



C.I.T.

Crisis Intervention Training for Law Enforcement Officers

38 Hour P.O.S.T. Certified Course

The Crisis Intervention Team (CIT) is an innovative first-responder model of police-based crisis intervention with community, health care, and advocacy partnerships. CIT provides law enforcement-based crisis intervention training for assisting those individuals with a mental illness, and improves the safety of patrol officers, consumers, family members, and citizens within the community. CIT is a program that provides the foundation necessary to promote community and statewide solutions to assist individuals with a mental illness. The CIT Model reduces both stigma and the need for further involvement with the criminal justice system. CIT provides a forum for effective problem solving regarding the interaction between the criminal justice and mental health care system and creates the context for sustainable change.

-Crisis Intervention Team Core Elements
<http://cit.memphis.edu/CoreElements.pdf>

July 16 - 19	2012
September 17 - 20	2012
November 26 - 29	2012
January 14 - 17	2013
March 11 - 14	2013
May 13 - 16	2013

Location: **Oakland Police Administration Building**
455 7th Street, Oakland, CA

Cost: **\$25.00 per person**

For more details **OPD Training Division: Officer Doria Neff**
Or **Office: 510.238.3552**
To Register Contact: **dneff@oaklandnet.com**

Hosted by:
The Oakland Police Department
In partnership with
Alameda County Behavioral Health Care Services



Alameda County BHCS / Oakland Police Department Crisis Intervention Training (CIT)

Course Summaries

Overview of Mental Illness:

Explanation of most common signs/symptoms and behaviors associated with schizophrenia/bipolar disorder/anxiety/depression which are often present when police are called.

Psych Meds and Street Drugs:

Give officers a general overview of prescriptions related to diagnoses and the effects on the brain. Also covers what the lack of meds does, what and how street drugs are related...large number of individuals suffering from mental illness also have substance abuse problem (co-occurring / dual-diagnosis).

Patients Rights and LPS Investigations:

Instructor gives the information from a patient's rights point of view... This class also covers grave disability in depth and discusses designation of facilities.

Writing Effective 5150's and Alameda County Structure and Resources:

Provides officers with good and bad examples of documentation on paperwork they write on 5150 calls for service... Class also outlines the Counties structure and access to services so they may assist/educate families and consumers when making contact with them.

Cultural Responsiveness:

Brings to light the differences cultures and ethnic groups have in regards to mental illness...attempts to identify ways to bridge the gap when communicating, help the officer understand similarities and differences as well as dispel any stereotyping Includes Veterans, LGBTQ and homeless communities...

Older Adults:

The class focuses on older adults and point out problem solving strategies for encountering someone suffering from dementia, which is a medical condition,...etc. Is a psych hold appropriate? What are my other choices?

Homelessness:

This is a brief class which attempts to shed light on the very complex relationship between homelessness, mental illness and substance abuse...as well as observing an individuals rights to choose a life style and treatment program which suits their needs.

Suicide Assessment:

Part 1 – The class reviews specific warning signs and information related to potentially suicidal individuals and ways for officers to connect as a first responder to anything from suicidal ideation to a suicide attempt. The class discusses what information is needed when documenting a suicide or attempt suicide.
Part 2 – A mother shares her families story of her daughters suicide.

Youth and Mental Health:

This course looks at the specific information that is helpful when assessing youths while deciphering between behavioral issues/parenting issues and mental health. Also attempts to problem solve for officers interactions with group homes.

Combat to Community:

<http://www.swords-to-plowshares.org/combat-to-community/>

A 4 hour version of the 8 hour training developed to help first responders recognize and identify veterans and behaviors that may be associated with someone who has recently returned from overseas. Also includes a Vet Center Psychologist who discusses PTSD and Traumatic Brain Injury and how to respond to someone suffering from symptoms

Consumer and Family Perspective:

2 Family members and 2 consumers share their personal stories of 5150 calls for service involving officers and what worked and what could have been improved. They also host a lunch and do an interactive exercise with the class.

Developmental Disabilities:

East Bay Regional Center comes to point out similarities and differences when interacting with individuals who have developmental disabilities and how they often time can be confused. Explain their Crisis Response Program

Site Visits:

Opportunity for officers to tour:

John George – Designated Adult Psychiatric Intake Facility for Alameda County

Willow Rock – Designated Youth (12-17) Psychiatric Intake Facility for Alameda County

Cherry Hill - Detox Facility in Alameda County

Threat Assessment:

This class aims to reinforce the perception of a threat and proper responses when faced with behaviors associated with mental illness.

Crisis De-Escalation:

Officers are taught techniques and strategies to use when encountering a crisis and ways to attempt to de-escalate the individual.

Police Stress and Wellness:

A real look at the officers own personal story. How they cope and take care of themselves when faced with critical incidents, stresses of the job etc.

