

### Benefits of CIT

CIT programs have positive outcomes for law enforcement and the mental health system.

Benefits include:

- Reducing injury rates among officers and people with mental illnesses.
- Reducing criminal justice system costs and the need for additional crisis resources.
- Increasing referral rates while reducing arrest rates among people with mental illnesses.
- Helping to form partnerships in advocacy and educational efforts.
- Improving law enforcement officers' confidence, attitudes and knowledge about mental illness and community resources.
- Reducing myths and stigma.
- Improving collaboration between law enforcement and agencies.
- Improving officers' ability to identify people with mental illnesses, therefore providing opportunities for them to get appropriate services at the right time.
- Assuring on-going collaboration with police and community resources.
- Teaching basic medication awareness.
- Allowing face-to-face interactions between first responders, people with mental illness and their families.
- Providing officers and departments recognition and appreciation.

### Register Now

To learn more or to sign up for Crisis Intervention Team (CIT) Training at Richmond Community College, contact:

Neil Parrisher  
Director of Public Safety  
(910) 410-1708  
knparrisher@richmondcc.edu



P.O. Box 1189  
1042 W. Hamlet Ave.  
Hamlet, NC 28345

**(910) 410-1700**

[www.richmondcc.edu](http://www.richmondcc.edu)



Administrative Offices  
1120 Seven Lakes Drive  
West End, NC 27376

**1-800-256-2452**

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



## Crisis Intervention Team (CIT) Training

Pre-arrest jail diversion for those  
in mental health crisis

**Next Class to Be Held Fall 2019**

LOCATION: TBD

Limited Seating | Pre-registration Fee  
Waived for Qualified Students



## What is CIT Training?

Crisis Intervention Team training is a joint effort between Sandhills Center, law enforcement, local National Alliance on Mental Illness (NAMI) chapters, service providers, and the community college system, which offers CIT training in addition to the basic law enforcement curriculum.

CIT trains first responders to understand people who are experiencing mental health, intellectual/developmental disabilities and substance use challenges. They learn skills to de-escalate situations, and how to recognize people in crisis so they can get the help they need. It also teaches tools to encourage people who need treatment to access services.

## Why is CIT training so important?

Each year about 25,000 people with severe mental illness end up in North Carolina jails. Encounters between these individuals and law enforcement officers can sometimes end tragically. CIT training plays an important role in educating officers to respond appropriately in such situations. Law enforcement and mental health professionals have joined forces throughout the country to establish CIT programs, giving first responders the knowledge and skills needed to de-escalate crisis situations, and emphasize treatment rather than jail time.

The first CIT program was started in 1988, in Memphis, Tenn., following the police-shooting death of a man with mental illness. Today, its



**Each year about 25,000 people with severe mental illness end up in North Carolina jails.**

success has inspired communities throughout the country to start CIT programs. In North Carolina, there are more than 8,100 CIT-trained police officers and sheriff's deputies, or nearly 40 percent of the state's law enforcement population. There are more than 2,100 first responders, dispatchers, private security officers and firefighters who also have completed CIT training in the state.

CIT training has been proven to help first responders provide safe intervention with people experiencing mental health crises. It is recognized as a best practice by multiple organizations including NAMI, the U.S. Department of Justice, the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), and the White House Conference on Mental Health.

## Objectives

CIT is a rigorous 40-hour curriculum. It involves classroom training, site visits and role playing, among other valuable learning techniques. It has these important objectives:

- Train first responders to safely interact with people experiencing mental health crises.
- Protect the rights of people with mental illness and other brain disorders.
- Improve the likelihood that people with mental illness and other brain disorders receive treatment in lieu of incarceration, when appropriate.
- Provide first responders with opportunities for meaningful discussions with people who have mental illness, intellectual/developmental disabilities, or substance use disorders.