



Introduction to Crisis Intervention Team

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The Oklahoma Department of Mental Health and Substance Abuse Services is responsible for providing services to Oklahomans who are affected by mental illness and substance abuse. In fiscal year 2021, the department provided services to 181,811 individuals.



Who Receives Mental Health Services in Oklahoma?



By diagnosis:

- Schizophrenia.....6.3%
- Mood Disorder.....60.6%
- Other Psychotic.....10.2%
- Alcohol/drug problems (co-occurring)....30.8%
- Individuals in treatment for schizophrenia reporting substance use55.0%
- Individuals with substance use disorder and a psychiatric diagnosis.....59.9%

Mental Illness by the Numbers

Mental Illness Rates (U.S.)

- 22.8% of U.S. adults experiences mental illness in 2021 (57.8 million)
- 5.5% of U.S. adults experienced serious mental illness in 2021 (14.1 million)
- 16.5% of U.S. youths (6-17) experienced a mental health disorder in 2016 (7.7 million)
- 7.6% of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2021 (19.4 million)

Mental Illness Treatment Rates (U.S.)

- 47.2% of U.S. adults with mental illness received treatment in 2021
- 65.4% of U.S. adults with serious mental illness received treatment in 2021
- 50.6% of U.S. youth (6-17) with a mental health disorder received treatment in 2016
- Average delay between onset of mental illness symptoms and treatment is 11 years



Mental Illness by the Numbers

Mental Illness and Criminal Justice (U.S.)

- Roughly 2 million times a year, people with serious mental illness are booked into jails
- About 2 in 5 people incarcerated have a history of mental illness (37% in state and fed. prisons, 44% in local jails)
- Nearly 1 in 4 people shot and killed by law enforcement between 2015 and 2020 had a mental health condition
- 66% of women in prison reported a history of mental illness, almost twice the percentage of men in prison

<https://www.nami.org/mhstats>

Mental Illness by Sex

- Prevalence of Any Mental Illness for females is 27.2% while males are at 18.1%
- Prevalence of Serious Mental illness for females is 7.0% while males are at 4.0%

2021 <https://www.nimh.nih.gov/health/statistics/mental-illness>



<https://www.healthyplace.com/other-info/psychiatric-disorder-definitions/mental-illness-an-overview>

The Problem

- 5% or about 1 in 20 adult Oklahomans have a serious mental illness*
- 25.6% or about 1 in 4 adult Oklahomans have experienced mental health symptoms during the past year *
- “Deinstitutionalization” of the mentally ill combined with lacking community supports lead mental health clients to:
 - self-medicate with alcohol or illegal drug use
 - become homeless
 - decompensate
- All of these issues increase the chance of involvement with law enforcement.

*NSDUH <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health>

The Solution

Crisis Intervention Teams (CIT) are a police based first responder program for those in mental health crisis. The program provides a 40-hour interactive law enforcement-based training for aiding individuals in a mental health crisis. In addition to learning about symptoms, medications, side effects, and other issues officers are involved in roll play scenarios to aid in understanding the consumer and family side of these interactions.



The History of CIT Memphis, TN 1988

- Born out of crisis
 - Joseph Robinson, 27 years old
 - Police were called for help
 - Robinson was “trying to cut his throat, acting like he’s on drugs”
 - Police responded and shot Robinson repeatedly
 - Robinson died from his injuries
- Tragedy stimulated collaboration
 - Memphis Police Department
 - NAMI-Memphis
 - UT Medical School
 - University of Memphis

GOALS OF TRAINING

- The overall goal of the CIT training program is to treat mental illness as a health condition, not a crime.
- Increase understanding of psychiatric disorders.
- Increase recognition of behaviors associated with psychiatric disorders.
- Recognize and address myths about mental illness.
- Provide additional tools and techniques for assisting this population.
- A collaboration between public safety and health systems to form an effective safety net for vulnerable individuals.

Prior to CIT



Police were not prepared to help or support people appearing to be in a MH crisis.



People in crisis and/or their family members were distrustful of the police.



Criminal justice and mental health systems were not coordinated.



Police responses more often resulted in arrests, injuries or fatalities.

Efficiencies of the CIT Model



Police already responding to all calls including crisis events



Trained CIT officers respond immediately to crisis events



Officers and citizens understand these calls are special priority

Since CIT Implementation

- Officers are highly skilled in verbal de-escalation techniques.
- Family members/friends or consumers request CIT officers.
- Crisis response is immediate.
- More people are taken to treatment facilities without charges being filed.





Benefits to LEOs

- Decreased number of injuries to the officers.
- Decreased use of force.
- Improved use of alternatives to arrest and jail.
- Decreased time officers spend in the crisis unit/ER.
- Reduced myths and prejudice of mental illness among law enforcement.
- Improved relationships for officers and community.



