



Beth Israel Lahey Health
Behavioral Services



VALOR

Preventing Violence Against Law Enforcement
and Ensuring Officer Resilience and Survivability

BUREAU OF JUSTICE ASSISTANCE

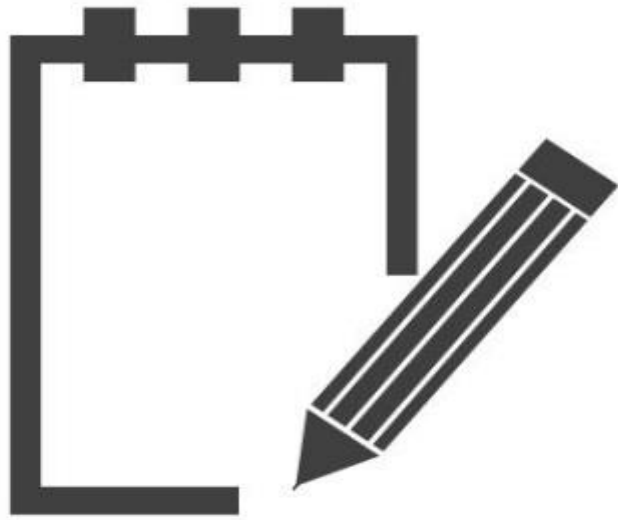
Introduction to Mental Health and Mood Disorders

Law Enforcement and Community: Crisis
Intervention Team Training

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Vice President, Ambulatory and Community Programs, BILH

Module Overview



- **What is Mental Illness?**
- **Signs and Symptoms of Mental Illness**
- **Mood Disorders**
 - Depression
 - Bipolar Disorder

WORDS

Stigma

- **Nobody plans to have a mental illness**
- **Mental illness does not discriminate**
- **Words can be humiliating, painful and devaluing**



A Note About Terminology



Values

Hope

Choice

Respect

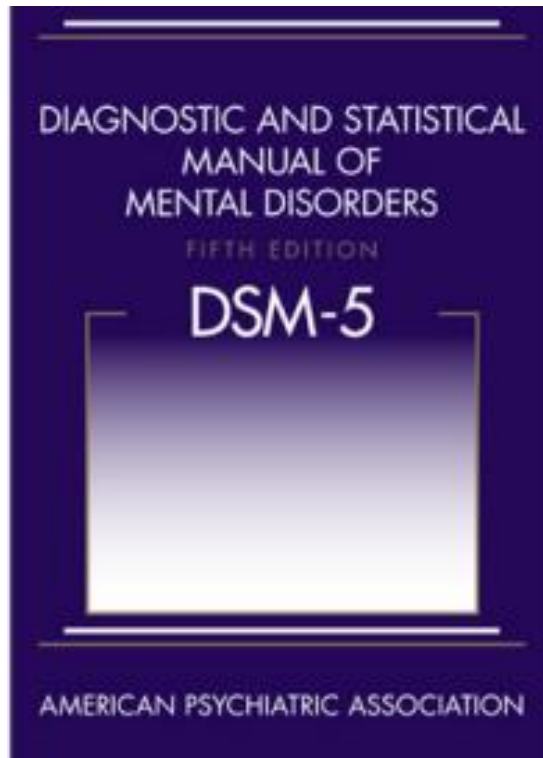
Abolish Stigma

Person-First Language – “People living with mental illness”

Celebrate Diversity

Recovery Is Possible

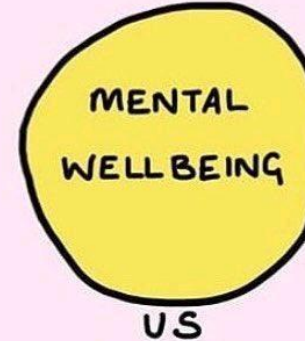
General Psychiatric Diagnosis and Symptoms



- List of diagnoses
- List of criteria
- Description of symptoms
- Description of impairments

What is Mental Illness?

WHAT MENTAL HEALTH IS OFTEN DEFINED AS:



WHAT MENTAL HEALTH ACTUALLY IS:



@thepsychologymum

What is Mental Illness?

Problems with feeling, thinking and/or perception that negatively impact the ability to relate to others and/or function



Causes of Mental Illness

- Genetics
- Imbalance with Brain Chemistry
- Brain Injury or Defects
- Substance Use
- Psychological Factors (i.e., trauma)
- Environmental Stressors (can trigger)



Mental Illness & Violence



- Most people with mental illness are not violent
- Most people who are violent have no history of mental illness
- Those with serious mental illness are much more likely to be victims of violence than a perpetrator

Recognizing Signs and Symptoms of Mental Illnesses



- Excessive feelings of fear or worry
- Feeling excessively sad or low
- Confused thinking
- Excessive Irritability or anger
- Avoiding friends and/or social activities
- Inability to carry out daily activities
- Excessive mood swings (mania and depression)
- Abuse of substances
- Thoughts about suicide
- Difficulty perceiving reality (delusions, hallucinations)

Mood Disorders

Major Depressive Disorder

Bipolar Disorder



Major Depressive Disorder

Major depressive disorder (MDD) impacts social and occupational functioning



- 1 in 5 Americans may experience a severe depressive episode at any point in time
- The ratio of women to men is 2:1
- About 20 million people in America suffer from a depression severe enough to interfere with their life each year

Video - “Living with Depression”



Major Depressive Disorder



Signs and symptoms include:

- Depressed mood
- Diminished interest or pleasure in activities
- Changes in appetite, leading to significant weight loss or weight gain
- Agitation or slow movements
- Sleep disruptions
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Diminished ability to think or concentrate
- Recurrent thoughts of death, suicidal thoughts, and suicide attempts

Scenario



Sarah is a 22-year-old female who lives alone.

