





# 40 Hour Crisis Intervention Team Training Overview

*DuPage County Sheriff's Office  
Law Enforcement Bureau – Training Division*



*Created in partnership with...*







## *CIT in Illinois...*

- De-escalation strategies for law enforcement relating to mental health and crisis calls
- Provides an overview of the signs and symptoms, best practices and techniques, and resources available to our communities
- A look at the art of communication



# *Times have changed...*





## *Communication/Listening*

- Most people are either speaking or preparing to speak
- Listen intently and speak intelligently
- Most people do not listen with the intent to understand, they listen with the intent to reply



## *CIT works...*

- It can help keep people with mental illness out of jail, and get them into treatment
- Reduces injuries to officers and the community
- Officers trained in CIT rate their program as more effective at meeting the needs of people with mental illness, and more likely to involve consumers and their families





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