



THE FLORIDA CRISIS  
INTERVENTION TEAM (CIT)  
PROGRAM

# CRISIS INTERVENTION TEAM (CIT) STATE OF FLORIDA PROGRAM MODEL

## Introduction:

Crisis Intervention Team (CIT) began in Memphis in the late 1980s and has been widely adopted around the country. CIT is an effective police response program designed for first responders who handle crisis calls involving people with mental illness including those with co-occurring substance use disorders. CIT emphasizes a partnership between law enforcement, the mental health and substance abuse treatment system, mental health advocacy groups, and consumers of mental health services and their families.

As CIT has developed in different communities, local adaptations have been made to various elements of the program. Each community has its own unique issues that might

Purpose of this Document:

# Part I – Core Elements: Florida CIT Program



as understand how mental illness and co-occurring substance use effects individuals, families and communities

- Recognize whether those signs and symptoms represent a crisis situation
- De-escalate mental illness crises
- Know where to take consumers in crisis
- Know appropriate steps in following up on these crises such as: contacting case managers or other treatment providers or providing consumers and family members with referral information to mental health/substance abuse treatment agencies or advocacy organizations like the local NAMI and Mental Health Association.



## INTRODUCTION



3. Sufficient practice, through role playing, in the de-escalation of mental illness and those with co-occurring substance use disorder crises so that all students are involved directly in the role-playing

#### COMMUNITY RESOURCES

1. An overview of the local mental health/substance abuse treatment systems and what services are available
2. Contact information of key individuals within the system

#### OTHER TOPICS UNIQUE TO ONE'S COMMUNITY

#### EVALUATION OF INSTRUCTORS AND OVERALL CLASS

#### GRADUATION CEREMONY

Class size should be capped at 30 individuals for optimal learning.

