



Crisis Intervention Training eLearning Courses

A series of 24 hours of eLearning courses for first responders providing information and training on how to handle a person in a mental health crisis safely and compassionately.

The learning objectives in this series of courses are:

- Understanding of major and severe forms of mental illness
- Develop a practical assessment plan working with people in crisis
- Learning specific intervention techniques for working with people in crisis
- Addressing safety issues in dealing with people in crisis

Modules will be released as they are ready and not necessarily in order of the original sequence. Ultimately there will be 24 modules, approximately one hour each. After completion of the 24 modules and 16 hours in person training through Minnesota CIT, learners will receive a certificate from Minnesota CIT for the 40-hour CIT course.

The online courses are free to Minnesota Sheriff's staff while MSA is helping develop them,. After all courses have been released, there will be a fee.

Modules currently available on MNLET:

Module 1: What is CIT?

Module 1 covers the history of CIT, teamwork on organizations to support those with mental illness and the CIT philosophy and how first responders can best address people in crisis.

Module 2: Understanding Mental Illness

Module 2 is an introduction to mental illness, how to recognize behaviors, and best practices for de-escalating a crisis.

Module 3: Schizophrenia and Psychosis

This module focuses on psychosis and schizophrenia and how to best help people in crisis. Schizophrenia is a very serious and debilitating illness that affects more than 1% of the population. As first responders, it is important to know basic information on the illness.

Module 4: Mood Disorders – Bipolar

This module focuses on Mood Disorders, primarily Bipolar Disorder. As first responders, it is likely you will encounter people with a bipolar disorder. Our goal is to increase your awareness and understanding of this mood disorder and learn de-escalation strategies and skills you can use during a crisis intervention situation you may encounter.

Module 5: Mood Disorders – Depression

This module focuses on Mood Disorders, primarily Depression. Our first goal is to increase awareness and understanding of variant Mood Disorders. Secondly, learners will become familiar with diagnostic terms and associated symptoms and medical response with Major

Depressive Disorders. They will gain a better understanding and be able to differentiate between major depressive disorders and lastly establish appropriate de-escalation strategies when responding to someone with depression.

Module 6: Anxiety

This module focuses on Anxiety Disorder. Our first goal is to increase awareness and understanding about various anxiety disorders. Secondly, learners will become familiar with terms and associated symptoms for generalized anxiety disorder, panic disorders, obsessive – compulsive disorder, and phobias. Learners will gain a better understanding and be able to differentiate between the various anxiety disorders and how to de-escalate someone in a panic attack.

Module 7: PTSD

This module focuses on Post Traumatic Stress Disorder (PTSD). Our first goal is to increase awareness and understanding about PTSD, including Cumulative PTSD. Secondly, learners will become familiar with the four main types of symptoms, common triggers and risk factors that are associated with PTSD. Learners will be introduced to de-escalation strategies and skills they can use during a crisis.

Module 8: Substance Use Disorders

This module focuses on Substance Use Disorders (SUD). Our goals are to increase awareness, knowledge, and response for dealing with people with substance use and mental health issues, as well as to familiarize the learners with variant classes of drug someone with a substance use disorder may use. We will explore the brain and learn about its reward system, and how it interacts with drug use. Finally, learners will be given de-escalation strategies.

Module 9: Personality Disorders

This module focuses on personality disorders Our goals are to increase awareness, knowledge, and response for dealing with people with personality disorders, as well as to familiarize the learners with variant personality disorder diagnoses. Learner will be given de-escalation strategies.