Bottom Up: The Missouri CIT Council Approach

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Objectives

• Participants will be able to identify five goals of the Missouri Crisis Intervention Team (MO CIT) Council.

• Participants will be able to list four key stakeholders, who are vital to the success of the Missouri Crisis Intervention Team (MO CIT) Council.

• Presenters will describe three ways to engage local CIT Councils to address expansion and retention barriers.
The Missouri Crisis Intervention Team (MO CIT) Council 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.
Missouri’s Strengthening Mental Health Initiative - 2013

Enhancing Family and Community Resources by:

- Expanding Crisis Intervention Teams
- Adding Community Mental Health Liaisons
- Providing funding to NAMI Family to Family and NAMI Basic Programs;
- Reducing stigma by expanding Mental Health First Aid training;
- Increasing resources for psychiatric emergencies by funding Emergency Room Enhancement (ERE)
GOALS of MO CIT

• Promote more effective interactions between law enforcement and individuals in crisis, through a 40 Hour training centered on behavioral health education and de-escalation skills;
• Improve the safety of the officer and individuals in crisis;
GOALS of MO CIT

• Help individuals in crisis by connecting them with appropriate community resources, in an effort to divert involvement with the Criminal Justice System;

• Reduce stigma; and

• Expand CIT across the state, especially to the rural areas.
• Law Enforcement agencies with established and expanding CIT programs
• Missouri Department of Mental Health
• Missouri Coalition for Community Behavioral Healthcare
• Community Behavioral Health Centers
• National Alliance on Mental Illness (NAMI)
• Hospitals

Other State Agencies: Dept. of Corrections, Dept. of Health and Senior Services, Dept. of Social Services, Missouri Sheriff’s Association
Expansion in Missouri

THEN

Missouri Crisis Intervention Team (CIT) Program Expansion Map
April 2014

NOW

Missouri Crisis Intervention Team (MO CIT) Program Expansion Map
August 2019

This map indicates where there are MO CIT Councils. Other areas of the state may have CIT trained officers. Questions may be directed to Del. Jason Klaus, MO CIT Coordinator, at klaus@missouricit.org

www.missouricit.org
<table>
<thead>
<tr>
<th>No.</th>
<th>Council Name</th>
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<td>TRI-CIT</td>
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<td>32.</td>
<td>West Central</td>
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To meet the needs of the law enforcement officers in rural areas, the 40-hour basic training can be taught one day per week over a five-week time span. This new format has been popular and widely utilized throughout the state.
Over 2,000 P.O.S.T. Course hours provided state-wide
Community Mental Health Liaisons (CMHLs)

31 CMHL’s

• Every Missouri county has access to a CMHL

• Only work with Law Enforcement & Courts

• Assist in CIT Expansion
Goals of the CMHL Initiative

• To form better community partnerships with crisis systems, law enforcement agencies, and the courts in order to save valuable state and local resources that might otherwise be expended on unnecessary jail, prison, and hospital stays.

• Improve outcomes for individuals with behavioral health disorders who come into contact with the legal system.
Role of the CMHL

- Answer general questions about behavioral health issues, diagnoses and treatments.
- Connect people with needed treatments and supports.
- Assist law enforcement and courts in locating inpatient psychiatric beds for involuntary commitments.
- Facilitate access to behavioral health services.
- Identify and address structural barriers, miscommunications and consistent patterns that reduce access to behavioral health services.
Role of the CMHL

- Provide **trainings** on mental health and substance use disorders, civil commitment, Mental Health First Aid, and suicide prevention.

- **Collaborate** with Mental Health, Treatment and Veterans courts, as well as other **specialty courts**.

- Participate or assist in development of **Crisis Intervention Teams (CIT)** or other initiatives that assist law enforcement in helping individuals with behavioral health needs.
Role of the CMHL

• Consultation on specific cases, with an emphasis on those who frequently come into contact with law enforcement as the result of behavioral health issues.

• Follow-up on cases at the request of law enforcement.

• Coordination with existing systems of care for those who come into contact with law enforcement and courts for 30 days.

• CMHLs participate in ride-alongs, residency checks with law enforcement, and hold “office hours” in local police/sheriff departments.
1. Meets regularly for at least a year (the recommendation is monthly meetings, but at least quarterly meetings are required).

2. Have CIT trained officers/deputies in their area. (The local council does not have to provide CIT training. The Council can send officers/deputies to established CIT trainings in other areas).

