

SAN BERNARDINO COUNTY SHERIFF

CRISIS INTERVENTION TEAM

POST CC# 2330-20801

Course Purpose: The purpose of this 40-hour comprehensive training course is to emphasize mental health-related topics, crisis resolution skills and de-escalation training, and access to community-based services. Our goal is to create a community partnership between Law Enforcement, the Department of Behavioral Health, to work with mental health consumers and family members, to set a standard of excellence for our students with respect to treatment of individuals with mental illness who may be in crisis.

Learning Objective: Officers will be trained in a basic understanding of mental illness and how to identify citizens in a mental health crisis. Trained officers can coordinate field contact by using advanced de-escalation communication and intervention skills. CIT trained officers are more confident when working with persons in crisis and can intervene effectively with increased officer safety and better results for the individuals involved.

I. INTRODUCTION

A. Purpose

1. To familiarize students with objectives of academy program and overview of mental health community
2. Students will gain an initial understanding of what the mental health community is and how to best utilize

II. DEPARTMENT OF BEHAVIORAL HEALTH OVERVIEW

A. Concepts

1. Mission of DBH
2. Organizational Structure of DBH
3. Services available to consumers through DBH
4. Children and Adolescents

III. CULTURAL AWARENESS

A. Concepts

1. Become more knowledgeable in the culturally appropriate manner to interact with mental health clients and individual from specific ethnic groups
2. Understand some of the perceptions of individuals with mental illness when they are interacting with law enforcement officers
3. Learn basic steps and limitations in using interpreters, including children and adolescents, in communication with non- English speaking individuals in emergency situations

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Learning Activity 1 – Students will be working in groups separated by the mental health overview topic, as the topic is presented each group will address the class with their understanding of the topics signs and symptoms as well as possible resources and treatments available. This will allow for an evaluation of knowledge the students already have prior to attending this course.

IV. MAJOR DEPRESSION

A. Considerations and Concepts

1. Impact of depression on society
2. Potential causes of major depression
3. Necessity for inpatient verse outpatient treatment
4. Role of medication in treatment

V. BIPOLAR DISORDER

A. Concepts

1. Essential features of bipolar disorders
2. Presentation of bipolar disorders and situations encountered by police
3. Primary needs of patients and their families

VI. SCHIZOPHRENIA

A. Concepts

1. Overview of assessment of mental health clients
2. Contextual framework to understand mental illness
3. Techniques to evaluate mentally ill individuals, including domains of an evaluation
4. Terminology and nomenclature pertinent to mental health issues
5. Overview of symptoms, behaviors and onset of schizophrenia
6. Purpose and extent of advocacy services available for citizens with mental health disabilities

VII. PERSONALITY DISORDERS

A. Concepts

1. What personality disorders are
2. How personality disorder present themselves
3. What causes personality disorders
4. Why personality disorders occur
5. How to effectively deal with person with personality disorders

VIII. ANXIETY

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- A. Concepts
 - 1. What is anxiety
 - 2. How anxiety is presented
 - 3. Varieties of anxiety
 - 4. How to effectively deal with a person with severe anxiety
- IX. ALZHEIMERS**
 - A. Concepts
 - 1. Recognize effects of disease on individuals
 - 2. Identify safe physical approach to persons with dementia
 - 3. Describe mode of effective communication techniques
 - 4. Identify components of de-escalating the environment

Learning Activity 2 – We will have a panel of 4-5 consumers who will share their experience and journey of dealing with mental illnesses. The students will engage the panel with questions and concerns they may have about dealing with mental illness and how each consumer manages their diagnosis, types of medications and treatments.

- X. CONSUMER PANEL/ DISCUSSION**
 - A. Concepts
 - 1. Understand impact of mental health agencies
 - 2. Understand burden of mental illness on family
 - a. Denial
 - b. Stigma
 - c. Frustration, helplessness
 - d. Greif
 - e. Developing personal resources
 - f. Inappropriate professional assistance
 - 3. Understand importance of officer contact and communication with family
 - 4. Perspective of individuals living with mental illness
 - 5. Personal accounts of contact with Law Enforcement
 - 6. Consumers personal journey with Mental Illness
- XI. UNDERSTANDING PSYCHIATRIC MEDICATIONS**
 - A. Concepts
 - 1. What medication are used in psychiatric patients and how they work
 - 2. Why these medications are used and what side effects patients will suffer

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3. How drug of abuse interacts with psychiatric medications
4. Which medications are used to treat each different psychiatric illness?

XII. DEVELOPMENTAL DISABILITIES

A. Concepts

1. General characteristics that might identify a person as having a developmental disability
2. Communication and safe strategies relative to persons with developmental disabilities
3. Understanding of “People First” philosophy and beginning use of terminology
4. Working knowledge of law enforcement issues relative to persons with diminished mental capacities, cerebral palsy, epilepsy, and autism

Learning Activity 3 – We will have a visitor share their personal story of living with Autism, the students will be encouraged to ask questions of the guest based on their own personal experiences and understanding of the disorder.

