

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
-Substance Abuse -**





Recommended

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ANONYMOUS AGENCIES:

- Alcoholics Anonymous**
203-277-2496 or 203-855-0075
www.CT-AA.org
www.Fairfieldcountyintergroup.com
- Cocaine Anonymous:** 1-800-627-3543
CT Cocaine anonymous <http://caofct.org/>
- Narcotics Anonymous**
1-800-627-3543 | www.CTNA.org
1-800-559-9503 24 Hour Crisis Line

SERVICES:

- C.A.R.E.S**
Provide Support Groups & Resources for families and individuals suffering from substance abuse 855-406-0246
www.thecaregroup.org
- Chemical Abuse Service Agency:**
203-339-4112
- CT Renaissance**
203-367-6827 | <http://www.ctrenaissance.com>
203-866-2541 Norwalk Outpatient Adult Clinic
Mon-Thurs 9:00-8:00 Friday 9:00-5:00
Programs and facilities regarding substance abuse
- Department of Mental Health and Addiction Services (DHMAS)**
860-418-7000 Mon-Fri 8:30am-4pm
www.DHMAS.gov
- Dial 211**
Provides mental health crisis information, utility assistance, food, housing, childcare, school programs, elder care, etc.
www.211ct.org

SERVICES CONTINUED:

- 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
- 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
- Helping Hand Center:** 203-336-4757
(Substance abuse rehabilitation services)
- Liberation Programs:** 203-384-9301
(In and out-patient substance abuse services)
- 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 | www.Namifairfield.org

WEBSITES:

- 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
- Positive Directions**
203-227-7644 | www.positivedirections.org
Positive Directions is a community-based, 501(c)(3) not-for-profit located in Westport, Connecticut and is the primary provider of alcohol and substance misuse prevention and individual counseling services
- St. Vincent's Behavioral Health Services:**
203-227-1251 | www.Hallbrooke.org
Behavioral health and addiction services
- www.DrugStrategies.com
- Silver Hill Hospital**
1-866-542-4455
<https://www.silverhillhospital.org>
non-profit hospital in New Canaan, CT that provides leading treatment for psychiatric and addiction disorders. Offer inpatient, outpatient, and transitional living programs.
- Aware Recovery Care of CT**
203-779-5799 | 1-844-AWARERC (844-292-7372)
* confidential line for immediate help *
556 Washington Ave Unit 201 North Haven, CT
<https://www.awarerecoverycare.com/contact>