3. Council is implementing the “Missouri Model” of CIT, including using the Missouri CIT Curriculum, following standardized data collection practices, etc.

4. Must have active participation by a member of the local Council (in person, by teleconference) in four of the six state MO CIT meetings annually and,

5. Requesting council submits a letter explaining how your council meets the criteria to the MO CIT Council for approval.
Steps to forming a Local Council

1. **Identify Local Stake Holders & Invite to a Meeting**

- Law Enforcement (municipal police, sheriff’s office, university police, etc.)
- Court Personnel (treatment court, Veterans court, mental health court, etc.)
- Public Administrators
- Hospital/ER Staff
- Community Mental Health Liaison (CMHL)
- Community Mental Health Centers (ERE, outreach staff)
- Access Crisis Intervention (ACI) Line
- Substance Use Treatment Providers
- Mental Health Advocates (NAMI, Mental Health America, etc.)
- Persons with Lived Experience with Mental Illness and/or Substance Use (This also includes family members)
- Alzheimer’s Association
- Adult Protective Services (DHSS/DSDS)
- Child Protective Services-Children’s Division (CD)
- Person with an Intellectual Disability
- Intellectual Disabilities Organizations (DMH-DD, etc.)
- Autism Services
- Probation and Parole
- Ambulance Services
- Veterans Administration
- Veterans Justice Outreach (VJO)
- Local Community Resource Boards/Funding Sources
- City Administrators (Mayor/City Council Member)
- State Legislator
- Other Community Partners/Mental Health Professionals in your area
Steps to forming a Local Council

2. Meet Regularly (monthly is recommended) for at least one year

3. Attend four of the six State Council Meetings Annually
   Participation can be in person or via webinar/conference call
4. Although offering CIT trainings are **NOT** required, most local councils begin implementing the “Missouri Model” of CIT, including using the Missouri CIT Curriculum, following standardized data collection practices, etc.
Steps to forming a Local Council

5. Local council submits request at State Council meeting requesting “established” versus “expansion” status. Established status provides voting rights.
Responsive to the needs of Councils

- Technical support with trainings (liaison to Department of Public Safety (DPS) for POST/CLEE certification paperwork.
- On-site technical support (assist with training set up and providing instructors to teach sessions, when needed).
- Mini grant funding to assist with training costs.
- **Advertise training opportunities state wide.**
- Provide training supplies – consistent branding
  - CIT pins (redesigned to a standardized pin)
  - CIT flash drives
  - CIT folders
  - CIT presentation template
  - CIT presentation samples
  - CIT list of recommended Subject Matter Experts across the state
• Local Council meetings. (dates and frequency vary by council)
• State Council meetings 6 times per year
  • State meetings are held centrally and offer a webinar/conference call option for those unable to travel.
• Annual Strategic Planning Session
• Working Committee – one LEO & one MHP for each region
  • 7 regions
    Northwest | Northeast | Central | KC Area
    St. Louis Area | Southwest | Southeast
  • Subcommittees
    Evaluation | Expansion | Marketing | Self Care | Training
• Quarterly Working Committee workdays
Communication

- Council bylaws (reviewed annually)
- Council website [www.missouricit.org](http://www.missouricit.org)
- [Online Toolkit](http://www.missouricit.org)
- Discussion Listserv(s)
- [Facebook](https://www.facebook.com)
- [Twitter](https://twitter.com)
- Leadership Forum
- [Missouri Crisis Intervention Team (MO CIT) Annual Conference](http://www.missouricit.org)
- Annual local council “Self-Evaluation” and feedback survey
• Officer Self-Care
  • First Responder Network Provider Database
  • Develop Regional CISM & Peer Support
• First Responder collaboration with EMS and other First Responders across the state
• Create a MO CIT app of state and local resources
• Hired a Training Coordinator
  • Develop POST/CLEE Advanced trainings for statewide use
    • CIT Concepts Class – 8 hour
    • Dispatch/Telecommunications
    • Youth
    • Veterans
    • Jail
March 16-17, 2020
Columbia, Missouri

Holiday Inn and Expo Center
2200 Interstate 70 Dr. SW
Columbia, MO 65203
Phone: 573.203.8178
Use group code: MO CIT Conference for discounted rate

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.

- Nationally Acclaimed Keynote Speakers
- Officer Wellness
- Hoarding
- Behavioral/Substance Use
- Human Trafficking

Topics and/or trainings subject to change
THANK YOU

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