



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

There will be 19 modules, most are one hour, a few are two hours as designated. After completion of the 19 modules (24 hours of training) there will be a certificate of completion. Minnesota CIT will be offering a 16 hour in person training. Combined with the 24 hours online, the learners will be certified by Minnesota CIT for the 40-hour CIT course.

The online courses are free to Minnesota Sheriff's staff. Other agencies may purchase access through Minnesota CIT.

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 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.

Module 10: Traumatic Brain Injury (TBI)

This module focuses on Traumatic Brain Injuries or TBI. The goal of this course is to understand, recognize, and have a response to mental health or medical calls for service that may be related to Traumatic Brain Injuries.

Module 11: Child and Adolescent Mental Health

This course is intended to increase awareness and knowledge about various Child and Adolescence behavior disorders that first responders may encounter while responding to calls for service in their service areas. This includes environmental factors, mental structure of the brain, genetic and cultural and family disciplines practices that may affect youth behavior.

Module 12: Elderly Mental Health (2 hours)

This course is intended to increase awareness and knowledge about various Elderly Mental Health disorders that a first responder may encounter. This includes environmental factors, mental structure of the brain, genetic and other cultural and family practices that may affect elderly behavior.

Module 13: Autism (2 hours)

This course is intended to increase awareness and knowledge about Autism Spectrum Disorder (ASD) and introduce first responders to practical tips and de-escalation strategies. The goal is to produce safe, effective, and positive interactions between autistic people and first responders.

Module 14: Suicide (2 hours)

First responders are called upon daily to respond to mental health issues many of which involve threatened, attempted, and concluded suicide events. In the suicide course, we will study the history and current statistics of suicide and suicide attempts in our communities and globally. Our instructor will focus on research and intervention and prevention strategies. This course will increase the responder's knowledge, awareness and preparedness dealing with a suicidal situation.

Module 15: Suicide by Cop

The goal for this course is to increase the learner's knowledge, awareness, and response techniques for the topic of Suicide by Cop. They will also understand and learn de-escalation strategies, tools and skills that can be used when working or interacting with a person considering suicide or threatening Suicide by Cop.

Module 16: Veteran's Mental Health

This course is intended to increase awareness and knowledge about various veteran and military service members' behavior disorders that first responders may encounter while responding to calls for service in their various community service areas.

Module 17: Culture Considerations and Implicit Bias (2 hrs)

The goal for this course is to increase the learner's knowledge, understanding, awareness, and response techniques for the topic of Cultural Considerations and Implicit Bias. Participants will demonstrate an understanding of the importance and impact of cultures, customs and become aware of the characteristics, threats and emotional behaviors associated with implicit bias.

Module 18: Personal Wellness & Resiliency (2 hours)

The goal of this course is to give first responders an overall understanding of what trauma is and how it can impact their own mental health. Learners will be able to describe what trauma is and how it affects their brain. Learners will be able to identify signs to look for personally and professionally that they, or a colleague, are experiencing burnout, post-traumatic stress, compassion fatigue or critical incident stress. Learners will discover pathways for health.

Module 19: Legal Considerations

The goal for this course is to increase knowledge and awareness concerning the MN Rules and Statutes that govern the Mental Health standards and requirements as responders deliver services to the citizens of our respective communities.

A 24-Hour CIT Certificate will be available after the completion of the 19 modules. Learners will need to request this certificate. It is available on the courses page, after Module 19.