



CIT/Mental Health Awareness

2004/2005 In-Service

Course Outline

- Overview
- 1st Hour
 - Major Mental Illnesses
 - Suicide Awareness
 - Paperwork Disposition
- 2nd Hour
 - Crisis Intervention with Scenarios



Major Mental Illness

- Biologically based brain disease
- Significant impairment of Social, Occupational and Interpersonal functioning
- Thought Disorders, Mood Disorders, and the ability to cope with stress are symptoms



Major Mental Illness

- Legal definition: A substantial disorder of thought, mood, perception, orientation or memory that grossly impairs judgment, behavior, capacity to recognize reality, or ability to meet the ordinary demands of life.



Major Mental Illness

- Cost of Major Mental Illness
- 5% of adults and 9% of teenagers are afflicted
- Billions are spent on treatment and lost productivity
- It can strike in any family, and affect the entire family



Major Mental Illness

- Three Types of Major Mental Illnesses
 - Schizophrenia
 - Bi-polar
 - Major Depression



Schizophrenia

- Effects 1-2% of entire population
- Will last for a lifetime, but can be controlled with medication, therapy and assisted living conditions
- Commonly known as the “split personality” diagnosis, which is incorrect. Very few will develop Multiple Personality Disorder
- The “first break” usually occurs from 18-25 years old. Symptoms are now present



Schizophrenia

- Medications that are used are called “Anti-psychotics”
- Thorazine, Haldol, Mellaril, Risperdal, Zyprexa, Seroquel
- Medication levels sometime need to be re-balanced



Schizophrenia

- Symptoms
 - Delusions: A false belief that is contrary to reality
(Someone might say to you that they are God, the head of the FBI, or the President. They also might believe that activities are being monitored by the CIA)



Schizophrenia

- Types of Delusions
 - Persecutory: “Everyone is plotting against me”
 - Grandiose: “I am God”
 - Religious: “I can talk to God directly”
 - Nihilistic: “The world will end next week”



Schizophrenia

- Hallucinations: Hearing and Seeing things that are not real
 - Auditory hallucinations are the most common
 - People will tell you there are voices inside them they cannot control
 - Visual hallucinations are less common (Meth and Coke users will have tactile sensations)



Schizophrenia

- Disorganized symptoms
 - The person may be dressed poorly, have bad hygiene, and may not be able to hold an idea long enough to answer a simple question
 - They may pace and talk in circles, or do other repetitive behavior



Schizophrenia

- Class Exercise
 - Divide up into groups of 4
 - 2 will get the script of voices
 - 1 will sit in a chair
 - 1 will do the questioning
 - Exercise is to simulate what a schizophrenic person has to deal with 24/7



Bi-polar

- Bi-polar is the new term for Manic Depression
- It means the person will have mood swings, sometime in the extreme
- If a person has more than 4 episodes (up and down swings) in a year, then the term “Rapid Cycling” can be applied



Bi-polar

- Bi-polar is hereditary
- Medications that are used are called “Mood Stabilizers”
- Lithium, Depakote
- Mania side of swing/ Anti-psychotics
- Depressive side of swing/ Anti-depressants



Bi-polar

- Mania Symptoms
 - Increased activity or energy level
 - Fast talking with fast ideas
 - Grandiose ideas
 - Decreased need for sleep
 - Increased sexual appetite
 - Mimic Meth/Coke intoxication



Bi-polar

- Depression Symptoms
 - Depressed mood or ideas
 - Decreased energy
 - Increased irritability
 - Change in appetite
 - Change in sleep patterns
 - Talk of suicide



Major Depression

- Defined as: A persistent state of depression that significantly effects a person's mood, thought's, relationship's and daily activity
- One of the leading causes of disability in US
- Can strike as much as 5% of entire population
- 2x as many women effected than men



Major Depression

- Medications are called Anti-depressants
- Prozac, Zoloft, Paxil, Effexor, Wellbutrin
- ECT or Electroconvulsive Therapy is still used to treat severe forms of depression
- Depression has a direct link to suicide



Suicide Awareness

- Reasons for Suicide
- Loss or change in relationship
- To end pain
- Escape situation
- Gain attention
- Manipulate/punish others or self
- Become a martyr



Suicide Awareness

- Facts on Suicide
- One suicide every 18 minutes in US
- 11th ranking cause of death in US
- Every suicide affects 6 other people
- Women attempt suicide 3x more often than men do
- Men complete suicide 4x more often than women do



Suicide Awareness

Myths about suicide

- Happens without warning
- Low risk after mood improvement
- Once suicidal, always suicidal
- Intent on dying
- So rare, they won't do it
- No note = No suicide



Suicide Awareness

Questions to ask

- Do you have any thoughts of hurting or killing yourself?
- How do you plan on doing it? (specific plan)
- When and Where? (specific plan)
- Why do it now? (what has changed in your life?)
- Have you tried to kill yourself before?



Suicide Awareness

- The difference between gesture and attempt is the intent
- Intoxication will increase the chances of an attempt
- Never be afraid to ask the basic questions about what people are thinking!



Directive 850.20 & Report Disposition

- Directive 850.20 contains all the relevant policies and procedures on handling a person in a Mental Health Crisis
- The disposition's are in sections A-E



Report Dispositions

Involuntary Custody

- Investigation Report + Peace Officers Hold
- We keep original Investigation report/copy to staff. We keep copy of POH/ with original POH to staff



Report Dispositions

Voluntary Transport

- Document on a Special Report
(Remember to introduce to staff/There are no ER drive thru lanes)



Report Disposition

Directors Hold

- Special Report (copy to staff, and attach copy of Directors Hold)
- This is an Involuntary Hold, so wait until relieved by staff



Report Dispositions

PSRB Order of Revocation

- Custody Report (enjoy the drive to Salem)



CIT Mission Statement

- The mission of the Crisis Intervention Team is to use understanding and skills gained through specific training to identify and provide the most effective and compassionate response possible to police situations involving people in a mental health crisis

