



# CIT Utah

## Academy

### Academy Description

This academy is designed as a forty hour course of instruction for law enforcement officers to be completed in a one week period. It provides the fundamental working knowledge of mental health issues and the mental health system. Participants will have a balance of classroom training, site visit training, consumer contact, and practical training. Upon successful completion of this academy, the participant will be certified by the Utah Department of Human Services, Division of Substance Abuse and Mental Health as a Crisis Intervention Team (CIT) Officer.

### Academy Objectives

By the end of this course, the participant will:

1. Gain an understanding of mental illness and mental health issues.
2. Identify some presentations of mental illness, personality disorders, and developmental disabilities.
3. Learn de-escalation techniques when dealing with a mental health consumer in crisis.
4. Understand the public mental health system and mental health resources
5. Become certified in the State of Utah as a CIT Officer.

### Items and Material

- White board with dry erase markers
- Media equipment to include LCD projector, projector screen, computer, and DVD player
- Various videos and PowerPoint presentations
- An MP3 player prerecorded with the “voices” simulation and headphones for each participant
- Training firearms, training handcuffs, training knives, and a training machete
- A pre-produced training manual for each participant
- Academy lanyard for each participant
- Various handouts
- Refreshments

### Testing

1. CIT Utah scenario based testing. Utilizes a pass / fail rating. Participant must acquire a pass to be eligible for the written exam portion of the testing process.
2. CIT Utah State written exam. 80% proficiency required to be eligible for certification.

## Basic Academy Schedule Example

DATES TIMES	Monday	Tuesday	Wednesday	Thursday	Friday
0800	Class Introduction	Developmental Disabilities	Age Related Disorders	Non-Psychiatric Behavior	Site Visit:
0830					Scenario Training and Evaluations
0900	Introduction to Clinical Disorders	Substance Abuse / Co-Occurring Disorders	Suicide Assessment	"Voices" Simulation	Simulation Site
0930					
1000					
1030					
1100	Intervention Strategies #1	Children's Issues	Civil Commitment Laws / Liability Issues	CIT Procedures	
1130				<i>CIT Staff</i>	
1200	Lunch	Lunch	Lunch	Site Visit:	
1230				Lunch with Consumers Day Treatment Center /	Lunch
1300	Personality Disorders / Borderline Personalities	Site Visit:	Site Visit:	Mental Health Clubhouse	
1330		Emergency Procedures / Consumer Contact	Consumer Contact Utah State	Site Visit:	Family and Consumer Perspective
1400		Local Hospital	Hospital	Intervention Strategies #2 Theater Location	
1430				Scenario Training	
1500	Psychotropic Medications	Site Visit:			Questions & Answers
1530		PTSD Session / Consumer Contact			State Exam / Graduation
1600		VA Site			
1630				Test Review	
1700	END	END	END	END	END

## Academy Outline

Below is an outline of the minimum content and activities in each unit of the Academy.

### Unit 1 : Introduction

Participants are introduced to their training facilitators and expectations of the Academy. The following learning objectives are covered:

- |             |                         |
|-------------|-------------------------|
| 1. Goals    | 4. Statistical concerns |
| 2. History  | 5. Training overview    |
| 3. Benefits | 6. Program overview     |

### Unit 2 : Clinical Disorders

Participants will become aware of major mental disorders and presentations. The following learning objectives are covered:

- |                        |                                |
|------------------------|--------------------------------|
| 1. Psychotic Disorders | 4. Adjustment Disorder         |
| 2. Mood Disorders      | 5. Axis 1 vs. Axis 2 Disorders |
| 3. Anxiety Disorders   |                                |

### Unit 3 : Personality Disorders

Participants will become aware of major personality disorders and presentations. The following learning objectives are covered:

- |                          |                            |
|--------------------------|----------------------------|
| 1. Cluster "A" disorders | 4. An emphasis on BPD      |
| 2. Cluster "B" disorders | 5. Crisis management of PD |
| 3. Cluster "C" disorders |                            |

### Unit 4 : Psychotropic Medications

Participants are introduced to pharmacology aspects of mental illnesses. The following learning objectives are covered:

- |   |                             |
|---|-----------------------------|
| 1. Treatment, past and present            | 3. Side effects             |
| 2. Categories of psychotropic medications | 4. Causes of non-compliance |

### Unit 5 : Substance Abuse / Co-Occurring Disorders

Participants will become aware of substance abuse issues. The following learning objectives are covered:

- |  |                                      |
|--|--------------------------------------|
| 1. Definitions of use, abuse, dependence | 4. Emphasis on co-occurring disorder |
| 2. Utah data                             | 5. Resources                         |
| 3. Various drugs and effects             |                                      |

### Unit 6 : Developmental Disabilities

Participants will become aware of disability issues. The following learning objectives are covered:

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1. Indicators of disabilities | 4. Behavior traits               |
| 2. Misperceptions             | 5. Communication recommendations |
| 3. Communication barriers     | 6. Resources                     |

### Unit 7 : Children's Mental Health Issues

Participants will become aware of the specialized concerns regarding children. The following learning objectives are covered:

