



Marin County Sheriff's Office

Day One

Welcome and Introduction to Crisis Intervention

- ❖ Purpose and learning objectives
 - Mental Illness through the ages

Neurobiology of Mental Illness:

- ❖ Basic overview of brain and nervous system
 - Cell Communication
 - Neurotransmitters
 - Types and effects
 - Electrical impulses
- ❖ Mental Illness
 - Facts, Myths and Overview
 - Defining mental illness
 - Major symptoms
- ❖ Chemical Imbalance
 - Perception and Reality
- ❖ Effects of medications
- ❖ Video of "Lionel" – football player with Schizophrenia-

◆ (Source of video- POST)

Schizophrenia:

- ❖ Course of illness
- ❖ Epidemiology
 - Who gets schizophrenia and why
- ❖ Types
 - Paranoid Type
 - Disorganized Type
 - Catatonic Type
 - Undifferentiated Type
 - Residual Type
- ❖ Symptoms
 - Thought content
 - Thought structure
 - Hallucinations
- ❖ Treatment
 - Therapy
 - Medications
 - Side effects and benefits

Major Depression:

- ❖ Course of illness
- ❖ Epidemiology
 - Who gets the illness and why
- ❖ Types
 - Major Depressive Episode
 - Dysthymic Episode
- ❖ Symptoms
 - Thought content and structure
 - Mood
- ❖ Treatment
 - Therapy
 - Medications
 - Side effects and benefits

Bi-Polar Disorder

- ❖ Course of illness
- ❖ Epidemiology
 - Who gets the illness and why
- ❖ Types
 - Depressive
 - Manic
- ❖ Symptoms
 - Thought content
 - Thought structure
 - Hallucinations
 - Mood
- ❖ Treatment
 - Therapy
 - Medications
 - Side effects and benefits

Suicide by Cop

- ❖ Definition
- ❖ Incident Terminology
 - Suicide by Proxy
 - Precipitator or Decedent
 - Officer-involved
- ❖ Incident Characteristics
 - Evidence of suicidal intent
 - Evidence that “offenders” wanted officers to kill them
 - Possession of lethal weapon or behavior consistent with being armed
 - Intentional behavior which provoked officers to employ deadly force
- ❖ Decedent Demographics
- ❖ Psychodynamics of the Incidents
 - Lack of Prior Suicidal Intent and Plan
 - Presence of Prior Suicidal Intent without Imminent Plan
 - Presence of Prior Suicidal Intent with SBC Plan

- ❖ Effect on Involved Parties
- ❖ The Psychological Autopsy
 - Referral questions
 - Records reviewed
- ❖ Sources of information
- ❖ Prevention
 - Apply common sense
 - Substance abuse
 - Typology dependent considerations
 - Be aware of the development of alternative plans
 - Case identification and case management

Medications:

- ❖ Categories
 - Thought controlling medications
 - Hallucinations
 - Mood controlling medication
 - Anxiety
 - Depression
 - Mania
- ❖ Identification
 - Recognizing medications
 - Pocket card
- ❖ Use and Effects
 - Overview of major categories of medications
 - Anti- anxiety
 - Anti-depressants
 - Anti-obsessional
 - Anti-psychotics
 - Side Effects

Panel Presentation:

- ❖ A presentation by a group of mentally ill clients discussing the effects of mental illness on his/her lives

Day Two

Community Mental Health- Presented by Director of Marin Community Mental Health

- ❖ Overview of Community Mental Health
 - Services available
 - Departments
 - Eligibility requirements
- ❖ How to get people enrolled
 - Who to contact
- ❖ Funding and payment sources

Investigations

- ❖ Roles and Responsibilities of Public Guardians Office
- ❖ Procedures
- ❖ Collaboration with Law Enforcement

Legal Issues: Presentation by Marin County Public defender's Office

- ❖ Conservatorship
 - Authority
 - Types
 - Probation
 - Person vs. Estate
 - Letters of Conservatorship
- ❖ Levels of Care
 - Acute
 - State Hospital
 - Board and Care Independent living

Personality Disorders:

- ❖ Course of illness
- ❖ Epidemiology
 - Who gets the illness and why
- ❖ Types
 - Three Clusters of Personality Types

- ❖ Symptoms
 - Thought content and structure
 - Mood
 - Presentation to officers
- ❖ Treatment
 - Therapy
 - Medications
 - Side effects and benefits

Youth and Mental Health

- ❖ Overview of Community Mental Health Child Team
 - Services available
 - Eligibility requirements
- ❖ How to get people enrolled
 - Who to contact

Conversation with Unit B - A discussion with the director of the Marin County Crisis Unit

- ❖ Procedural overview
- ❖ People to contact
- ❖ Complaints

Alzheimer's and Age Related Dementia

- ❖ Alzheimer's
 - Definition
 - Warning signs
 - Risk factors
 - Facts about Alzheimer's
 - Disease progression
 - Understanding Alzheimer's
 - Treatment options
- ❖ Dementia
 - Types
 - Reversible vs. irreversible
 - Warning signs
 - Risk factors
 - Treatment options

Developmental Disabilities:

- ❖ Definition and causes of DD
- ❖ Mental retardation vs. mental illness
- ❖ Law enforcement response
- ❖ Epilepsy
 - Cause and Nature
- ❖ Cerebral Palsy
 - Cause and Nature
- ❖ Autism
 - Cause and Nature

Presentation by Family Members

- ❖ Stories told by parents about their mentally ill children and their involvement with the criminal justice system
- ❖ Questions and answer session

Day 3

Managing your 5150 Welfare and Institute Code cases:

