

## TRAINING TOPICS

- Overview of major depression, anxiety, PTSD, bipolar, schizophrenia
- Suicide Prevention & Suicide by Cop
- Treatment & Psychotropic Medicine
- W&I Code, 5150 Legal Process
- Excited Delirium
- Verbal Judo & De-escalation Skills
- Peer & Family Panels
- Community Behavioral Assessment Team Panel
- Community Crisis Support Services
- Community Resources
- Emotional Wellness of Law Enforcement & First Responders & Classified personnel

## TRAINING BENEFITS

- Improved interactions and communication between law enforcement, those with mental health challenges, and their families.
- Enhance the ability to access community resources.
- Reduction in criminal/civil litigation
- Reduction in administrative inquiries and use of force
- Reduction in psychiatric/medical hospitalization and incarceration

**For more information on CIT,  
please contact  
951-358-4544  
[CIT@ruhealth.org](mailto:CIT@ruhealth.org)**

*This document is available in alternative formats upon request.  
If you are in need of a reasonable accommodation, please  
contact Riverside University Health System - Behavioral Health at  
951-358-4500.*



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# CRISIS INTERVENTION TRAINING (CIT)

A COMMUNITY PARTNERSHIP BETWEEN LAW  
ENFORCEMENT, FIRST RESPONDERS, AND RIVERSIDE  
UNIVERSITY HEALTH SYSTEM - BEHAVIORAL HEALTH

## BEHAVIORAL HEALTH & LAW ENFORCEMENT

- Nearly 1 in 25 adults in America live with a serious mental illness.
- As a crisis occurs, law enforcement officers & first responders are often called upon to respond and assist individuals & others involved in a mental health crisis.



## OUR GOAL

- Increase awareness about mental illnesses and empower first responders.
- Strengthen law enforcement and other first responder's de-escalation skillset when faced with a mental health crisis.
- Build and strengthen relationships to effectively address the crisis through the identification of resources and accountability.

## CRISIS INTERVENTION TRAINING (CIT)

The CIT program is a community partnership that provides mental health and substance use disorder awareness and education, effective communication and de-escalation interventions, improved community and collaborative relationships, and protection for our responding officers/personnel, individuals in behavioral health crises, and the community-at-large.

Our mission is to create a standard of excellence for law enforcement officers and other first responders in treating individuals with mental illness or in crisis.

## TRAINING

- 16-Hour CIT Course - 2-day training (Sworn)
- 16-Hour CIT Course - 2-day training (Detention)
- 24-Hour CIT Course - 3-day training (Riverside Police Department Only)

## HISTORY OF CIT

The concept of CIT was developed in the 1980s and has been proven to be an effective and evidence-based model for mental health awareness training for law enforcement and other first responders.

