

# MISSOURI CIT

CRISIS INTERVENTION TEAM



The **Missouri Crisis Intervention Team** (MO CIT) program is a partnership of law enforcement and other first responders, behavioral health providers, hospitals, courts, individuals with lived experience and community partners who are dedicated to implementing the Missouri Model of CIT.

*The goals of CIT are to:*

- Promote more effective interactions between law enforcement and first responders working with individuals in crisis by attending a 40 hour training centered on behavioral health education and de-escalation skills;
- Assist individuals in crisis by connecting them with available community resources in an effort to avoid involvement with the criminal justice system and unnecessary emergency department visits;
- Improve the safety of the first responder and individual(s) in crisis;
- Reduce stigma; and
- Expand and sustain CIT across the state.

## MISSOURI CIT COUNCIL

The Missouri CIT Council is a network of representatives from each established local CIT council across the state, Community Behavioral Health Liaisons (CBHLs), state agencies and associations, and those with lived experience. The business of the Council is informed by the needs identified by the local CIT Councils. The Council works to address any structural barriers at the state level and advocates for policy and legislative changes that may be necessary to support health and wellness. The Council also provides direction and support on the CIT curriculum, training, expansion, and implementation of the program. The Council hosts an annual CIT Conference.

The Missouri Department of Mental Health, in partnership with the Missouri Behavioral Health Council, provides administrative and financial support for the Coordinator and the Council.

## CIT COORDINATOR

Missouri's CIT program is led by the state CIT Coordinator with direction from the CIT Council. The Coordinator provides overall leadership of the program including the facilitation of the Council, statewide expansion efforts, leveraging of partnerships, training, education, and advocacy.

## LOCAL CIT COUNCILS

Local CIT Councils are comprised of local stakeholders who work to identify and address local structural barriers to individuals receiving the services they deserve to achieve greater stability. Council members also provide updates on any changes in resources in the area. CIT Councils are encouraged to provide CIT trainings to local law enforcement and other first responders, focusing on local resources.



## THE MISSOURI MODEL OF CIT

The Missouri Model of CIT is a collective effort among law enforcement and other first responders, behavioral health providers, hospitals, courts, individuals with lived experience, and community partners to collaborate for the greater good of serving individuals in crisis. Law enforcement and other first responders who are trained in CIT are provided with expert education on behavioral health and de-escalation techniques to utilize in the field when called to a crisis situation. The foundation of the Missouri CIT Model is based on the Memphis Model and has expanded upon it in the following ways:

- **Standardized State Curriculum:** This curriculum was created to support the expansion of CIT while maintaining the integrity of the program. The state curriculum includes 32 hours of required training and 8 hours of elective courses that address the specific needs of each area. Advanced CIT courses (such as Dispatch/Telecom, Veterans, Youth, and Jail) are offered when feasible and when needed at the local level. All trainings are POST certified.
- **Expert Informed Practice:** Individuals with lived experience are valued as a crucial resource to help inform best practices at every level; local councils, training, expansion, and on the Council.
- **Emphasis on Strong, Diverse Partnerships:** This core element includes agencies and advocates from local to the state level in an effort to create a unified effort to expand and support CIT statewide.
- **Innovative Training Opportunities:** In full support of creating CIT training opportunities for all law enforcement statewide, 40-hour trainings over five consecutive days and segmented trainings of 8 hour days over (up to) five consecutive weeks are also included. These innovative training schedules have allowed departments to participate who were previously limited by time, training budget, and workforce.
- **Wellness for Law Enforcement and other First Responders:** Wellness for all individuals is recognized and promoted, including the wellness of law enforcement and other first responders. In an effort to meet this need, education and resources are provided to address the unique needs of law enforcement and other first responders and creating the First Responder Provider Network (FRPN).

### FIRST RESPONDER PROVIDER NETWORK

The Missouri CIT Council has identified a list of trained behavioral health professionals who specialize in helping first responders who are struggling with issues related to trauma and post-traumatic stress symptoms. Many of them already work with and are trusted by other first responders and understand the culture. A list of these providers can be found at [www.missouricit.org/first-responders](http://www.missouricit.org/first-responders). It is considered a self-referral source.



### ANNUAL CIT CONFERENCE

The Missouri CIT Conference takes place annually in March and draws approximately 500 participants from the law enforcement and behavioral health fields. Workshops include dynamic and motivating keynotes as well as breakout sessions on specialized topics. For more information, go to <https://www.missouricit.org/mo-cit-conference>.

### COMMUNITY BEHAVIORAL HEALTH LIAISONS (CBHLs)

CBHLs are key to the development and success of each local CIT Council's program. CBHLs are employed by community behavioral health centers across the state and work to form better community partnerships between their agencies, first responder agencies, community providers, and courts to help individuals with behavioral health issues. They help improve access to treatment for those individuals who have frequent interactions with law enforcement and courts. CBHLs participate in CIT at both the local and state level.

### CIT PIN

Missouri's CIT officers wear the state CIT pin to unify all trained officers across the state and to provide individuals in crisis a symbol to know their officer is CIT informed.

