

CIT outline

I. Importance of class

- Goals/objectives
- De-escalation video/tactical communication

II. Developmental disabilities

- Video: Autism "Alex Montalvanos"
- Orange County newspaper clipping: Autism
- First responder video
- Pre-intervention plan for calls

III. Mental Illness

- Intro video
- Cause/ Nature
- Indicators
- Mental disorder overview

IV. Substance Abuse

- Disorders
- Socialization

Enabling Learning Objectives (ELO) Upon completing this course, Officers will be able to:

1. Demonstrate knowledge of the role stigma has in society and across cultures in regard to mental illness, intellectual disabilities, and substance use disorders
2. Demonstrate knowledge of the cause and nature of mental illness, intellectual disabilities, and substance use disorders
3. Demonstrate the ability to identify indicators of mental illness, intellectual disabilities, and substance use disorders
4. Create a list of resources available to serve individuals with mental illness, intellectual disability, and substance use disorders
5. Increase the agency officers' awareness of appropriate community resources
6. Demonstrate knowledge of appropriate language usage when interacting with potentially emotionally distressed persons
7. Demonstrate the ability to utilize de-escalation and conflict resolution to resolve a variety of situations involving individuals in crisis
8. Demonstrate the ability to instruct the agency course materials by presenting an assigned portion of the course to fellow students
9. Assess and evaluate fellow student-instructors by using a standardized evaluation rubric
10. Help their agency officers enhance their understanding, judgment, competence, physical safety, and the safety of others when responding to situations involving persons with mental illness, intellectual disabilities, and substance use disorders
11. Demonstrate knowledge of the basic components of communication skills and techniques
12. Demonstrate knowledge of the importance of listening and persuasion skills as they relate to effective tactical communication
13. Demonstrate knowledge of the skills needed to effectively deal with difficult people
14. Demonstrate a minimum of standards of tactical communication skills with every technique and exercise to include: a. Listening/persuasion b. Judgment and decision-making c. Officer safety d. De-escalation, verbal commands e. Effectiveness under stress conditions