- ❖ What is it?
- ❖ Identifying resources
- ❖ Building your cases
- ❖ Building relationships
 - Identify partners
- ❖ Criminal Justice vs. Mental health System
 - 5150 Welfare and Institute code vs. arrest
 - Probation vs. conservatorship
- ❖ Components of an action plan
 - Meet The Individual Needs Of The Client.
 - Action Plans Items Can Be Accomplished.
 - Action Plans Represent A Change From Previous System Responses.
 - Action Plans Are Assertive

Site Visits

- ❖ Visits by students to various community programs and services. Students report back to the class and provide a short presentation on the different sites visited and services offered.
- ❖ Sites Visited
 - Linda Reed
 - Day service center
 - Ritter center
 - Homeless services – shower, mail, medical clinic, clothing
 - Voyager
 - Housing program for the mentally ill
 - St Vincent's
 - Food, counseling and financial assistance
 - New Beginnings
 - House, food, counseling and financial assistance
 - Enterprise Resource Center
 - Drop in program for counseling services

Substance Use-

- ❖ Dual Diagnosis- Mentally ill who abuse substances
 - Symptoms
 - Treatment
 - Services available

Suicide Evaluations

- ❖ Assessment
 - About suicide
- ❖ Common factors
 - Empirical risk factors
- ❖ Direct cues
 - Current suicide ideation
 - Current or recent suicide threats
 - Current planning/preparation
 - Para suicidal behavior
- ❖ Indirect Cues
 - Person falls into high risk population
 - Indirect references to own death
 - Recent disruption or loss of interpersonal relationships, negative environmental changes
 - Recent medical care
 - Current hopelessness/anger or both
- ❖ Negotiating with a suicidal subject
 - Define the problem – get “concrete”
 - Ensure safety
 - Provide Support – You are on their side
 - Examine alternatives
 - Find other support sources – friends, family, co-workers, clergy, etc.
 - Focus on Officer’s coping mechanisms
 - Make a Safety Plan
 - Obtain Commitment

Crisis Negotiation:

- ❖ Introduction
- ❖ Objectives
 - Protection of hostages, police and criminals
 - Release of hostage and arrest of suspect
- ❖ Courses of Action
 - Assault
 - Negotiate
- ❖ Types of negotiated incidents
 - Professional criminal

- Mentally ill person
- Domestic
- Terrorist groups
- Barricaded and suicidal

- ❖ Procedures for handling an incident
 - Develop and implement plan

- ❖ Negotiation tips
 - Arrival
 - Team structure

- ❖ Negotiating styles
 - Soft
 - Hard
 - Principled

- ❖ Stockholm Syndrome

Case Management Services

- ❖ Overview of Case Management
 - Duties of a Case Manager
 - Services available
 - Eligibility requirements

- ❖ How to get people enrolled- Who to contact

Discussion Panel with Current Crisis Intervention Team Officers (CIT)

- ❖ CIT Roles
 - Use within your jurisdictions
 - Providing training
 - Networking with surrounding law enforcement agencies and other county agencies

- ❖ How is it working/Case management

- ❖ What new CIT officers can expect
 - Additional calls from the community
 - Expertise requested by other officers, clients and families
 - Referral to outside resources

- ❖ County Policy
 - Signed MOU by all Marin police chiefs in regards to providing mutual assistance to other agencies.

Day 4:**Officer Safety / Non Violent Interventions**

- ❖ Tactical considerations before arrival
 - Location
 - Weapons
 - Distance
- ❖ Rapid assessment techniques
 - Non-compliance
 - Red flags
- ❖ Tactical considerations upon arrival and during contact
 - Distance
 - Command structure
 - Responsibilities
- ❖ General and specific verbal strategies
 - Hallucinations
 - Paranoia
 - Overcoming resistance to accept help
- ❖ Review of videos and class discussion on tactics used or not used
 - Videos from two scenarios- (“Norman” Videos from POST)

Writing better 5150's Welfare and Institute Code

- ❖ Changes in California Law
 - 5150.05
- ❖ Changes in Law Enforcement's Role
 - Identifying probable cause
 - Emergency Aid vs. Exigency
 - Community Caretaking
- ❖ Building a 5150 case
 - Tools available to utilize
 - Investigation
 - Utilization of witness statements
 - Cameras / recordings
- ❖ Video examples – class discussion- (5150 Lady in Park and 5150 Man on Street- Both videos from POST)

Post-Traumatic Stress Disorder (PTSD)

- ❖ What is PTSD
- ❖ Common Symptoms
 - Three major symptom clusters
 - Re-experiencing
 - Avoiding
 - Arousal
- ❖ Treatment
 - Therapy
 - Medications
 - Staying connected
- ❖ Videos used
 - HBO Special – War Torn
 - Introduction- civil war
 - OIF – effect on soldier and family

Police Stress

- ❖ What makes an incident critical?
 - Perceived threat / trauma
 - Your body's reaction
 - The meaning you attribute to an event
 - What else is happening in your life
- ❖ Types of critical incidents
 - Listing of typical stressful events
- ❖ Your body's response to stress
 - Autonomic Nervous System
 - Normal physical and psychological responses
- ❖ Coping mechanisms
 - Maladaptive
 - Hyper-Activity
 - Counter Phobic Behavior
 - Impulsive and Reckless Behavior w/o Thought
 - Appropriate
 - Exercise
 - Counseling
 - Peer Support
 - Medication
 - Family / Spiritual contact

Discussion and Graduation

- ❖ Final Questions
- ❖ Evaluations
- ❖ Certificates and CIT Pins