



# CRISIS INTERVENTION TEAMS FOR YOUTH (CIT-Y)

## the challenge

As first responders respond to calls involving disruptive behavior, law enforcement officers have a unique opportunity to help individuals in crisis.

Properly trained officers can recognize the symptoms of mental disorders and connect those exhibiting such signs to emergency mental health services.

Standard **Crisis Intervention Team (CIT)** training has long been used to teach officers how to respond to adults with mental disorders, but often does not address adolescents and their particular needs.

## the solution

Crisis Intervention Teams for Youth (CIT-Y) is a supplemental training available to law enforcement officers who have previously completed CIT training, but seek specific information on working with youth. CIT-Y provides information on the following:

- Adolescent development
- Mental and substance use disorders commonly experienced by adolescents
- Crisis intervention, de-escalation, and communication techniques appropriate for youth
- Working with families
- Legal issues
- Community resources for youth

## training packages

### Standard CIT-Y Training Package

- 8-hour training session for law enforcement officers already trained on the CIT model
- Delivered by an expert trainer from the Collaborative for Change
- Maximum of 40 participants

### CIT-Y Train-the-Trainer Package

- 1.5-day training session for local trainers
- Delivered by a pair of expert trainers from the Collaborative for Change
- Maximum of 40 participants

Both training packages include all training materials (Trainer's Guide and Participant's Guide), pre-training consultation, assistance in evaluating the impact of the training, and ongoing updates to the curriculum through an online, private trainer's portal.

**CIT-Y training packages are offered on a fee-for-service basis. For more information, contact Ashley Degnan at 1-866-962-6455, ext. 5269 or at [cfc.ncmhjj@prainc.com](mailto:cfc.ncmhjj@prainc.com).**



The Mental Health and Juvenile Justice Collaborative for Change is a multi-dimensional resource center that shares information on the mental health reforms developed by states involved with *Models for Change: Systems Reform in Juvenile Justice*, providing guidance on effectively implementing those reforms in new communities and states throughout the country. The Collaborative for Change is supported by the John D. and Catherine T. MacArthur Foundation, is operated by the National Center for Mental Health and Juvenile Justice at Policy Research Associates, and is a member of the Models for Change Resource Center Partnership.