Not only can CIT programs bring community leaders together, they can also help keep people with mental illness out of jail and in treatment, on the road to recovery. CIT reduces re-arrests of people with mental illness while simultaneously increasing the likelihood that individuals will receive mental health services. CIT programs also:

- Prepare police officers with tools to do their job safely and effectively. Research shows that CIT is associated with improved officer attitude and knowledge about mental illness. In Memphis, for example, CIT resulted in an 80% reduction of officer injuries during mental health crisis calls.
- Keep law enforcement’s focus on crime. Some communities have found that CIT has reduced the time officers spend responding to a mental health call. This puts officers back into the community more quickly.
- Produce cost savings. It’s difficult to estimate exactly how much diversion programs can save communities. But incarceration is costly compared to community-based mental health treatment. For example, in Detroit an inmate with mental illness in jail costs $31,000 a year, while community-based mental health treatment costs only $10,000 a year.
- Reduce the number of jail beds needed. CIT programs also:
  - Keep individuals in the community instead of jail and in treatment, on the road to recovery.
  - Nationwide, CIT programs connect individuals with mental illness and family members to treatment. These efforts can result in increased treatment completion rates. For example, CIT resulted in an 80% reduction of officer injuries during mental health crisis calls.

The Benefits of CIT

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The Lorain County Board of Mental Health (LCBMH) plans, funds, and monitors a comprehensive system of quality, public mental health services that enhance the health and well-being of the people of Lorain County. A board of 18 community members determines which services are to be provided and funded based upon state requirements and community needs. The board members also monitor and evaluate delivery of those services. The board is contracted by the Lorain County Board of Mental Health to provide an array of mental health services.

Police services, private, not-for-profit, and federal agencies contracted by the Lorain County Board of Mental Health to provide an array of mental health services.

Services that are delivered by CIT officers include:

- Prevention, consultation, peer support, community support, crisis intervention, housing development and other community stakeholders. Accord- ing to the model, officers volunteer to receive 40 hours of training provided by mental health clinicians, consumer and family advocates, and police trainers. Training includes information on signs and symptoms of mental illnesses; mental health treatment; co-occurring disorders; legal issues and de-escalation techniques. Call dispatchers are trained to identify mental disturbance calls and assign these calls to CIT trained officers. CIT officers are trained to use de-escalation tech- niques if necessary and assess if referral to services or transport for mental health evaluation is appropriate. Additionally, during training and after, CIT officers familiarize themselves with a variety of mental health services in the community that they can utilize to resolve mental health related calls.
- Mental health agencies often serve individuals that have contacts with the police and, at times, clinician and officer professional paths cross, including law enforcement officers that have contact with mental health crises. Police officers can become CIT officers if they are trained in de-escalation techniques, mental health awareness, and de-escalation techniques. Police officers may ask police to conduct well being checks or call them for assistance with a mental health crisis. Clinicians may also request police to conduct well being checks or call them for assistance with a mental health crisis. Clinicians may also request police to conduct well being checks or call them for assistance with a mental health crisis. Clinicians may also request police to conduct well being checks or call them for assistance with a mental health crisis. Clinicians may also request police to conduct well being checks or call them for assistance with a mental health crisis.
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CIT (Crisis Intervention Team) programs have become increasingly entangled, the collection of police and mental health service providers has become critical to appropriately serving the needs of persons with co-occurring disorders.

The lack of mental health crisis services across the U.S. has resulted in:

• What is the best part of your job?
• What skills or certifications do you think are needed to be successful in this field?
• To be a member of the CIT, a police officer must complete the 40 hour training course that instructs officers on the identification and evaluation of persons who may be experiencing a crisis or mental illness situation. The course also educates police officers on community mental health resources as well as communication techniques. Verbal communication and de-escalation, critical thinking, and attention to detail are all required skills for an effective CIT member.
• What changes have you seen in the last few years in your industry?
• Police officers need to be problem solvers and it has become evident that not every situation or incident can be solved with an arrest. Through crisis intervention training, police officers are given extra tools and resources to assist in resolving these situations in a manner that truly helps someone.
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