



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



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d. No more

5) **D** Which of the following is NOT a defining symptom of psychosis?

- a. Loss of touch with reality
- b. Hallucinations
- c. Delusional thinking
- d. Split personality

6) **B** Which of the following is NOT a symptom of a substance use problem?

- a. An increased tolerance for the substance
- b. Fixed Delusions
- c. Relationship problems
- d. Withdrawal

7) **A** Which of the following statements is NOT true of substance use disorders?

- a. Individuals living with substance use disorders rarely suffer other mental disorders.
- b. It is not uncommon for individuals living with substance use disorders to experience a recurrence of symptoms.
- c. Having access to a strong support system increases the likelihood that an individual living with a substance use disorder will be successful in recovery.
- d. The stigma associated with substance use disorders is a barrier to seeking treatment.

8) **D** Which of the following statements about suicide is true?

- a. Suicide often occurs without warning signs.
- b. Asking a person if they are thinking about suicide increases the likelihood that the person will attempt suicide.
- c. Once an individual decides to kill themselves, there is nothing you can do to stop them.
- d. Individuals that are suicidal may not seek help.

9) **C** Which of the following is NOT a risk factor for suicide?

- a. Prior suicide attempts.
- b. Being diagnosed with a chronic physical illness.
- c. Socioeconomic background.
- d. Being diagnosed with a mental illness.



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- 10) **B** 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** 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) **B** Which of the following is NOT a side effect arising from use of antipsychotic medications?
- Grogginess
 - Weight loss
 - Involuntary movements
 - Monotonous speech
- 13) **A** 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) **D** 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) **C** 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) **C** Which mental health diagnosis is likely to be diagnosed in early childhood?
- Borderline Personality Disorder
 - Schizophrenia
 - Autism Spectrum Disorder
 - Antisocial Personality Disorder
- 17) **D** Common behaviors exhibited by youth experiencing a mental health crisis include:
- Self-harm
 - Risk taking
 - Predictable patterns of behavior
 - Both A and B
- 18) **D** Which of the following disorders is less likely to onset in older adults?
- Alzheimer's
 - Dementia
 - Parkinson's
 - Schizophrenia
- 19) **B** 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) **A** 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) **A** 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?
- a. Using concrete language.
 - b. Speaking loudly at the individual.
 - c. Gesturing to distract the individual from the crisis.
 - d. Getting as close as to the individual to ensure they can hear you.
- 22) **B** What is an unhealthy way for law enforcement officers to deal with stressors of their profession:
- a. Utilizing peer support.
 - b. Keeping traumatic events to yourself.
 - c. Prayer and meditation.
 - d. Getting enough sleep.
- 23) **D** What is a common barrier that has traditionally prevented law enforcement officers from utilizing mental health and substance use resources for themselves:
- a. A culture viewing the use of behavioral health resources as a sign of weakness.
 - b. Law enforcement officers do not need resources for behavioral health disorders because they tend to be more resilient than the general population.
 - c. Law enforcement officers will lose their jobs when they seek help.
 - d. Both A & C
- 24) **A** If a person has just attempted suicide, the best course of action is to:
- a. Place the person in protective custody and arrange transportation to Emergency Room.
 - b. Transport the person to a community mental health center.
 - c. Isolate the individual in detention.
 - d. Call a 24-hour crisis line to receive advice on the best course of action.
- 25) **D** Common behavioral health disorders experienced by veterans are:
- a. Substance Use Disorders
 - b. Antisocial Personality Disorder
 - c. Depression
 - d. Both A & C