



The **Crisis Intervention Team** (CIT) was formed in 2014 and is comprised of Officers, Detectives and Dispatchers with special training in the recognition of, and response to, a wide variety of Mental Health and Substance Abuse issues. The Crisis Intervention Team and the East Haven Police Department aspire to provide the best services possible to individuals and families living with mental illness and take every possible step to connect these individuals and families to the resources

they need. Links to various resources are listed below.

### **What is “CIT”?**

“CIT” stands for “Crisis Intervention Team.” CIT is a team of Police Officers with special training in recognition of, and response to, a wide variety of Mental Health and Substance Abuse issues. In addition to hours of exposure to many forms of moderate to severe Mental Health/Behavioral Conditions, this training involves further development of skills in interpersonal communications, de-escalation techniques, conflict resolution, and awareness of available Mental Health and Substance Abuse resources.

### **What is CIT’s importance to The Town of East Haven?**

Research shows that those afflicted with some form of mental illness are many times more likely to encounter law enforcement. It is important for officers to be able to recognize the difference between the symptoms of a mental health crisis versus deliberate evasive or combative behavior. The officer’s degree of training will dictate his/her approach to, engagement of, and interaction with these individuals. The extra training CIT officers receive can help to facilitate the likelihood of positive incident resolution for both the officer(s) and the individual(s) in crisis, as well as any bystanders.

### **What are the goals of the CIT Program?**

In aspiring to provide the best service possible to individuals and families living with mental illness, and taking every step to connect these individuals and families to the resources they need, we also work to accomplish the following goals:

- Less need for the use of Lethal Force
- Reduction in injuries to mental health consumers
- Reduction in officer injuries
- Reduction in Emergency Room recidivism

- Jail Diversion
- Reduction in civil litigation
- Improvements in community relations

### **Helpful Links:**

- **BHCare**
- **CT 211 Information Line**
- **National Alliance on Mental Illness**
- **East Haven Senior Center**
- **988 Suicide & Crisis Hotline**

## **Staff Contacts**

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