

## **Excited Delirium 1.5 Hours**

### **Learning Objectives:**

At the end of this module, the officer will be able to:

1. Cite characteristic symptoms of excited delirium, a medical crisis which accounts for numerous in-custody deaths, and which can be differentiated from mental health crises resulting from exacerbation of major mental disorders.
2. Gain insight regarding the various pre-existing conditions and medical phenomena that may precipitate this medical condition to aid in identifying it when encountered in the field.
3. Understand the necessity of prompt and adequate medical intervention to increase the probability of the subject's survival once subdued

### **Module Description**

A law enforcement professional with specialized training in identifying and intervening in this special medical circumstance will provide background regarding what variables may precipitate this particular crisis and the statistics regarding in-custody deaths from this unusual condition. While often related to a pre-existing mental health disorder, this medical crisis requires special intervention strategies different from most illness exacerbations. Approach strategies to increase survival of officers who must intervene when this crisis arises and the importance of medical intervention prior to legal follow-up to increase subject survivability will be stressed.

## **Experiential Learning: Virtual Voices 1 Hour**

### **Learning Objectives:**

At the end of this module, the officer will:

1. Develop insight into the experience and impact of auditory hallucinations in everyday life.

### **Module Description**

Officers will be given a set of tasks to accomplish while listening to a mock-up of auditory hallucinations. Approximately one-half hour of activity will provide officers with an appreciation of the impact that such symptoms can have in performing even mundane tasks.

## **Principals of De-Escalation 2-4 Hours**

### **Learning Objectives**

At the end of this module, the officer will:

1. Increase awareness of verbal and non-verbal cues associated with communication in mental health emergencies.
2. Improve upon existing skills and build new skills for communication.
3. Apply newly acquired skills in interactive role-play situations to solidify techniques and knowledge learned throughout the course.

### **Module Description**

Police tactics instructors, experienced CIT officers and mental health professionals collaborate to operationalize knowledge gained throughout this course. Specific attitudinal and behavioral characteristics have proven effective in managing crisis situations. Those characteristics will be described and sharpened for officers in preparation for the practical component of the course on the final day.

## **Diversity 1 Hour**

### **Learning Objectives**

At the end of the module, the officer will:

1. Gain insight regarding the impact of racial, cultural, ethnic, religious and socioeconomic factors on individual functioning, communication and intervention.
2. Gain understanding of the officer's own cultural biases and the impact they have upon communication and effectiveness in emergencies.

A qualified professional will discuss the various cultural factors which we all share, and which in specific combination can interfere with our effectiveness. Awareness of the cultural and other biases that each officer brings to any emergent situation will be increased, improving the potential for effective intervention. The Officer will also be informed as the inherent differences of other cultures in the way they accept or not the plight of mentally ill family and friends as he or she is likely to face on patrol.

## **The Police Perspective 1 Hour**

### **Learning Objectives**

1. Understand the occupational culture of law enforcement and how it predisposes its members by Use of Force Training and Field Training to view all people as potential assailants.
2. Understand the “trained incapacity” of law enforcement officers to react in any other way that in accordance to their pre and inservice training to treat the mentally ill as dangerous and a likely dangerous.

### **Module Description**

The Cops have learned a “police personality” which serves to insulate them from the rest of society. It fosters an "us versus them" mentality. The cops are taught and trained and have reinforced the ideas that it is appropriate to view themselves as “the good guys” and everyone else is a potential bad guy. Thus, they believe there is a “war waging afoot” involving the constant struggle between the good and bad guys. Cops are indoctrinated to believe that societal order depends on the good guys winning — sometimes at any cost. Law officers also learn that anyone who challenges the Cops, such as the mentally ill crisis, the Cops are duty-bound defend their right to enforce control and authority. Officers socially learn that they must trust each other to provide assistance and back-up in their struggle to maintain control. Accordingly, Cops develop (sometimes unnaturally) strong bonds of loyalty that ensure they will be there for each other. Most of this ethos is diametrically opposed to successful crisis intervention with the mentally ill.