Benefits to the person in crisis

- Decreased number of injuries to the person in crisis.
- Better relationships between the person and LEOs.
- Decreased stereotyping results in decreased incarcerations or detainment in local jails.
- Improved access to treatment.
- Increased chance that the person will receive timely and continuous care.

C.I.T. in Oklahoma

- Began in 2002 with Oklahoma City Police Department, The Oklahoma Department of Mental Health and Substance Abuse Services, and The National Alliance on Mental Illness.
- Other Partners Include: Midwest City Police Department, Edmond Police Department, Norman Police Department, Moore Police Department, Tulsa Police Department, Lawton Police Department, Cleveland County, Oklahoma County, Grady County, Kay County, and many Community Mental Health Providers.
- Currently approximately 2,700 officers in the state of Oklahoma have been trained in the CIT curriculum.



The Training

- Officers participate in a 5-day, 40-hour Mental Health Specific training program.
- The training program consists of several classes taught by a variety of instructors including a Psychiatrist, a Substance Abuse Specialist, Social workers, Police Officers, representatives from the National Alliance on Mental Illness, and service providers from the Community Mental Health Centers.
- Prepares the officer to safely de-escalate a crisis, determine the need for emergency treatment, and get the consumer to professional treatment as quickly as possible.

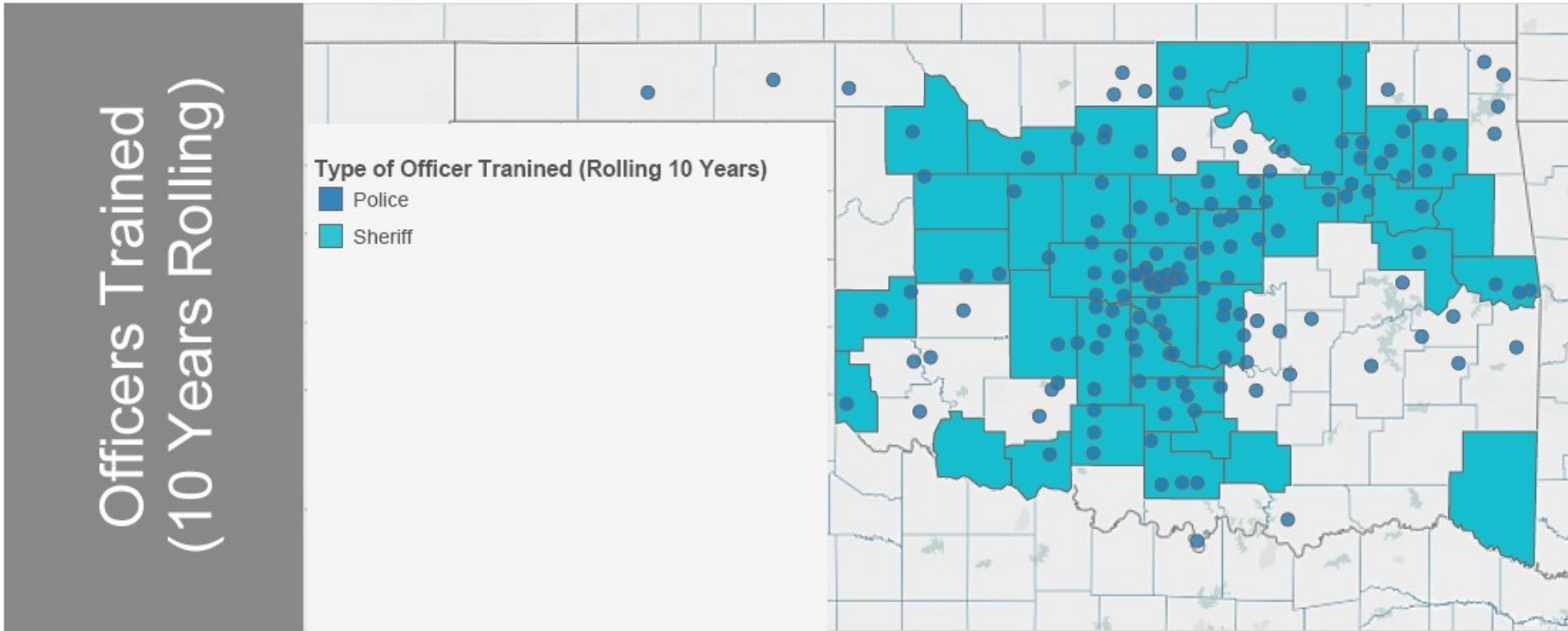
2,680 LAW ENFORCEMENT PERSONNEL TRAINED IN THE LAST 20 YEARS IN OKLAHOMA

Municipal 401	Sheriff 108	Campus 52	OHP 40	Detention 26	Hospital 16	Other 47
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These numbers are from the beginning of 2022 to present

Is A CIT Officer
Near Me?

Officers Trained
(10 Years Rolling)





QUESTIONS?

Cory Sutton



OKLAHOMA
Mental Health &
Substance Abuse Services