

## 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
- Cocaine Anonymous: 1-800-627-3543
- Narcotics Anonymous: 1-800-627-3543 or 1-800-559-9503 (**24 Hour Crisis Line**)

**SERVICES:**

- Chemical Abuse Service Agency: 203-339-4112
- CT Renaissance Inc: 203-367-6827 (Programs and facilities regarding substance abuse)
- Department of Mental Health and Addiction Services (DMHAS): 860-418-7000
- Fairfield Counseling Services: 203-255-5777(Counseling, Psychiatric and substance abuse evaluation)
- Fairfield County Medical Association- 203-372-4543 (Provides help finding a doctor)

**SERVICES CONTINUED:**

- General Information: Dial 211
- Greater Bridgeport Mental Health Clinic: 203-551-7507 or Outpatient Services: 203-551-7507
- 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)- 203-259-8396 Ext.30
- Positive Directions: 203-227-7644 (Prevention and recovery regarding narcotics abuse)
- RYASAP (Substance abuse prevention): 203-579-2727
- Silver Hills Hospital: 1-866-542-4455 (Inpatient treatment regarding substance abuse)
- St. Vincent's Behavioral Health Services: 203-227-1251 (Behavioral health and addiction services)

**WEBSITES:**

- [www.CT-AA.org](http://www.CT-AA.org) (Alcoholic Anonymous)
- [www.ctna.org](http://www.ctna.org) (Connecticut Region of Narcotics Anonymous)
- [www.DrugStrategies.com](http://www.DrugStrategies.com)
- [www.Fairfieldcountyintergroup.com](http://www.Fairfieldcountyintergroup.com) (AA information)
- [www.fcsinc.org](http://www.fcsinc.org) (Fairfield Counseling Services)
- [www.Hallbrooke.org](http://www.Hallbrooke.org) (Behavioral Health)
- [www.namifairfield.org](http://www.namifairfield.org) (National Alliance on Mental Illness)
- [www.PossitiveDirections.org](http://www.PossitiveDirections.org) (Prevention and recovery regarding narcotics abuse)
- [www.SilverHillHospital.org](http://www.SilverHillHospital.org) (Inpatient treatment regarding substance abuse)