Role Play Scenarios:

Officers get an opportunity to practice the skill they have learned throughout the week when an outside company creates reality based scenarios to test their abilities.

Alameda County: Crisis Intervention Training (CIT)
Oakland Police Department



Monday		11-Mar-13
0700	Welcome Coffee and Bagels	
	Introduction: What is CIT?	
0800	Welcome: AC Toribo	
0800	Overview of Mental Illness	
1100	Rachael Cresci	
1115	Psych Meds and Street Drugs	
1215	Charles Raynor	
1215-1315	Lunch	
1315	Patients Rights and LPS Investigations	
1500	Francesca Tenenbaum	
1515	Writing Effective 5150's and Alameda BHCS Structure & Resources	
	Officer Doria Neff	
1700	Stephanie Lewis	
1700	Dismissal	

Tuesday		12-Mar-13
0700	Re-cap / Housekeeping Coffee and Donuts	
0730	Cultural Responsiveness	
0900	Gigi Crowder - BHCS	
0915	Older Adult Population	
	Malikah Taylor	
1045	Adult Protective Services	
1100	Homelessness	
	Ofc. D. Neff	
1200	Lucy Kasdin	
1200-1300	Lunch	
1300	Suicide Assessment	
	Ofc. D. Neff	
	Janis Doughty: AFSP	
1500	Youth and Mental Health	
	Cece Mendoza	
1700	Ofc. D. Neff	
1700	Dismissal	

Wednesday		13-Mar-13
0700	Re-cap / Housekeeping Coffee and Muffins	
0730	Combat to Community	
	Swords to Plowshares	
1130	Dr. David Joseph - Vet Center	
1145	Consumer and Family Perspective	
	Hosted Lunch & Slideshow	
1315	Annie Kim & Yaffa Alter	
1400	Developmental Disabilities	
	Ruth Greenberg & Lili Gamero	
1500	East Bay Regional Center	
1500	Site Visits	
	John George Pavilion	
	Cherry Hill	
1700	Willow Rock	
1700	Dismissal	

Thursday		14-Mar-13
0700	Re-cap / Housekeeping Coffee and Bagels	
0730	Threat Assessment	
0930	Officer J. Shannon	
0915	Crisis De-Escalation	
1200	Officer J. Shannon	
1200-1300	Lunch	
1300	Role Play Scenarios	
1430	PointAcross Info Network	
1545	Police Stress and Wellness	
	Officer J. Shannon	
1600	Course De-Brief Post Survey	
1630	Graduation	
1700	Dismissal	

CIT: Cumulative Participation by Agency

Fiscal Year 2011-2012

Alameda County Agency	Jul 2011	Aug 2011	Sep 2011	Oct 2011	Jan 2012	Feb 2012	Mar 2012	May 2012	Jun 2012	Total
Alameda PD		4						1		5
ACSO	2		2	2	2			10	14	32
BART PD	3	2	8	9	7	4	4	3	4	44
Berkeley PD	2	1	1	1	1	1				7
Fremont PD	2				4					6
Hayward PD						6				6
Livermore PD										0
Newark PD									1	1
Oakland PD	5	4	5	4	5	5	4	4	4	40
Pleasanton PD				1	4	4	3	4	3	19
San Leandro PD	1	3		1	1					6
UC Berkeley PD	1		4	2						7
Union City PD		1	1							2
Total	16	15	21	20	24	20	11	22	26	175
Non-Alameda County Agency	Jul 2011	Aug 2011	Sep 2011	Oct 2011	Jan 2012	Feb 2012	Mar 2012	May 2012	Jun 2012	Total
SFPD	1									1
ALCO Court Services					1					1
Total	1	0	0	0	1	0				2

CIT: Cumulative Participation by Agency

Fiscal Year 2012-2013

ALCO	Jul 2012	Sep 2012	Nov 2012	Jan 2013	Mar 2013	May 2013	Total
Alameda PD			1				1
ACSO	2	4	3	2	5		16
BART PD	6	5	4	4	5		24
Berkeley PD			1	1	1		3
Fremont PD		1					1
Hayward PD	4		1				5
Livermore PD		1					1
Newark PD							
Oakland PD	4	5	5/2	4	4		24
Pleasanton PD		4	4	3			11
San Leandro PD							
UC Berkeley PD	1	2	2				5
Union City PD	2	2	5	2			11
Oakland Housing			2		1		3
Total	19	24	30	16	16		105
Non-ALCO	Jul 2012	Sep 2012	Nov 2012	Jan 2013	Mar 2013	May 2013	Total
Pasadena PD	1						1
Daly City			5	3			8
Nevada City			3				3
Grass Valley					2		2
SFPD				3			3
Total	1	0	8	6	2		17