

Yolo County Health & Human Services Agency

Mental Health Director's Report

July 24, 2023 (5:30-8pm)

Crisis Intervention Training (CIT) Outcomes Report

Below, is the CIT Summary Report for FY 21/22 & FY 22/23.

This report summarizes data received from course sign-in sheets and the completed evaluations provided to participants before and after the course delivery from FY 21/22 & FY 22/23. The data sets presented are aggregated by Fiscal Year, not by training class. Overall, the evaluations indicate that participants have a **positive increase** in knowledge, awareness, or comfort with course materials after completion of the CIT training.

The HHSA team appreciate the opportunity to review the materials from the last two fiscal years. Participants have provided great feedback for the lead trainer and the training team.

**Crisis Intervention Training
Program Summary FY21-22 & FY22-23**

Program Overview:

The Yolo County HHSA Crisis staff delivers CIT training to local law enforcement officers. The training is modeled after a nationally recognized, evidence-based program known as the CIT Memphis Model, which focuses on training law enforcement personnel and other first responders to recognize the signs of mental illness when responding to a person experiencing a mental health crisis.

This report provides a summary of the trainings held in FYs 21-22 and 22-23. The course curriculum, approved by the Local Peace Officers Standards and Training (POST) agency, provides materials and 40 hours of training at no cost to the participating law enforcement agency or individual. An additional 8-hour refresher course was developed in FY22-23 as an annual training for those who have completed the initial 40-hours of training.

Program Goals & Objectives:

Goal 1

De-escalate clients and community members in crisis by providing appropriate mental health interventions and support.

Goal 2

Implement a community-oriented and evidence-based policing model for responding to psychiatric emergencies.

Objective 1

Reduce the number of arrests and incarcerations among people with mental illness.

Objective 2

Strengthen the relationship among law enforcement, consumers and their families, and the public mental health system.

Objective 3

Reduce the trauma associated with law enforcement intervention and hospital stays during psychiatric emergencies.

Participant Overview:

FY21-22	FY22-23
29 Participants in 40-hour course	44 Participants total; 16 in 40-hour course, 28 in 8-hour course
23 reported working FT, 6 no response	44 reported working FT
27 participants were LEO, 1 participant a dispatcher, 1 no response	44 participants were LEO

Participants by Department or Home Agency

Agency/Department	FY21-22	FY22-23
Woodland Police Department	9	26
Yolo Probation	0	2
Davis Police Department	1	6
Yolo County Sheriff's Office	8	10
West Sacramento	1	0
Out of County Agency	10	0

Training Evaluation Overview:

The CIT course is evaluated using a pre- and post-test style questionnaire for participants, consisting of 10 questions on a 5-point Likert-scale. These questions provide insight into the knowledge gained during the course, as well as shifts in attitude or perceived stigmas.

Year	Total # of Participants listed on sign-in sheets	# of Participants completed pre-test evaluation forms	# of Participants completed post-training evaluation forms	Passing rate [based on sign-in sheets]
FY 21-22	29	24	27	29/29 (100%)
FY 22-23	44	13	48	42/44 (95%)

Questions and Summary of Data:

[Note: responses were based on a 1-5 Likert scale]

Based on the evaluation process, the training successfully increasing knowledge of mental illness, and awareness of resources, support, and the mental health system among attendees. There was a **positive increase** in above average ratings for 8 of the 10 questions asked between the pre and post questions.

1. How comfortable are you with your current knowledge of mental illness?

(1 - Not comfortable; 3 – Moderately comfortable; 5 - Very comfortable)

There was an **increase** in the number of participants reporting above average (ratings of 4 or 5 on Likert scale) comfort in their knowledge of mental illness.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Above Average	8	24	5	39
Percentage	33.33%	88.88%	38.5%	81.25%

2. How aware are you of community resources available to people with mental illness?

(1 – Not at all; 3 – Moderately aware; 5 – Very aware)

There was an **increase** in the number of participants reporting above average (ratings of 4 or 5 on Likert scale) awareness of community resources available to people with mental illness.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Above Average	4	19	3	37
Percentage	16.66%	70.37%	23%	77%

3. How would you rate your knowledge of civil commitment laws?

(1 – Poor; 3 – Moderate; 5 – Excellent)

There was an **increase** in the number of participants reporting above average (ratings of 4 or 5 on Likert scale) knowledge of civil commitment laws.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Above Average	3	14	1	28
Percentage	12.5%	51.9%	7.7%	58.33%

4. How would you rate your knowledge of the professional liability that can arise when dealing with people with mental illness who are in crisis? (1 – Poor; 3 – Moderate; 5 – Excellent)

There was an **increase** in the number of participants reporting above average (ratings of 4 or 5 on Likert scale) knowledge of professional liability that can arise when dealing with people with mental illness who are in crisis.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Above Average	8	24	3	39
Percentage	33.33%	88.89%	23%	81.25%

5. How familiar are you with the roles of various providers in the mental health system (e.g., HHS County, the hospitals, the courts?)

