



January 2018

Crisis Intervention Team Training Pre/Post Test

Location of the CIT Training Course: _____

Date(s) of CIT Training Course: _____ Missouri CIT Council: _____

UNIQUE IDENTIFIER _____

MH Professional

Law Enforcement Officer

Other:
(Please specify) _____

Instructions

Choose the best answer for each question

- 1) **A primary goal of the Crisis Intervention Team programs is:**
 - a. Training law enforcement officers to be behavioral health providers.
 - b. Eliminating law enforcement officers' chances of having to use force when interacting with individuals in mental health crisis.
 - c. Training law enforcement officers to identify and communicate with individuals in mental health crisis.
 - d. Identifying situations when only mental health providers need to intervene in a crisis.

- 2) **One of the benefits of an effective Crisis Intervention Team program to law enforcement officers/agencies is:**
 - a. Increases law enforcement officers' expertise in defensive tactics.
 - b. Reduces the need to collaborate with behavioral health providers.
 - c. Increases officer safety.
 - d. Sends more individuals with behavioral health issues to jails and prisons.

- 3) **Which of the following is NOT an example of a mental health disorder?**
 - a. Bi-Polar Disorder
 - b. Epilepsy
 - c. Schizophrenia
 - d. Depression

- 4) **Individuals living with mental health disorders are _____ likely to be violent, compared to the general population.**
 - a. Twenty times more
 - b. Twice as
 - c. Five times more
 - d. No more



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- 5) **Which of the following is NOT a defining symptom of psychosis?**
- Loss of touch with reality
 - Hallucinations
 - Delusional thinking
 - Split personality
- 6) **Which of the following is NOT a symptom of a substance use problem?**
- An increased tolerance for the substance
 - Fixed Delusions
 - Relationship problems
 - Withdrawal
- 7) **Which of the following statements is NOT true of substance use disorders?**
- Individuals living with substance use disorders rarely suffer other mental disorders.
 - It is not uncommon for individuals living with substance use disorders to experience a recurrence of symptoms.
 - Having access to a strong support system increases the likelihood that an individual living with a substance use disorder will be successful in recovery.
 - The stigma associated with substance use disorders is a barrier to seeking treatment.
- 8) **Which of the following statements about suicide is true?**
- Suicide often occurs without warning signs.
 - Asking a person if they are thinking about suicide increases the likelihood that the person will attempt suicide.
 - Once an individual decides to kill themselves, there is nothing you can do to stop them.
 - Individuals that are suicidal may not seek help.
- 9) **Which of the following is NOT a risk factor for suicide?**
- Prior suicide attempts.
 - Being diagnosed with a chronic physical illness.
 - Socioeconomic background.
 - Being diagnosed with a mental illness.



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- 10) **An important de-escalation technique is:**
- Begin by offering solutions to the individual's problems.
 - Actively listen to the individual.
 - Compare the individual's issues to your past experiences.
 - All of the above are correct.
- 11) **A good non-verbal communication technique that law enforcement officers should use to safely de-escalate an individual in crisis is:**
- Maintaining an open body posture.
 - Moving closer to the individual to demonstrate interest.
 - Avoiding eye contact.
 - Exaggerated gesturing to signify interest in the person's concerns.
- 12) **Which of the following is NOT a side effect arising from use of antipsychotic medications?**
- Grogginess
 - Weight loss
 - Involuntary movements
 - Monotonous speech
- 13) **Which of the following criteria must be met before an individual with a mental health or substance use disorder can be transported and involuntarily detained in a mental health facility?**
- Imminent danger to self or others.
 - Homelessness with substance use issues.
 - Diagnosed mental illness.
 - Family members request the individuals be transported to a mental health facility.
- 14) **What should be included in a sound affidavit/documentation for a civil involuntary detention?**
- Law enforcement officers opinion of the type of behavioral health disorder present.
 - Describe behaviors that suggest homelessness or poverty.
 - Information addressing individual's financial resources and past arrests.
 - Describe behaviors that suggest the individual is a threat/danger to themselves or others or the individuals inability to meet basic needs.



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- 15) **Which of the following does NOT create law enforcement legitimacy in the community?**
- Establishing a relationship between law enforcement and individuals based on mutual trust.
 - Providing a clear explanation of the CIT process to individuals.
 - Successfully diagnosing a community member's mental health disorder.
 - Assisting individuals to maintain their sense of dignity.
- 16) **Which mental health diagnosis is likely to be diagnosed in early childhood?**
- Borderline Personality Disorder
 - Schizophrenia
 - Autism Spectrum Disorder
 - Antisocial Personality Disorder
- 17) **Common behaviors exhibited by youth experiencing a mental health crisis include:**
- Self-harm
 - Risk taking
 - Predictable patterns of behavior
 - Both a and b
- 18) **Which of the following disorders is less likely to onset in older adults?**
- Alzheimer's
 - Dementia
 - Parkinson's
 - Schizophrenia
- 19) **Which of the following is NOT an indicator of an intellectual disability?**
- Difficulty processing information.
 - Hearing voices.
 - Requiring step-by-step instruction.
 - Sensitivity to touch.
- 20) **Which of the following is NOT a sign of dementia?**
- Falling down while walking.
 - Getting lost while driving in familiar areas.
 - Not remembering someone's name.
 - Accusing others of stealing.



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- 21) **Which of the following is an effective crisis intervention strategy that law enforcement officers can use when interacting with an individual in crisis who is living with an intellectual disability?**
- Using concrete language.
 - Speaking loudly at the individual.
 - Gesturing to distract the individual from the crisis.
 - Getting as close as to the individual to ensure they can hear you.
- 22) **What is an unhealthy way for law enforcement officers to deal with stressors of their profession:**
- Utilizing peer support.
 - Keeping traumatic events to yourself.
 - Prayer and meditation.
 - Getting enough sleep.
- 23) **What is a common barrier that has traditionally prevented law enforcement officers from utilizing mental health and substance use resources for themselves:**
- A culture viewing the use of behavioral health resources as a sign of weakness.
 - Law enforcement officers do not need resources for behavioral health disorders because they tend to be more resilient than the general population.
 - Law enforcement officers will lose their jobs when they seek help.
 - Both a & c
- 24) **If a person has just attempted suicide, the best course of action is to:**
- Place the person in protective custody and arrange transportation to Emergency Room.
 - Transport the person to a community mental health center.
 - Isolate the individual in detention.
 - Call a 24-hour crisis line to receive advice on the best course of action.
- 25) **Common behavioral health disorders experienced by veterans are:**
- Substance Use Disorders
 - Antisocial Personality Disorder
 - Depression
 - Both a & c