

## RESOURCES

- **National Alliance on Mental Illness**
  - Provides education, support, advocacy to consumers and loved ones. [www.nami.org](http://www.nami.org)
- **Inland SoCal Crisis Helpline**
  - Call 951-686-HELP to speak with a trained counselor 24 hours a day, 7 days a week, including holidays.
- **National Crisis Text Line**
  - Text “hello” or “home” to 741741.
- **National Suicide Prevention Lifeline**
  - (800) 273-8255 or 988
- **National Center for PTSD:**
  - [www.ptsd.va.gov](http://www.ptsd.va.gov)
- **Firefighter Behavioral Health Alliance**
  - [www.ffbha.org](http://www.ffbha.org)
- **Share the Load™:**
  - [www.nvfc.org/help](http://www.nvfc.org/help)
- **Public Safety Peer Support Association**
  - [www.pspsa.org](http://www.pspsa.org)
- **Counseling Team International**
  - Provides employee support to all first responder. [www.thecounselingtem.com](http://www.thecounselingtem.com)
- **First Responder Wellness**
  - Provides trauma-based mental health treatment. [www.firstresponder-wellness.com](http://www.firstresponder-wellness.com)
- **Shift Wellness**
  - Offers wellness and resilience retreats for first responders and public safety personnel. [www.shiftwellness.com](http://www.shiftwellness.com)

## MENTAL HEALTH AWARENESS TRAINING

Crisis Intervention Training Program

**951-358-4544**  
**CIT@ruhealth.org**

**[www.ruhealth.org](http://www.ruhealth.org)**

 **Riverside  
University  
HEALTH SYSTEM**  
**Behavioral Health**

*If you speak another language, language assistance services, free of charge, are available to you. Call 1-951-486-4320.*

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## MENTAL HEALTH AWARENESS TRAINING (MHAT)

### Crisis Intervention Training (CIT)

MHAT assists first responders in recognizing the signs and symptoms of mental disorders and how to safely de-escalate crises involving incidents with mental illness.

## WHAT IS MENTAL HEALTH AWARENESS TRAINING?

We invite you to join our free Mental Health Awareness Training, provided by RUHS - Behavioral Health's Crisis Intervention Training (CIT) program. This initiative is designed to enhance your skills as a first responder when dealing with mental health or behavioral health crises. Our in-person training is customized to meet the needs of first responders.

Participating in our program will enhance your ability to de-escalate situations, access local county and community mental health resources, and develop alternative response protocols for incidents involving mental health crises. MHAT training emphasizes the importance of providing better care for individuals in crisis.

## TRAINING HIGHLIGHTS

Our training aims to improve first responders' interactions and communication with the community, increasing awareness of mental health and expanding their approaches to

crisis management. Additionally, we focus on improving the safety of first responders and mental health consumers during calls to serve those in crisis.

MHAT has proven successful in diverting individuals with mental health issues from the legal system and connecting them with the services and support needed to stabilize their conditions. This approach not only reduces the need for future contact with first responders but also significantly improves the response to mental health crises in our communities.

### The training covers:

- Overview of mental illness diagnoses:
  - Major depression, anxiety, schizophrenia, bipolar disorder, post-traumatic stress disorder, personality disorder
- Overview of substance abuse disorder
- Suicide prevention & suicide by cop
- Treatment & psychotropic medicine
- W&I Code, 5150 legal process
- Verbal Judo & de-escalation skills

- Community resources
- Emotional wellness of first responders & classified personnel

## TARGET AUDIENCE

MHAT offers specialized training specifically designed for the following professionals:

- Paramedics
- Emergency Medical Technicians
- Firefighters

