



INTRODUCTION TO CRISIS INTERVENTION TRAINING

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The need for proper mental health training for officers has never been greater. With the rise of returning veterans, the ever-growing mental health population and the increased potential for mental instability within the general public, officers need CIT Training more than ever before.

Facing substantial budgeting shortfalls, manpower shortages and significant recruitment and retention issues across police departments, most officers are not able to attend a full 40 hours CIT training program. In that, we've created a one day introduction to CIT program which will provide the proper knowledge base and confidence for all officers who encounter individuals with mental illness.

In this course we will explain the historical treatment of mental illness, define stigma, and utilize person-first language as well as define the historical and current importance of CIT. Officers will identify the major mental illnesses which commonly present in the field, including depression, bipolar disorder, schizophrenia, and the various anxiety and personality disorders

Topics we'll cover include:

- Explain the historical treatment of mental illness, define stigma, and utilize person-first language.
- Recognize and define the historical and current importance of CIT.
- Identify the major mental illnesses which commonly present in the field, including but not limited to depression, bipolar disorder, and schizophrenia.
- Identify and discuss the various anxiety and personality disorders.
- Recognize the differences and similarities of Acute Stress Disorder vs. PTSD.
- Highlight and discuss the various child and adolescent disorders.
- Compare and contrast between the various forms of delirium and dementia.
- Recognize the similarities and differences between substance use, mental illness, medical conditions, and co-occurring disorders.
- Name, identify and discuss the latest treatments including psychotropic medications across psychiatric conditions.
- Recognize, respond, and interact confidently and effectively with mentally ill and emotionally disturbed individuals utilizing active listening and de-escalation tips and techniques.
- Identify the importance of officer wellness through suicide prevention and utilization of resources such as peer support.