

# **Crisis Intervention and Mental Illness Crisis Training**

**October 11, 2018 @ Orono Police Dept.**

**2730 Kelly Parkway in Long Lake**

**8-5pm – 8 POST Credits Approved 9038-0182**

## **Course description**

This course will cover all aspects and meet requirements of the Minnesota POST Board 2018 Crisis Intervention and mental illness crisis training, with an emphasis on deepening officers understanding of mental illness and the practical assessment and intervention strategies. Through presentations of experts, community resources, individuals who live with mental illness and active demonstration role play will cover a wide range of mental health challenges. Course will also look at understanding the impact that these types of calls have on officers.

## **Overall learning objectives**

- Understanding major and severe forms of mental illness.
- Develop a practical assessment plan in dealing with mental illness crisis.
- Learn specific intervention techniques for managing a person in mental health crisis.
- Understanding a variety of special populations and how they deal with crisis.
- Deepening the officer's understanding of the impact responding to mental health calls.

## **Course time line:**

### **08:00** Understanding the challenges mental illness:

- a. Review major and serious forms of mental illness and how to recognize associated symptoms and behaviors including substance use disorders and signs of suicidality.
- b. Understanding how psychiatric medications work: the side effects, challenges of non-compliance and why people don't take their medications.
- c. Identification of behaviors associated with mental illness that may be seen as criminal behavior.
- d. Understanding the social stigma of mental illness and the critical role of informed and impartial responses.

### **10:00** Develop an understanding of mental illness concerning special populations

- a. Responding to veterans in crisis.
- b. Understanding the Trauma Informed Model and developing strategies to response.
- c. Managing people in crisis who present with substance use or abuse.
- d. Understanding the impact of culture and having culturally informed response to individuals impacted by mental illness.
- e. Meeting with "Charles" conversation with a person who lives with mental illness and had frequent contact with law enforcement.

### **11:00** Practical strategies for managing situations involving a mental health crisis

- a. Understanding verbal and nonverbal intervention techniques that help to defuse and reduce emotional intensity.

- b. Using the engagement ladder of response-active listening, empathy, rapport, attitude and behavioral influence.
- c. Best tool you have: Body language and how you use your voice.

**12:00 Lunch break**

**13:00 Engagement of active role play in understanding of assessment and intervention strategies**

*Whole afternoon will be active role play and scenario-based training models to better understand response strategies. With ongoing integration of all material. Professional role player will assist in the remainder of the training.*

**14:00 Responding to threat of suicide: intervention strategies**

- a. Threat of harm to self or others: What does that mean and when to take into custody and how.
- b. Understanding the role of the officer to protect individuals in custody, warning signs of suicidality in custody, and preventing suicide of individuals in custody.
- c. The statutory elements of taking someone into custody for reasons of mental illness or developmental disabilities, chemical dependency, or “intoxication in public.”
- d. The information needed to determine if a hold is necessary and the criteria and difference between a transport and 72-hour hold.

**15:00 Understanding Community Resources in the role of the responding officer**

- e. Accessing local resources during or after mental health crisis (i.e. mobile crisis teams, veteran services, outpatient services, homeless shelters, detox facilities, social services) and understand when and how to contact people with them.
- f. Presentation by county mobile crisis team member.

**16:00 Understanding the impact of mental health calls on officers**

- a. Strategies that support good mental health.
- b. Trauma exposure and stress: the impact on officer wellbeing from physical/emotional health to decision making.
- c. When do you need help and what to do if you or your partner needs help. Understanding the barriers that might impact getting help.

**17:00 End of training**