(1 – Not at all familiar; 3 – Moderately familiar; 5 – Very familiar)

There was an **increase** in the number of participants reporting above average (ratings of 4 or 5 on Likert scale) familiarity with the roles of various providers in the mental health system.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Above Average	5	18	1	36
Percentage	20.8%	66.67%	7.7%	75%

6. **Do you believe the average person with a mental illness is more or less aggressive (such as a temper outbursts and verbal threats) than an individual not suffering from mental illness?**
(1- More aggressive; 3 – The same; 5 – Less aggressive)

In FY21-22, there was a positive change in beliefs associated with aggressiveness, however, in FY22-23, participants responded with a negative change in these beliefs. That is, there was an increase in respondents that believed aggressiveness was more likely and decreases in the categories of less likely or the same.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Less Aggressive	3 (12.5%)	5 (↑18.5%)	4 (30.77%)	9 (↓16.67%)
The Same	7 (29.2%)	10 (↑37%)	3 (23.08%)	16 (↓20.83%)
More Aggressive	12 (50%)	12 (↓44%)	6 (46%)	24 (↑50%)

7. **Do you believe the average person with mental illness is more or less likely to commit a violent crime than an individual not suffering from mental illness?**
– More likely; 3 - The same; 5 - Less likely)

(1

At the completion of the course, *more* participants believed that the average person with mental illness is *less likely* to commit a violent crime than an individual not suffering from mental illness.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Less Likely	2 (8%)	8 (↑29.63%)	0 (0%)	6 (↑12.5%)
The Same	10 (41.67%)	13 (↑48%)	7 (53.85%)	24 (↓50%)
More Likely	10 (41.67%)	6 (↓22%)	6 (46.15%)	18 (↓37.5%)

8. **How well prepared do you feel when handling people with mental illness who are in crisis?**
(1 – Not at all prepared; 3 – Moderately prepared; 5 – Very prepared)

There was an **increase** in the number of participants reporting above average (ratings of 4 or 5 on Likert scale) feelings of preparedness when handling people with mental illness who are in crisis.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Above Average	8	25	5	44
Percentage	33.33%	93%	38.5%	91.67%

9. **Overall, how well prepared do you think the other CIT trained officers will be in handling people with mental illness in crisis?**

(1 – Not at all prepared; 3 – Moderately prepared; 5 – Very prepared)

There was an **increase** in the number of participants reporting above average (ratings of 4 or 5 on Likert scale) ratings of how well prepared they think other CIT trained officers will be handling people with mental illness in crisis.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Above Average	4	26	3	45
Percentage	16.67%	96.3%	23%	93.75%

10. **How would you rate your comfort level in dealing with people with mental illness in crisis?**

(1 – Not comfortable; 3 – Moderately comfortable; 5 – Very comfortable)

There was an **increase** in the number of participants reporting above average (ratings of 4 or 5 on Likert scale) comfort in dealing with people with mental illness in crisis.

	FY21-22		FY22-23	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Above Average	11	26	8	42
Percentage	45.83%	96.3%	61.5%	87.5%

Additional Post-Training Evaluation Questions

1. **What was your overall impression of CIT training?** *(1 – Poor; 3 – Moderate; 5 – Excellent)*

Year	Total Responses	Above Average (4 AND 5) Responses	Percentage
FY21-22	27	26	96.3%
FY22-23	47	46	97.87%

2. **How well do you feel the training was organized?** *(1 – Poor; 3 – Moderate; 5 – Excellent)*

Years	Total Responses	Above Average (4 AND 5) Responses	Percentage
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FY21-22	27	27	100%
FY22-23	47	46	97.87%

3. Please comment on the aspects of CIT training that you found most effective:

- Guest speakers, especially those sharing personal experiences was a common theme
- Overview of resources available
- Greater understanding of symptoms and types of mental illness

4. Please comment on the aspects of CIT training that you found least effective:

- Feedback on NAMI not being applicable, or would have been better as a brochure
- Some redundancy between presenters
- PowerPoints with too much text, too dry