



## Crisis Response and Intervention Training (CRIT) Knowledge Questionnaire

**Badge number or unique ID:** \_\_\_\_\_

(This is requested to link your responses across surveys. Your identity will not be revealed.)

1. Which of the following are examples of reasonable accommodations or modifications as defined by the ADA? Select all that apply.
  - A. Providing or allowing a person to use a cane, walker, wheelchair, or other assistive items, when safe to do so.
  - B. Using alternative methods of communication such as writing, communication boards or technology, such as an iPad, when safe to do so.
  - C. Ensuring that officers have been trained to recognize when behaviors may be related to a disability, when safe to do so.
  - D. Ensuring that officers are trained in knowing appropriate responses to people with disabilities, such as reducing sensory overload by turning off lights or sirens, when safe to do so.
2. Which of the following are essential elements of police-mental health collaboration in crisis response? Select all that apply.
  - A. Collaborative planning & implementation
  - B. Specialized training
  - C. Information exchange & confidentiality
  - D. Program evaluation & sustainability
3. Which of the following statement(s) describe the differences between mental health conditions and developmental disabilities? Select one response.
  - A. The onset of developmental disabilities occurs before age 22, while mental health conditions can occur at any age.
  - B. People with developmental disabilities have life-long symptoms, while people with mental health conditions have symptoms that may be episodic or temporary.
  - C. People with developmental disabilities have symptoms that may be episodic or temporary, while people with mental health conditions have life-long symptoms.
  - D. Both A and B
4. Which of the following are **not** suggested tips for responding to someone with a psychotic disorder? Select one response.
  - A. Tell the person that you are here to help.
  - B. Tell the person that you are experiencing the hallucination too.
  - C. Ask questions about a delusion to better understand their experiences.
  - D. Acknowledge their delusions/hallucinations are real experiences to the person.



5. Which of the following statements is the most accurate? Select one response.
- A. The acute effects of some substances (e.g., stimulants) can mimic the signs and symptoms of mental health conditions.
  - B. Having a mental illness does not increase an individual's risk of experiencing a substance use disorder.
  - C. Adults with intellectual and developmental disabilities (IDD) are more likely to use substances than adults without IDD.
  - D. Only environmental factors influence the development of a substance use disorder.
6. Which of the following phrases convey empathy and can help build rapport with a person in crisis? Select all that apply.
- A. That is a lot to deal with.
  - B. At least...
  - C. Maybe you feel...
  - D. Calm down.
7. Which of the following is **not** one of the 4 Plays? Select one response.
- A. Introduce yourself.
  - B. Ask for the person's name.
  - C. Ask if they have any weapons.
  - D. Express to the person what you are "seeing."
8. Crisis situations can be influenced by which of the following factor(s). Select all that apply.
- A. Situational stress
  - B. Mental health conditions
  - C. Substance use
  - D. Intellectual and developmental disabilities
9. Which of the following are suggested tips for responding to someone contemplating suicide? Select all that apply.
- A. Avoid directly asking about suicide.
  - B. Tell the person that you are here to keep them safe.
  - C. Say that you know exactly how they feel.
  - D. Reassure the person that help is available.
10. The provisions of the Americans with Disabilities Act (ADA) apply when: Select all that apply.
- A. The person with a disability tells the officer about their disability.
  - B. An officer has a reasonable belief that the person with a disability is exhibiting signs in appearance or behavior that indicate the presence of a disability.
  - C. Someone else on the scene tells the officer that the person has a disability.
  - D. The officer has prior knowledge that the person has a disability.



11. The perceptions and attitudes that individuals have about people with mental health conditions and/or intellectual and developmental disabilities can come from which of the following? Select all that apply.
- A. Family
  - B. Media
  - C. Workplace
  - D. Religion
12. Warning signs of suicide include which of the following? Select all that apply.
- A. Talk of wanting to die
  - B. Depressed mood
  - C. Withdrawing from activities
  - D. Feeling hopeless
13. An individual's experience of an event determines whether it is traumatic. Select one response.
- A. True
  - B. False
14. Which of the following are strategies to help increase personal resilience? Select all that apply.
- A. Connecting with others
  - B. Eating nutritious foods
  - C. Practicing mindfulness
  - D. Maintaining balance
15. Which of the following are **not** signs and symptoms typically associated with major depression? Select one response.
- A. Feelings of hopelessness/helplessness/worthlessness
  - B. Insomnia/fatigue
  - C. Hallucinations
  - D. Diminished pleasure/interest in activities
16. Which of the following may indicate a potential developmental disability? Select all that apply.
- A. A person engages in stimming behaviors (e.g., rocking back and forth, hand-flapping)
  - B. A person reports that they are hearing voices
  - C. A person appears to be easily influenced and/or eager to please others
  - D. A person is not making eye contact
17. Influencing versus controlling behavior may be an effective approach in crisis situations. Select one response.
- A. True
  - B. False



18. Which of the following are suggested tips for responding to people with dementia and traumatic brain injury? Select all that apply.
- A. Use open-ended questions.
  - B. Check for Alert type bracelets.
  - C. Avoid touching without permission or explanation.
  - D. Focus on a positive topic if the person is agitated.
19. When talking about people with mental health conditions and/or intellectual and developmental disabilities, which of the following examples are considered to be person-first, respectful language? Select all that apply.
- A. Mentally ill
  - B. Handicapped
  - C. Person living a mental health condition
  - D. Person suffers from a mental health condition
20. Traumatic stress symptoms can include the following: Select all that apply.
- A. Flashbacks
  - B. Avoiding situations that are reminders of the event
  - C. Hyperarousal
  - D. Depressed mood

**END OF SURVEY.**