

**STANISLAUS COUNTY SHERIFF'S DEPARTMENT
CRISIS INTERVENTION TRAINING (CIT)**

Day One

I. Introduction and orientation

- A. Overview of CIT
 - 1. Definition and background Of CIT
 - 2. Rationale for implementing CIT
 - 3. How CIT will be used locally

II. Mental Health Law

- A. Overview of California civil commitment laws
 - 1. Historical perspective
 - 2. Current law
 - 3. Due process
- B. 72 hour involuntary commitment process
 - 1. Definitions of required elements for commitment
 - 2. Providing evidence and documentation
- C. Confidentiality Regulations
 - 1. Overview of basic regulations
 - 2. Exceptions to confidentiality
 - 3. Tarasoff warnings

III. Mini-Mental Status Assessment

- A. Elements and process of assessment
 - 1. Definitions of mental status terminology
 - 2. Assessment techniques

IV. Schizophrenia

- A. Definition and statistical features
 - 1. Signs and symptoms
 - 2. Prognosis, treatment and course of disorder
 - 3. Effective communication techniques with individuals in the acute Phase of this disorder

V. Mood Disorders

- A. Types of Mood Disorders
 - 1. Bipolar disorder, Manic
 - 2. Bipolar disorder, depressed
 - 3. Bipolar disorder, mixed
 - 4. Major depression
 - 5. Effective communications techniques with individuals in acute Phases of these disorders

VI. Substance Induced Disorders

- A. Types
 - 1. Methamphetamine induced
 - 2. Cocaine induced
 - 3. Communication guidelines for officers

Day Two (Classroom)

VII. Personality Disorders

- A. Definition and statistical features
 - 1. Signs and symptoms
 - 2. Prognosis, treatment and course
 - 3. Effective communication techniques with individuals with TBI
 - 4. Community resources

VIII. Traumatic Brain Injury (TBI)

- A. Definition and statistical features
 - 1. Signs and symptoms
 - 2. Prognosis, treatment, and course
 - 3. Effective communication techniques with individuals with this disorder
 - 4. Community Recourses

IX. Alzheimer's Disease

- A. Definition statistical features
 - 1. Signs and symptoms
 - 2. Prognosis, treatment and course disease
 - 3. Effective communication techniques with individuals with this disorder
 - 4. Community resources

X. Confiscation of Firearms or Deadly Weapons in 5150 Situations

- A. Review California W & I Code 8100 et seq and applicable Penal Code sections
 - 1. Probable cause
 - 2. Securing firearms/weapons
 - 3. Documentation
 - 4. Return of firearms/weapons

XI. Developmental Disabilities

- A. Definition and statistical features
 - 1. Signs and symptoms
 - 2. Effective communication techniques with developmentally disabled individuals
 - 3. Community resources

XII. Mental Health Medications

- A. Common medications used in the treatment of schizophrenia

1. How long these medications work
2. Level of effectiveness and common side effects
- B. Common medications used in the treatment of Bipolar Disorder
 1. How these medications work
 2. Level of effectiveness and common side effects
- C. Common medications used in the treatment of Major Depression
 1. How these medications work
 2. Level of effectiveness and common side effects

XIII. Dual Disorders

- A. Definitions and statistical features of dual disorders
 1. Signs and symptoms
 2. Prognosis, treatment and course of dual disorders

XIV. Local Mental Health Services

- A. Overview and access to County Mental Health Services
 1. Adult services
 2. Older adult services
 3. Children's services
 4. Substance abuse services

Day Three (Classroom and Field)

XV. Real Life for adults with Serious Mental Illness and Their Families

- A. Site Visits
 1. Stanislaus Behavioral Health Center
 2. Crestwood Manor Long Term Residential Care Facility
 3. Board and Care Homes
 4. Transitional Living Residences
- B. Recovery from serious mental illness
 1. Definition of "recovery"
 2. Process of recovery
- C. Mental health consumer and family member panel presentation
 1. Personal accounts of living with mental illness
 2. Consumer, family member and officer discussion re effective Interaction with law enforcement

Day Four (Classroom)

XVI. Suicide Assessment and intervention

- A. Definition of suicide and para-suicidal behavior
 - 1. Statistical features
 - 2. Risk factors and warning signs
 - 3. Screening/ assessment for suicide risk
 - 4. Suicide intervention techniques for first responders
 - 5. Practice exercises

XVII. Mental Health Issues in Children and Adolescents

- A. Common mental health diagnosis and statistical features
 - 1. Potential triggering events or indicators for crisis and suicidal Behavior
 - 2. Guidelines for responding to children and adolescents in crisis
 - 3. Overview of basic community services and how to refer

XIII. Crisis Intervention

- A.

Day Five (Classroom)

XIX. Crisis Intervention Role Play – Continued from day four

- A.
- B. Role playing exercises
 - 5. Vignettes
 - 6. Feedback form officers, actors and instructors re role plays

XX. Course Conclusion

- A. Debrief all participants
 - 1. Feedback for course improvement
- B. Graduation