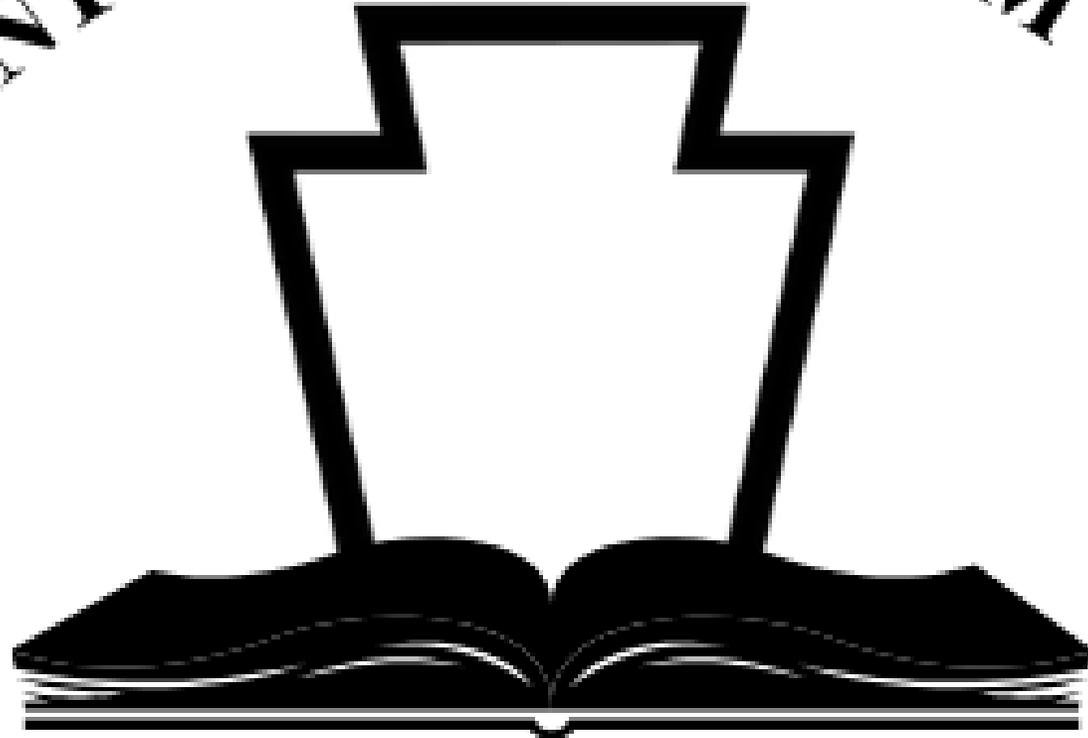


CRISIS INTERVENTION TEAM - YOUTH



WESTMORELAND COUNTY



The mission of The Crisis Intervention Team is to support collaboration within the various systems and to enhance the police and first responders' ability to bring mental health crisis situations to safe and successful conclusions. CIT promotes diverting those in a mental health crisis away from the criminal justice and hospital systems, and to the appropriate resources.



CIT International

Improving Crisis Response Systems

- Police-based crisis intervention developed by Memphis TN Police Department (1988)
- Promotes collaboration between law enforcement, mental health & addiction professionals, individuals who live with mental illness & addiction disorders, schools, stakeholders and advocates to improve community response to mental health crises
- 5 day/40 hour commitment
- Training is given mostly by mental health professionals
- CIT for youth programs improve responses to youth in psychiatric crisis by relying on de-escalation techniques and community partnerships that connect young people to treatment rather than to arrest and detention
- 1st Youth CIT (CIT-Y) in PA; September 9-13, 2024, supported by NAMI Keystone
- **SWPA Regional**: Butler, Westmoreland, Washington, Allegheny, Armstrong/Indiana, Beaver, Greene, Fayette, Cambria, Somerset and Bedford

CIT-Y Goals

- Create a best practice of response by educating police and school staff on mental health awareness, crisis resolution and verbal de-escalation skills as well as increasing knowledge and access to appropriate community services.
- Train at least one officer/school staff in each of the county's school districts.
- Increases partnerships and communication between law enforcement, schools and the various human and social service systems.
- Increase officer and community safety.
- Increase self awareness with first responder mental health and wellness.
- Decrease arrests and involvement in the Criminal Justice System.
- Reduce Law Enforcement and Mental Health stigma.
- Early detection and getting people the help that they need.
- Create systems change and continue collaboration long term.



