



Breaking Through the Stigma: One Officers Journey

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Prior to CIT Training, Mental Health Calls were:

- ▶ Chaotic
 - ▶ Confusing
 - ▶ Ineffective
 - ▶ Frustrating
 - ▶ Unpredictable
 - ▶ Repetitive

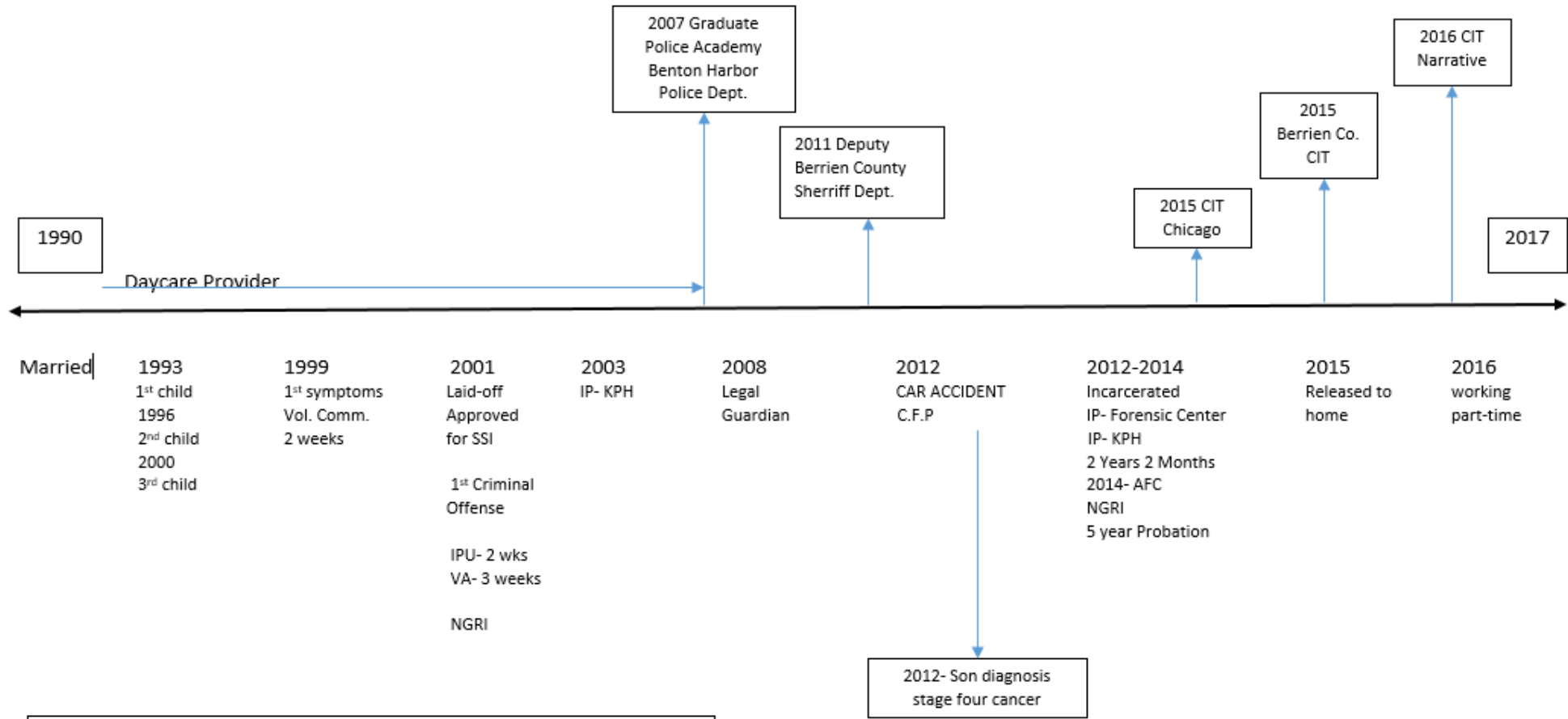
Pre-CIT

2015 Chosen by Captain to participate in CIT

- ▶ My personal expectations of CIT when asked to participate~
 - ▶ Interest from a personal & professional level
 - ▶ Improve support to people on calls
 - ▶ Provide better direction for care
 - ▶ For caller or family
 - ▶ Avoid tragedy
 - ▶ How does “*serve and protect*” improve in a broken system?
- ▶ Other reasons officers attend CIT~
 - ▶ Mandatory~ “Vol-un-told”
 - ▶ Career development
 - ▶ It's free
 - ▶ Food
 - ▶ Break from the road
 - ▶ Safety



Progression of Greg's Disease



More about Greg....
 1984 High School Graduate
 1986 Phoenix Institute Graduate: Auto Diagnostics & Heating and Air
 1986- 89 United States Army- Demolition Sergeant and Airborne Ranger
 Age 34 when first episode occurred (symptoms began 3 years prior)
 Worked 16 years prior to first episode

CIT: Why Tell My Story?

CIT & Greg

- ▶ I am sharing my story as a person living with a mental illness to let you know there is hope. I am a person living with schizophrenia and have endured multiple crisis'. I found hope when I accepted the fact that I am a person living with a mental illness.
- ▶ I found stability with education, taking my medication, and family support.

CIT & Vanessa

- ▶ Learning the signs and symptoms of mental illness and side effects of different medication has helped me to better understand Greg's illness. I am no longer harsh, judgemental, and critical towards anyone with a mental illness. With the training from CIT it has not only enhanced my personal life, but has given me extra skills for my job when making contact with consumers.



CLOSING QUESTIONS.....



THANK YOU

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