



## **Marin County Sheriff's Office Crisis Intervention (8-hrs) POST Outline**

- I Introduction to course
  - A. Objectives
    - 1. Increase ability of officer to recognize an individual with mental illness
    - 2. Increase empathy of officers for the individual with mental illness.
    - 3. Provide additional techniques for de-escalating a tense situation (e.g., non-physical interventions) and increase proficiency in non-violent crisis intervention techniques.
    - 4. Increase officer confidence in dealing with the individual with mental illness.
    - 5. Increase basic knowledge and understanding of various presentations of mental illness (as well as with the Developmentally Disabled)
    - 6. Increase knowledge of available community resources regarding dealing with a person with mental illness
  
- II. Mental Disorders and Substance Abuse
  - A. Definitions
  - B. Causes
  - C. Prevalence
  - D. Symptoms
    - 1. Delusions
    - 2. Hallucinations
    - 3. Disorganized Speech
  - E. Schizophrenia
    - 1. Epidemiology
    - 2. Treatment
    - 3. Medications

a- Facilitate hearing voices exercise with class

F. Mood Disorders

1. Major depression
2. Medications and treatment
3. Suicidality
4. Medications

G. Bipolar Disorder

1. Manic episode characteristics
2. Epidemiology
3. Treatment
4. Medications

H. Stigma Reduction-

1. Mental Illness is a MEDICAL condition
2. Mental Illness is a common condition
3. Mental Illness happens in many families
4. Behavior is not volitional
5. Video on family perspective

I. Cultural Considerations

1. Values
2. Acceptance of mental illness
3. Spiritual Beliefs

J. Substance Abuse

1. Definitions
2. Treatment
3. Case study of family perspective
4. Law Enforcement Response

III. Developmental Disabilities

A. Definition of terms

1. Appearance
2. Communication
3. Behavior
4. Response

B. Prevalence

C. Contrasts DD system with that of mental illness (MI) system-of-care

E. Causes

F. Contrast intellectual disability with mental illness

G. Autism

H. Resources Available to families and LE- GGRC

I. Case study on family perspective

J. Law Enforcement response and strategies to work with DD

- A. Speak slow and clear
- B. Slow down situation, take your time
- C. Use simple language, no compound questions
- D. Use concrete terms and ideas
- E. Rule of 5- 5 letters per word, 5 words per sentence.

#### IV. Writing Better 5150s

- A. The Lanterman-Petris-Short ACT (LPS) of 1969
- B. Criteria for 72-hour hold
  - 1. Danger to self
  - 2. Danger to others
  - 3. Gravely disability
- C. Field Assessment for the peace officer
- D. Proper Documentation on the 5150 form
- E. Discuss ramifications of 5150.5 W & I

#### V. Resources in Marin County-

- A. NAMI
  - a. Services provide
- B. STAR (Support and Treatment After Release) and STAR Court
  - a. Eligibility and case management
- C. Mobile Crisis and Crisis continuum
  - a. Referral process
  - b. Services provide
- D. Liaison with county mental health
  - a. Point of contacts
- E. FMDT (Forensic Multi-Disciplinary Team)
  - a. Referral process

#### VI. Suicide Assessment

- A. Suicide Assessment and Intervention
  - 1. Officer Safety
    - a. distance
  - 2. Direct Cues
    - a. current suicide ideation
    - b. current or recent suicide threats
    - c. current planning/preparation
  - 3. Indirect cues
    - a. high risk population
    - b. recent disruption or loss of interpersonal relationships
    - c. current state of hopelessness
  - 4. Negotiations

- a. define problem, get “concrete”
- b. ensure safety
- c. examine alternatives to suicide
- d. find support sources- family, friends, co-workers, clergy
- e. other strategies

5. Risk Factors

- a. Depression
- b. Divorce
- c. Life Problems
- d. Age
- e. Health Problems

VII. Suicide by Cop (SBC).....

- A. Definitions
  - 1. Terminology
  - 2. Incident dynamics
  - 3. Demographics
- B. Statistics
- C. Incident dynamics
  - 1. Fleeing felons
  - 2. Opportunists
  - 3. Prior suicidal intent with SBC plan
- D. Effects on involved parties
  - 1. On peace officer, family, department
  - 2. Decedent’s family, friends
  - 3. Community

VIII. Officer Safety and De-escalation Tactics

- A. Considerations before arrival
  - 1. Weapons
  - 2. Location
  - 3. Distance
- B. Tactical considerations upon arrival and during contact
  - 1. Distance
  - 2. Slow it down
  - 3. De-Escalation techniques
  - 4. Alternative uses of force
  - 5. Officer Responsibilities- Primary/Back up
- C. General and specific verbal strategies
  - 1. Hallucinations
  - 2. Paranoia

3. Resistance to help

D. Facilitate Discussion from Scenario

1. POST Mental Health Update Video
2. Compare and contrast officers tactics and response

IX. Officer Wellness

A. PTSD

1. Characteristics
2. Symptoms
3. Treatment

B. Nature of Stress

1. Characteristics
2. Symptoms

C. Other Considerations

1. Risks to Emergency Response Personnel
  - a. Traumatic stress
  - b. Suicide
  - c. Substance abuse

D. Health Promotion

E. Peer Support