Stakeholders = Successes

- BH/MH Office Staff
- D&A SCO/Provider
- School Staff & Intermediate Unit
- School Resource and Police Officer
- Advocacy
- Lived & Family Experience
- Juvenile Probation
- Children and Youth Services
- MH Provider
- ID/A Provider
- Students & Youth

Monday
9/9

8:00-8:45AM

Introductions and
CIT-Y Week
Overview

8:45-10:30AM

Serious Mental
Illness (SMI)
Overview

Break

**10:45AM-
12:00PM**

Adolescent
Development

12:00-12:45PM
Lunch

Pizza & Salad
Ray of Hope &
MHASWPA

12:45-2:00PM

Adolescent
Behavioral Health

Break

2:15-4:00PM

Trauma in Youth
and ACES

Tuesday
9/10

8:00-9:30AM

IDD and Special
Education

9:30-10:30AM
Neurodivergent
Youth

Break

**10:45AM-
12:00PM**

Youth LGBTQIA+
and DEI

12:00-1:00PM
Lunch

Taco Tuesday
Westmoreland County
BHDS Office

1:00-4:00PM

Mental Health
Provider Site Visits

1:15-2:15PM
Adelphoi Site Visit
1119 Village Way
Latrobe 15650

2:45-4:00PM
WFS FEP Visit
1015 4th Ave,
New Kensington
15068

Wednesday
9/11

8:00-8:15AM

Site Visit Discussion

8:15-9:15AM

Connecting with
Youth via Language

9:15-10:00AM

Eating Disorders

Break

10:15-11:00AM

Substance Use
Disorders

11:00AM-12:00PM

Bullying, Cyber and
Cellphone
Responsibility

12:00-12:45PM
Lunch

Chick-fila
Renfrew Center

12:45-2:30PM

Sexual Exploitation
and Human
Trafficking

Break

2:45-4:00PM

Suicide and Self
Injurious Behavior

Thursday
9/12

8:00-10:00AM

MHPA, 302s, PA
Law and School
Crisis Resources

Break

**10:15AM-
12:00PM**

State and County
Systems Panel

12:00-12:45PM
Lunch

Chicken & Salad
Clarion Psychiatric
Center

12:45-2:45PM

Community
Resources Panel

2:45-4:00PM

Role of Families
and Experiences
Panel

Friday
9/13

8:00-9:00AM

School Resource
Officer & Policy
Panel

9:00-10:15AM

Vicarious Trauma

Break

**10:30AM-
12:00PM**

Verbal De-
Escalation
Techniques

12:00-12:45PM
Lunch

Panera
Adelphoi

12:45-2:30PM

Role Plays with
Jeannette Drama
Club

Break

2:45-3:00PM
CIT-Y Week
Review

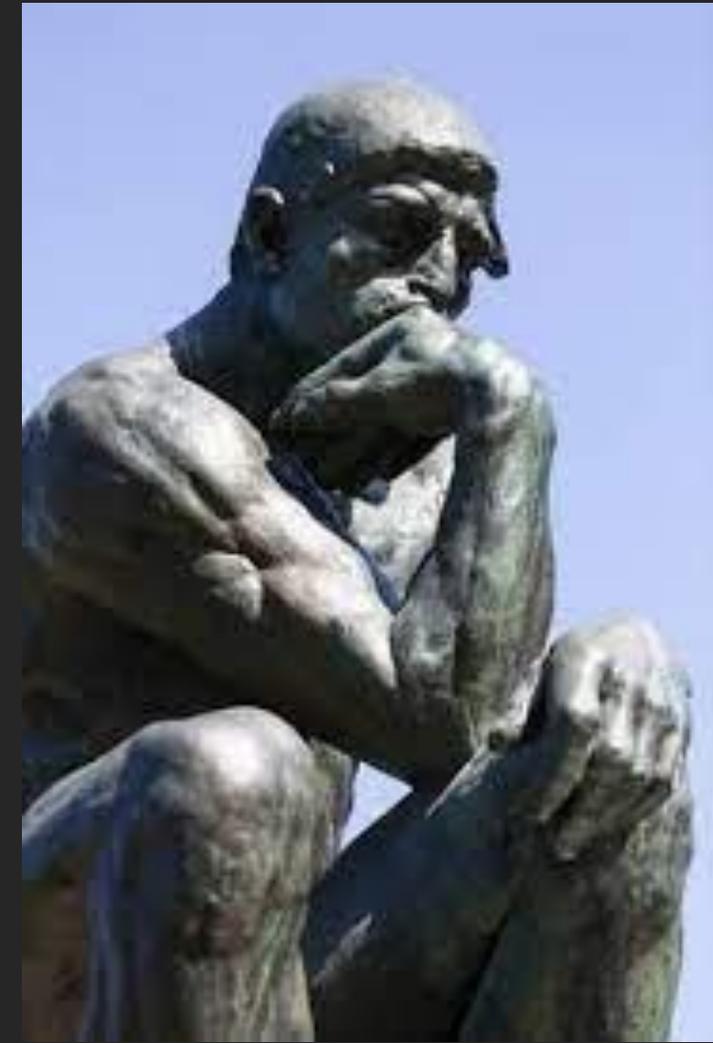
3:00-4:00PM
Graduation

Who Should Attend CIT-Y?