XIII. SUICIDE INTERVENTION/ SUICIDE BY COP

A. Concepts

1. Recognize that reactions to suicidal individuals are determined by attitudes
2. and beliefs about suicide
3. Assess the degree of risk for suicide
4. Discuss suicide with a person at risk of suicide in a comfortable manner
5. List resources available to a person at risk of suicide
6. Suicide by Cop
7. General Characteristics
8. Police Suicides

XIV. ADOLESCENTS

A. Concepts

1. Assessment of needs
2. Resources
3. Crisis Intervention techniques with youth in crisis
 - a. Suicidal
 - b. Out of control behaviors
 - c. Family conflict

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XV. TRAUMATIC BRAIN INJURY

A. Concepts

1. Recognize and describe general characteristics of TBI victim
2. Acquire information regarding community resources
3. Recognize and begin utilize “People First terminology
4. Acquire information regarding strategic communication and behavioral management techniques to be utilized when a person with TBI is either a victim of, a witness to, or a perpetrator of a crime

XVI. VETERANS AFFAIR

A. Concepts

1. Assessment of needs
2. Resources / Referrals
3. Understanding veteran’s issues and the relationship to mental illness
4. Understanding Family dynamics in relationship to veteran’s mental health

XVII. POST-TRAUMATIC STRESS DISORDER

A. Concepts

1. Understand the differences between general stress, Post-traumatic stress, and PTSD
2. Recognize symptoms and signs of PTSD
3. Understand how to defuse and/or not exacerbate and interaction with someone experience symptoms of PTSD

XVIII. 5150 REVIEWS

A. Concepts

1. Review procedures and laws
2. Utilization of CCRT
3. Utilization of CWIC

Learning activity 4– 5150 Bag-exercise De-Escalation training which will encompass all skills related to the specific training methods necessary for on-scene crisis intervention. Role playing, scenario usage, officer safety issues and other topics of de-escalation skill training are included in this learning activity.

XIX. CRISIS INTERVENTION TACTICS AND DE-ESCALATION

A. Concepts

1. Define crisis development in terms of four distinct behavioral levels

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2. Match each crisis development behavior level with an appropriate and corresponding attitude
3. Provide awareness of nonverbal communication (proxemics and kinesics) during interventions
4. Importance of “delivery” of messages
5. Identify three key components of para-verbal communication
6. Identify different levels of defensive behavior and defusing verbally “acting out” persons
7. Using rational detachment to maintain professional attitude when dealing with someone who is “acting out”
8. Apply class material to real –life situations

XX. CRISIS INTERVENTION TEAM PROCEDURES & OVERVIEW

B. Concepts

1. Learn procedures for receiving and dispatching CIT related calls for service
2. Handling CIT calls to include proper disposition/reporting
3. Review data collection protocol

XXI. HOMELESSNESS

A. Concepts

1. Assessment of needs
2. Resource/ Referrals
3. Homelessness and the cause and effect relationship to mental illness

XXII. COALITION AGAINST SEXUAL EXPLOITATION

A. Concepts

1. Types of sex and labor trafficking cases likely to be encountered
2. Identification and Assessment
3. Business aspect of commercial sexual exploitation
4. San Bernardino County Resources

XXIII. ROLE PLAY SCENARIOS

A. Concepts

1. Provide students with the opportunity to practice crisis intervention techniques in role-play situation involving the mentally ill

Learning activity 5– Scenario and Role Play, includes integrative scenarios designed to enhance advanced skills, individual initiative, and are realistic and challenging. the students will be working in groups, there will be five different scenarios that the groups rotate through. Each scenario will provide specific topics to help develop intervention

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strategies, verbal and non-verbal skills and crisis escalation stages will include voice tone, “I” statements, reflection, summary and basic courtesy. This exercise will help officer awareness of verbal skills relating to crisis issues will be introduced by means of practical skill training exercise.

XXIV. SITE VISIT / MENTAL HEALTH COMMUNITY RESOURCES

A. Concepts

1. Familiarize officers with mental health agencies
2. Familiarize officers with resources and services provided by these agencies.
3. Visit mental health agency sites

Learning activity 6– On-site visits to Team centers and designated emergency mental health receiving facilities is a critical aspect of CIT as it provides a source of emergency entry for consumers into the mental health system. It also allows for minimal turnaround time for the officers. The purpose of site visits is to interact and engage with people having a mental illness in a free-flowing dialogue that will allow everyone to comfortably share information. This engagement is conducted at various site locations throughout the community and include community-based providers such as Team Centers where consumers receive a variety of services. These visits are only a brief amount of time but include meetings with special interest groups to engage in one on one interaction.