

ESSENTIAL ELEMENTS OF VIRGINIA CIT

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Essential Elements of Virginia CIT

- Community Collaboration and Program Oversight
- CIT Coordinator
- 40 Hour CIT Core Training
- Train the Trainer Class
- Dispatcher Training
- Policies and Procedures
- Therapeutic Assessment Location or Protocol
- Data Collection
- Waiver Process

Collaboration and Program Oversight

- A community collaborative by any other name...
 - Advisory Committee/Task Force/Oversight Committee
 - Composed of critical community partners and stakeholders
- Community collaborative responsibilities
 - Guide initial planning and program implementation
 - Provide ongoing oversight and feedback for program operation and sustainability
 - Critical incident review, funding, community education

Collaboration and Program Oversight

- Community partnerships must include:
 - Law Enforcement Agencies
 - Community Services Board Representatives
 - Community Stakeholders – consumers and family members; consumer advocacy orgs, where possible
- Partnerships are encouraged to include:
 - Magistrates, special justices, judges, local emergency department directors & personnel, psychiatric hospitals, attorneys, etc.

CIT Coordinator

- The glue that holds the pieces together
 - ▣ An individual or team of two or three individuals
 - ▣ Responsibilities:
 - Boundary spanner among disparate stakeholders
 - Coordinate training and other program elements
 - E.g., scheduling and facilitation
(trainings/stakeholder meetings/faculty meetings);
Data collection; Community outreach; program oversight

40 Hour Core CIT Training

- 40 hour training format
 - 40 consecutive hours; five 8 hour days
- Maximum class size
 - 30 law enforcement participants
 - 20-25 is ideal
- Importance of basic uniform requirements for maintenance of the training arc

40 Hour Core CIT Training

- Didactic Component Uniform Requirement
 - ▣ Intro to CIT
 - ▣ Basic Mental Health (Clinical States)
 - ▣ Basics of Substance Abuse
 - ▣ Intellectual & Developmental Disabilities
 - ▣ Psychiatric Medications
 - ▣ Verbal De-escalation &/or Basic Crisis Intervention
 - ▣ Suicidality
 - ▣ Legal Issues & Civil Commitment (4 hrs)
 - ▣ Special Populations
 - ▣ Cultural Diversity (2 hrs)

40 Hour Core CIT Training

- Experiential Component Uniform Requirement
 - Site Visits (always on Tuesdays)
 - Consumer and family presentations
 - Virtual experience programs
 - 'Hearing Voices that are Disturbing' preferred
- Practical Components Uniform Requirement
 - Four Coaching Plays; basic, intermediate, & advanced role play
 - Final three days; increasing intensity & difficulty
 - Feedback panel (at least 1 LEO & 1 MH)
 - Role players primarily LE & NO actors

Train the Trainer Class

- Training the Core CIT Faculty
 - Provides new instructors with the ‘secrets’ of CIT training success
 - Develop consistent approach to creating and presenting role play scenarios
 - Enhance collaborative law enforcement and mental health co-presentational skills
 - Create effective feedback panels
 - Model good cross systems partnerships

Train the Trainer Class

- Core Elements of Train the Trainer
 - 20 consecutive hours over two and one half days
 - Maximum 14 students
 - All students have taken or observed 40 hour core CIT training
 - Law enforcement have utilized/developed CIT skills
 - Curriculum
 - CIT review, developing role play scenarios, 'coaching' and role play presentation, feedback panels
 - Skills practice and half day training development
 - Half day training presentation

CIT Dispatcher Training

- 4 hour curriculum (at a minimum)
 - ▣ Into to CIT
 - ▣ Basic Mental Health Concepts
 - ▣ Experiential Exercises ('Hearing Voices' preferred)
 - ▣ Four Coaching Plays
 - ▣ Dispatch Role Play
 - No visual contact with role player

Program Policies and Procedures

- CIT 40 hour training candidates
 - ▣ Self-selected, supervisor approved, road experienced
- Agencies provide 24/7 CIT response coverage
- Dispatchers 100% trained
- CIT Officer is lead Officer on CIT calls
- Consumers are respected (handcuffs and transports)
- Improved processes to reduce arrest

Therapeutic Assessment Alternatives

- Diversion mechanism or protocol
 - Agreement-based process
 - Improved access to services
 - Does not utilize a law enforcement setting
 - Reduces officer involved time
- Ultimate goal
 - Therapeutic assessment site available 24/7
 - Quick officer turn around time
 - Linkage to community or inpatient services
 - Detox equipped
 - TDO capable

Data Collection

□ 4 Elements & 16 Data Points

■ Call Type

- Dispatched to call for assistance with possible MH
- Dispatched to serve ECO
- Dispatched to wellness check
- Self-initiated response to

■ Time in Service

- Less than 30 minutes
- 30 minutes to 2 hours
- 2 – 4 hours
- Over 4 hours

Data Collection

- 4 Elements & 16 Data Points
 - ▣ On-Scene Injuries
 - None reported
 - Officer injuries
 - Individual injuries
 - Officer and individual injuries
 - ▣ Call disposition
 - Cleared on scene, no additional actions taken
 - Transported to community treatment/services
 - Civil custody (ECO/TDO)
 - Arrest

Data Collection

- Officer Knowledge
 - ▣ 40 hour core CIT training
 - Pre and post test

The Most Essential Element

- The Key to Success with CIT is Local Flexibility
 - ▣ Uniform standards
 - ▣ Inevitable exceptions required
 - ▣ Establishing a reasonable process
- Ultimate Goal

KEEP VIRGINIA'S CIT PROGRAMS
MOVING POSITIVELY FORWARD!