (NAMI), advocacy organizations, community colleges, and the medical community.

Training is designed to assist first responders who respond to incidents involving individuals with a mental health crisis. Officers are frequently first-line responders to calls for people experiencing crisis with a serious mental illness. CIT programs have the following three characteristics:

### Intensive Training

- First responders receive training on topics including an overview of mental health, geriatrics, substance use/co-occurring disorders, special concerns with adolescents, brain theory and medication management, personality disorders, intellectual and developmental disabilities, autism, suicide, trauma and its aftermath, homelessness, and crisis intervention and deescalation skills.

### Strong Mental Health Partnerships

- When appropriate, those responding to people in crisis use viable options for linking individuals with needed mental health treatment in lieu of arrest and incarceration.

### Significant Community Involvement

- Individual and family advocates are integrally involved in the design and implementation of CIT programs.

## 40-HOUR CIT TRAINING PROVIDES OFFICERS WITH TOOLS TO

- Identify and effectively interact with people who have mental illness or substance use disorder, and those diagnosed with intellectual and developmental disabilities
- Utilize verbal deescalation techniques
- Reduce use of lethal weapons or force
- Improve face-to-face interactions with individuals and family members

## BENEFITS OF CIT FOR BEHAVIORAL HEALTH SYSTEM

- Increased opportunities for more timely and appropriate intervention with improved treatment outcomes
- Decreased use of expensive crisis resources
- Ongoing collaboration with first responders and community resources
- Increased community partners in advocacy and educational efforts

## BENEFITS OF CIT FOR FIRST RESPONDERS

- Reduction in officer injury during crisis events
- Decreased use of time and money
- Increased appreciation and department recognition

## BENEFITS OF CIT FOR INDIVIDUALS AND FAMILIES

- Reassurance that when a CIT Officer responds, he or she has special skills
- Decrease use of physical intervention results in less injuries to individuals
- Respectful, effective intervention during crisis
- Positive relationships with behavioral health system and law enforcement enhances trust
- Partners in advocacy and educational efforts
- Reduction in myths and stigma of mental illness

## CIT HISTORY

- Crisis Intervention Team training was developed in Memphis, TN in 1988 and is now embraced nationally.
- The CIT Program was introduced in North Carolina in 2004. Presently, the state of North Carolina has approximately 20% of law enforcement trained as CIT officers.

## HOW TO PARTICIPATE

- Present an educational session during CIT training for first responders
- Provide a site visit during the week of CIT training for first responders
- Link to families or members who would want to share their experience
- Encourage your community first responders to participate in training