



National Alliance on Mental Illness



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## NAMI Can Help

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*NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.*

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# Crisis Intervention Teams



Local Information Here

***Empowering communities and justice systems to create safer, healthier responses to mental health crises***

## What is CIT?

CIT is an innovative program that improves the way law enforcement and the community respond to people experiencing mental health crises. CIT programs are built on partnerships between local law enforcement agencies, mental health providers and mental health advocates, such as local NAMI Affiliates. CIT programs empower local law enforcement to respond safely and effectively to individuals in mental health crisis.

### CIT-trained officers

- Receive comprehensive training, including learning effective communication techniques and meeting face-to-face with people living with mental illness.
- Connect citizens in crisis with the mental health services they need, rather than sending them to jail.

*"The strength of CIT is in **relationships**—community partnerships backed up by a **real commitment** to work together to improve the lives of individuals with mental health needs and their families."*

-Maj. Sam Cochran (ret.),  
Founder and coordinator,  
Memphis CIT Program<sup>1</sup>

## Does CIT Work?

CIT offers a number of benefits for communities:

- After the introduction of CIT In Memphis, officer injuries sustained during responses to "mental disturbance" calls dropped 80 percent.<sup>2</sup>
- Studies show that police-based diversion programs, and CIT especially, significantly reduce arrests and rearrests of people with serious mental illnesses.<sup>3,4</sup>
- Individuals diverted through CIT and other programs receive more counseling and medication than individuals who are not diverted and are less likely to be jailed or hospitalized.<sup>5</sup>

### CIT By The Numbers:

- It is estimated that **350,000** jail or prison inmates are living with a mental illness.<sup>6</sup>
- **Annual cost** per person Federal/state incarceration: ~\$22,600<sup>7</sup>  
Assertive Community Treatment (comprehensive services): **\$10,000-\$15,000**<sup>8</sup>
- Studies show that between **10-15%** of police shootings are "suicide-by-cop" incidents, when the victim is suicidal and deliberately provokes the officer to shoot.<sup>9</sup>

## How Can My Community Get Started with CIT?

**1. Connect with NAMI** Your local NAMI Affiliate can help facilitate the start of CIT in your community. Contact information for your local NAMI Affiliate is available on our website: [www.nami.org/local](http://www.nami.org/local).

### 2. Learn more about CIT

- Visit NAMI's CIT Center: [www.nami.org/cit](http://www.nami.org/cit).
- Check out the University of Memphis CIT Center's National Directory to find out about CIT programs near you: <http://cit.memphis.edu>.
- Visit CIT International's website to find out about the next CITI Conference: [www.citinternational.org](http://www.citinternational.org).

**3. Spread the word** There are currently **over 2,700** CIT programs in the U.S.<sup>10</sup> and your community could be next. Collaborate with your local NAMI Affiliate to explore what CIT can do for you. Check out [www.nami.org/cittoolkit](http://www.nami.org/cittoolkit) for tips on building community partnerships, talking points and other advocacy strategies.

*"There is **no limit** to how far NAMI and CIT can go in improving the quality of life for those families and individuals living with mental illness. **I am very proud to be a CIT officer and trainer, and a NAMI member.**"*

-Sgt. Johnny K. Jines,  
Jackson Police Department<sup>11</sup>