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-
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