

Behavioral Health Trainings for Law Enforcement in Michigan



WAYNE STATE
School of Social Work
Center for Behavioral Health and Justice

Crisis Intervention Team (CIT) Training

The training component of the Crisis Intervention Team (CIT) model has become the gold standard of behavioral health training for law enforcement. CIT was originally developed in Memphis TN as a model to integrate mental health and criminal justice systems¹. Several communities nationwide have adapted its 40-hour training curriculum, including Berrien, Calhoun, and Oakland Counties. Peer-reviewed CIT literature has shown increases in officer knowledge of psychiatric treatment², recognition of psychiatric emergencies³, de-escalation skills² and self-efficacy⁴, transportations to treatment⁵ and mental health crisis centers⁶, and decreased use of force⁷.

Managing Mental Health Crisis (MMHC)

The Governor's Mental Health Diversion Council endorsed a two-day law enforcement training curriculum based on the principles of CIT and Mental Health First Aid (MHFA) called Managing Mental Health Crisis (MMHC). Lectures are mixed with case based discussions, role play, and a hearing voices exercise. MMHC was originally developed in Massachusetts to encourage partnerships between mental health and law enforcement systems. It has since been administered in Washtenaw, St Joseph, Wayne, and other MI Counties. No peer-reviewed study has measured the effects of MMHC on law enforcement.

Michigan Crisis Intervention System (MI-CIS)

The Michigan Crisis Intervention System (MI-CIS) prepares police officers, EMS, corrections, 911 dispatchers, emergency department and school staff to recognize, respond and mitigate behavioral health crises. Roughly eight hours of behavioral health didactics are administered in distance learning modules to accommodate law enforcement patrol schedules. Participants undergo joint scenario-based training to enhance cross-system awareness. Officers from Kalamazoo, Ottawa, Muskegon, and other MI Counties have been trained in MI-CIS. No peer-reviewed study has measured the effects of MI-CIS on law enforcement.

Mental Health First Aid (MHFA)

Mental Health First Aid (MHFA) is a national course designed to teach the basics of identifying, understanding, and responding to behavioral health crises. Law enforcement agencies from Calhoun, Washtenaw, and the tri-county Clinton-Eaton-Ingham counties have adopted MHFA for Public Safety (MHFA-PS)⁸. No published study has measured the effects of MHFA-PS on law enforcement knowledge or behavioral changes. Peer-reviewed MHFA literature⁹ has shown increased mental health knowledge, increased supportive behaviors, and decreased negative attitudes among general public participants.

Trainings Options At-A-Glance	CIT	MMHC	MI-CIS	MHFA-PS
In-Person Training Hours	40	16	8	8
Total Training Hours	40	16	16	8
Behavioral Health Didactics	In-person	In-person	Online	In-person
De-escalation Techniques	X	X	X	X
Law Enforcement/Mental Health Co-Facilitation	X	X	X	
Scenario-based Training	In-person		In-person	
Facilitates Local Stakeholder Relationships	X	X		
Visits to Local Community Resources	X			

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Managing Mental Health Crisis (MMHC)

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Mental Health First Aid (MHFA)

Several Trainers Across Michigan

Find one in your area:
<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

Mental Health First Aid for Public Safety (MHFA-PS)

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<https://www.mentalhealthfirstaid.org/i-pledge/>

References

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