

## What is “CIT”?

“CIT” stands for “Crisis Intervention Team.” CIT is a team of Police Officers with special training in recognition of, and response to, a wide variety of Mental Health and Substance Abuse issues. In addition to hours of exposure to many forms of moderate to severe Mental Health/Behavioral Conditions, this training involves further development of skills in interpersonal communications, de-escalation techniques, conflict resolution, and awareness of available Mental Health and Substance Abuse resources.

## What is CIT’s importance to The Town of Fairfield?

Research shows that those afflicted with some form of mental illness are many times more likely to encounter law enforcement. It is important for officers to be able to recognize the difference between the symptoms of a mental health crisis versus deliberate evasive or combative behavior. The officer’s degree of training will dictate his/her approach to, engagement of, and interaction with these individuals. The extra training CIT officers receive can help to facilitate the likely-hood of positive incident resolution for both the officer(s) and the individual(s) in crisis, as well as any bystanders.

## What are the goals of the CIT Program?

In aspiring to provide the best service possible to individuals and families living with mental illness, and taking every step to connect these individuals and families to the resources they need, we also work to accomplish the following goals:

- Less need for the use of Lethal Force
- Reduction in injuries to mental health consumers
- Reduction in officer injuries
- Reduction in Emergency Room recidivism
- Jail Diversion
- Reduction in civil litigation
- Improvements in community relations

**You can request to speak to a CIT at any time!**



**Fairfield Police Department**  
100 Reef Rd  
Fairfield CT 06824  
Tel. 203-254-4807



## Fairfield Police Department

**For Emergencies Dial 911**



## Crisis Intervention Team -Adult and General-





Recommended

## COUNSELING AND SUPPORT SERVICES

- Alcoholics Anonymous**  
203-855-0075 10am-10pm
- Alzheimer's Association, CT Chapter**  
Information and support  
Mon-Fri 8:30am-4pm 860-828-2828  
24/7 Help Line 1-800-272-3900  
[www.ALZ.org](http://www.ALZ.org)
- Autism Speaks**  
888-288-4762 Mon-Fri 9:00am-1:00pm  
Information, resources and opportunities  
Autism Spectrum Resource Center  
203-265-7717  
[www.AutismSpeaks.org](http://www.AutismSpeaks.org) | [www.ct-asrc.org](http://www.ct-asrc.org)
- C.A.R.E.S**  
Provide Support Groups & Resources for families and individuals suffering from substance abuse 855-406-0246  
[www.thecaregroup.org](http://www.thecaregroup.org)
- Department of Mental Health and Addiction Services (DHMAS)**  
860-418-7000 Mon-Fri 8:30am-4pm  
[www.DHMAS.gov](http://www.DHMAS.gov)
- Disability Resource Center**  
203-378-6977 Support services, training and equipment to promote independent living skills for disabled people \*all ages
- Fairfield Counseling Services**  
203-255-5777 Mon-Th 8am-8pm Mon-Fri 8am-3pm  
Counseling, psychiatric and substance abuse evaluation \*Accepts the following insurances: Self pay on a sliding scale, Medicare, Anthem, United Health Care, Aetna and Husky plans | [www.fcsinc.org](http://www.fcsinc.org)

Recommended

## COUNSELING AND SUPPORT SERVICES CONTINUED...

- Fairfield County Medical Association**  
203-513-2045 Mon-Fri 8am-4:30pm  
Provides help finding a doctor
- Greater Bridgeport Community Mental Health Center**  
1-800-586-9903 Mon-Fri 8am-4:30pm  
\*Also available help for crisis 24/7
- Narcotics Anonymous**  
1-800-627-3543 | [www.CTNA.org](http://www.CTNA.org)
- National Alliance on Mental Illness (NAMI)** 24/7 Help Line 1-800-215-3021  
NAMI Fairfield 203-586-0826  
Advocacy and support for persons or families with mental illness  
[www.NAMICT.org](http://www.NAMICT.org) | [www.Namifairfield.org](http://www.Namifairfield.org)
- Newtown Parent Connection Inc.**  
203-270-1600 \*Provides Support for those struggling with addiction and help with information on rehabilitation centers. Also host support group meetings in Fairfield on Wednesdays  
[www.newtownparentconnection.org](http://www.newtownparentconnection.org)
- St. Vincent's Behavioral Health Services:**  
203-227-1251 | [www.Hallbrooke.org](http://www.Hallbrooke.org)  
Behavioral health and addiction services
- The Kennedy Center**  
203-365-8522 Services for persons with special needs and disabilities

Recommended

## LIVING ASSISTANCE AND SERVICES

- Dial 211**  
Provides mental health crisis information, utility assistance, food, housing, child-care, school programs, elder care, etc.  
[www.211ct.org](http://www.211ct.org)
- Department of Children & Families**  
1-800-842-2288 24 Hour Hotline
- Dial-A-Ride**  
203-256-3170 \*Only services Fairfield residents whom are seniors or disabled
- Fairfield Social Services**  
203-256-3170
- Open Door Shelter**  
4 Merrit St Norwalk 203-866-1057  
Breakfast 6-7am Lunch 1-2pm Dinner 6-7pm  
[www.Opendoorshelter.org](http://www.Opendoorshelter.org)
- Operation Hope**  
203-292-5588  
Provides food, shelter and services  
Lunch 11:30-1pm Dinner 5:30-6:30pm  
\*Cold weather protocol in effect Dec 1st
- Meals on Wheels**  
1-800-852-0384 Ext 298
- Section 8 Rental Assistance**  
1-800-955-2232 Mon-Fri 9am-5pm  
\*Provides basic information on public housing and resources in the area
- Handyman Services**  
203-256-3120\* Fairfield residents only