- School Resource Officers and Security
- School Counselors and Teachers
- SAP and Community Supports
- Children and Youth Services
- Juvenile Probation Officers
- Crisis Workers
- Day Care and Preschool Staff



Why CIT?



- 1:5 US adults experience mental illness each year
- 1:6 US youth (6-17) experience mental illness each year, 50% of all lifetime mental illness begins by age 14
- Thirteen percent of youth have mental illness severe enough to impair daily functioning
- In 2019, 74% of students in the Pennsylvania Youth Survey (PAYS23) reported moderate or high symptoms of depression
- In 2021, 11.1% of children ages 3-17 in Pennsylvania received mental health care (PAYS)
- 35.7% of students reported they felt sad or depressed MOST days in the past 12 months in Westmoreland County (PAYS23)
- 40,000 youth in Pennsylvania with private insurance faced barriers as their plans did not cover mental or emotional problems (PAYS23)
- 70% of youth in the juvenile justice system have a diagnosable mental health condition (ACES)
- 1:4 people shot and killed by police between 2015-2020 had a mental health condition
- Police, firefighters and EMS are more likely to die by suicide than in the line of duty *EMS.gov

statistics are from NAMI and PAYS

RI International Assessment of Westmoreland County 2024 & MHA National's The State of Mental Health in America 2023:

*350 individuals for every 1 mental health provider in the USA. “Mental health provider” includes psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, and advanced practice nurses specializing in mental health care.

PA 1:420

Westmoreland County 1:520

PA ranks 14 in MI Prevalence, 55% of US Adults did not receive treatment

PA ranks 26 (~16%) Adult and 34 (~7%) Youth in SUD Prevalence

15% of US Adults have SUD and ~94% did not receive treatment



Provisional Suicide Deaths in the USA 2022

- Suicide up 2.6%; from 48,183 to 49,449
- 10,194 Females and 39,255 Males
- Highest age group, 45-64 (15,632)
- Highest race, white (37,459)

Westmoreland County
L.O.S.S. Team
(Local Outreach to Suicide Survivors)



YOU ARE NOT ALONE
We are here to help.

Our Mission

To make connections and instill hope in those grieving the suicide loss of a loved one by providing support, comfort, and needed resources.

rayofhopewestmoreland.org

Our Team

Our team is a branch of the Coroner's Office in partnership with Ray of Hope, Westmoreland County Suicide Awareness & Prevention Task Force.

We are made up of caring community members and suicide loss survivors trained to reach out to newly bereaved suicide loss survivors.

The L.O.S.S. Team exists to provide support, comfort, and needed resources.

Westmoreland County

- 60 suicides 2023 (62-2023)
- 37 used a firearm
- 14.8% of students had seriously considered attempting suicide (PAYS23)
- Currently 45 suicides (12/2/14)
- **1,000+ since 2005**

What's Available

- County Crisis Hotline and Mobile Teams
- Crisis Response and Walk-in Centers
- 988, The National Suicide and Crisis Lifeline
- In School MH Services and Outpatient clinics
- D&A Casemanagement and Outreach Services
- Diversion & Stabilization Units
- Partial Hospitalization Program
- Residential Treat Facility (RTF)
- Community Residential Rehabilitation (CRR)
- Intensive Behavioral Health Services (IBHS)
- Student Assistance Program (SAP)
- First Episode Psychosis Program (FEP)
- Emergency Behavioral Health (EBH) or Critical Incident Stress Management Team (CISM)
- If appropriate, a 302/201 can be petitioned/offered
- Jail/Juvenile and ER are hopefully the LAST resort



- ✓ Support from family and friends
- ✓ Peer Support
- ✓ Leadership and coworkers
- ✓ Dark humor and levity
- ✓ EAP/MAP/Local and national resources
- ✓ EBH/CISM
- ✓ Therapist/Psychiatrist/Medication
- ✓ Balanced diet (not just caffeine)
- ✓ Sleep and rest
- ✓ Exercise and walking
- ✓ Go outside
- ✓ Hobbies and special interests
- ✓ Grounding and breathing techniques
- ✓ Limiting exposure to media
- ✓ Time alone and decompression
- ✓ Volunteering
- ✓ Go on vacation or take a trip

How to Serve and Protect While Saving Yourself



✓ **POSTIVE COPING SKILLS, PROTECTIVE FACTORS, CONNECTION!!!!**

ANY
QUESTIONS
?

Bobby Tanyer @ 724-830-3904 or

tanyerb@westmoreland.swsix.com.

**Westmoreland County Behavioral Health and
Developmental Services Office 724-830-3617.**