- |                          |                                |
|--------------------------|--------------------------------|
| 1. Diagnostic categories | 4. Law enforcement involvement |
| 2. Autism awareness      | 5. Crisis plans / contracts    |
| 3. Treatment             |                                |

## Academy Outline (continued)

### Unit 8 : Age Related Disorders

Participants will become aware of age related issues. The following learning objectives are covered:

- |  |                             |
|--|-----------------------------|
| 1. Indicators of age related disorders | 4. Common calls for service |
| 2. Dementia awareness                  | 5. Intervention strategies  |
| 3. Alzheimer's awareness               | 6. Resources                |

### Unit 9 : Post Traumatic Stress Disorder (PTSD)

Participants will become aware of PTSD issues. The following learning objectives are covered:

- |                        |                            |
|------------------------|----------------------------|
| 1. Description of PTSD | 4. Treatment of PTSD       |
| 2. Causes of PTSD      | 5. Intervention strategies |
| 3. Symptoms of PTSD    | 6. Consumer discussion     |

### Unit 10 : Suicide Assessment / Intervention

Participants will become aware of suicide issues. The following learning objectives are covered:

- |   |   |
|---|---|
| 1. Epidemiology of suicide              | 4. Columbia Suicide Severity Rating Scale |
| 2. Risk factors                         | Intervention strategies                   |
| 3. Pseudo-suicidal vs. serious suicidal | 5. Safety plans                           |

### Unit 11 : Non-Psychiatric Behavioral Conditions

Participants will become familiar with other medical conditions that can present as a psychiatric emergency. The following learning objectives are covered:

- |   |   |
|---|---|
| 1. Types of abnormal behaviors          | 3. Law enforcement interaction with EMS |
| 2. Organic causes of abnormal behaviors |   |

### Unit 12 : "Voices" Simulation

Participants will gain empathetic awareness through this psychotic simulation. The following learning objectives are covered:

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1. Functioning in a psychotic state | 3. Types of "voices"       |
| 2. Effects of audio hallucinations  | 4. Intervention strategies |

### Unit 13 : Civil Commitment Laws / Liability Issues

Participants will learn civil commitment laws and their application. The following learning objectives are covered:

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1. Utah State code annotated         | 4. Liability issues             |
| 2. Temporary commitment applications | 5. Officer responsibilities     |
| 3. Civil commitment process          | 6. Law enforcement interactions |

### Unit 14 : CIT Procedures

Participants will learn of CIT procedural recommendations. The following learning objectives are covered:

- |                                   |                    |
|-----------------------------------|--------------------|
| 1. CIT response flow chart review | 4. Transportations |
| 2. Dispositions                   | 5. Juveniles       |
| 3. Calls for assist               | 6. Documentation   |

## Academy Outline (continued)

### Unit 15 : Intervention Strategies

Participants will learn basic and specific intervention strategies. The following learning objectives are covered:

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1. General screening questions      | 5. Active listening     |
| 2. Types of psychiatric emergencies | 6. Vocal de-escalation  |
| 3. Crisis defined                   | 7. Officer presentation |
| 4. ABC crisis intervention method   | 8. DBEAT officer safety |

### Unit 16 : Family and Consumer Perspective

Participants will hear from family members and consumers. The following learning objectives are covered:

- |   |                      |
|---|----------------------|
| 1. Impact of mental illness on families | 3. NAMI and advocacy |
| 2. Consumer presentation on recovery    |                      |

### Unit 17 : Consumer Contact

Through the week, participants will discuss with consumers of various levels of functioning in regards to mental health issues and effects on their lives. These will take place in out-of-classroom locations so that site tours can also be accomplished. Locations are listed in italics and parentheses and are by availability within the region. The following contacts are arranged:

1. Persons diagnosed with PTSD. (*VA Hospital, other VA location, mental health center*)
2. Persons newly placed into a hospital psychiatric unit. (*Local hospital with psychiatric unit*)
3. Civilly committed patients. (*State Hospital, local hospital, mental health center*)
4. Forensically committed patients. (*State Hospital, county jail*)
5. Lunch with consumers living in the community. (*Day treatment center, mental health clubhouse*)

### Unit 18 : Scenario Training / Testing

Participants will learn intervention strategies through scenario based training. The participant's interaction will be evaluated and discussed by mental health professionals and experienced CIT Officers. Participants will also be required to demonstrate minimum standards in five of the scenarios to be allowed to continue into the written testing portion of the testing process. These five scenarios are conducted in an off-site location to create a greater sense of realism. Training experiences are covered by interaction with the following or similar:

- |   |                                      |
|---|--------------------------------------|
| 1. Suicidal subjects                    | 5. Persons with psychotic disorders  |
| 2. Persons with developmental disorders | 6. Persons with mood disorders       |
| 3. Persons with co-occurring disorders  | 7. Persons with PTSD                 |
| 4. Persons with personality disorders   | 8. Persons with delusional disorders |

## Curriculum Adjustments

The CIT Utah Academy is conducted regionally throughout Utah and includes a specialized statewide academy for correction officers. The Academy allows for curriculum and content adjustments to benefit the specific needs of a region or specialization. However, the units listed above should still be represented in all academies during a forty hour, one week course of instruction.