You have been called to her home for a wellness check by her parents who are concerned about her and haven't been able to contact her.

Tips for Responding - Depression

- Remember: *You can't fix it*
 - Don't minimize the person's distress
 - Listen
 - Be empathic
- Be patient: Allow time for the person to respond
- Make short statements; person may have trouble concentrating/understanding
- Be aware of suicidal risk
- Things to ask:
 - What are you looking forward to?
 - How can I help? Who else can help?



Bipolar Disorder

- Bipolar Disorder causes extreme shifts in mood, energy and activity levels.
- Bipolar disorders include both manic and depressive symptoms, which may last days to months.



Bipolar Disorder

Mania/Manic Symptoms

Mood Changes

- Feeling “high” or extremely happy/outgoing
- Extreme irritability

Behavior Changes

- Fast talking; jumping between ideas/conversations
- Racing thoughts
- Easily distracted
- Extremely restless
- Not tired/little sleep
- Increase in impulsive and high-risk behaviors

Video: Bipolar Disorder



Tips for Responding – Bipolar Disorder

- Don't interrupt rapid speech
- Don't argue with unrealistic plans
 - Empathic comments will help develop rapport
- Allow pacing / talking, if possible
- Work to slow things down; use repetitive statements
- Be aware of sudden irritability
 - Safety precautions are warranted



BREAK!!!



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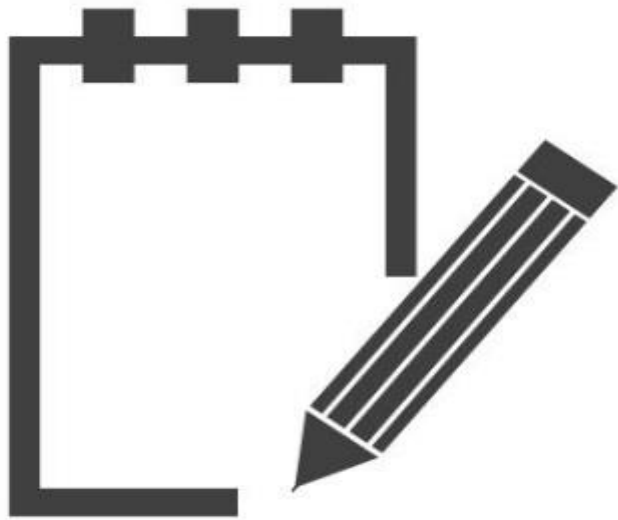
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Psychotic Disorders

Law Enforcement and Community: Crisis Intervention Team Training

Module Overview



- **Psychosis**
 - Symptoms
 - Delusions
 - Hallucinations
- **Psychotic Disorder**
 - Schizophrenia
- **Tips and Tools for the Field**

Psychosis

Psychosis is a loss of contact with reality.

- The ability to perceive and respond to the environment is significantly disturbed; functioning is impaired.
- Symptoms may include hallucinations and/or delusions
- People experiencing psychosis may be very frightened



Delusions

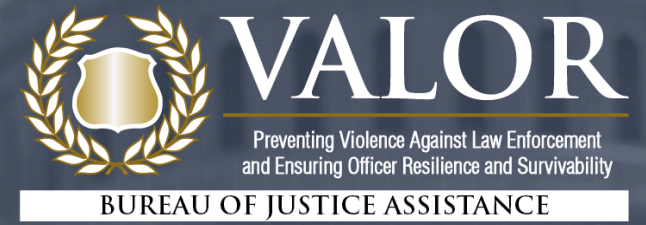
- Delusions are firm, fixed, false beliefs contrary to the person's cultural & economic background
- The content of delusions has a variety of themes – persecutory, referential, somatic, religious, grandiose
- Bizarre delusions usually express a loss of control over mind or body



Hallucinations

- Perception-like experiences that occur without an external stimulus. Hallucinations are usually vivid and clear, and not under voluntary control
- Auditory hallucinations are the most common
- Voices may be derogatory, or they may be commanding
- Someone experiencing hallucinations may have a hard time filtering out irrelevant information.

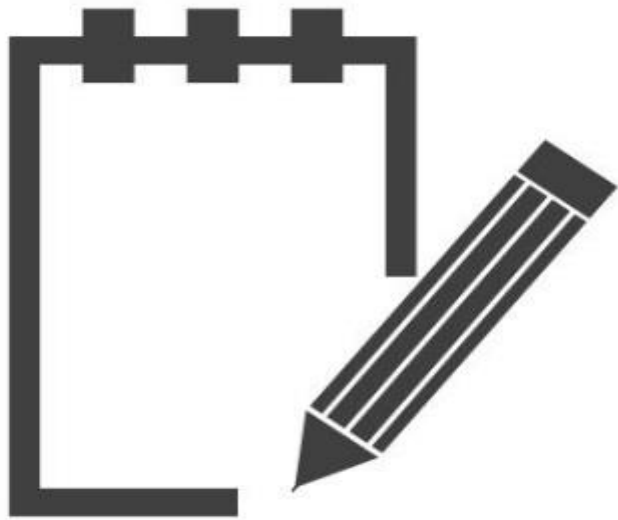




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Schizophrenia Experience



[Experience a psychotic episode as described by people with Schizophrenia. - YouTube](#)

Schizophrenia

- Typically emerges in late adolescence/early adulthood and is a chronic life-long illness with some periods of remission
- Affects about 1 percent of people worldwide, at any given point
- Estimated that 3 out of every 100 people may experience this disorder throughout their lives
- Presents equally across both sexes

Schizophrenia

Schizophrenia Symptoms

- Delusions
- Hallucinations
- Disorganized thinking
- Grossly disorganized or abnormal motor behavior (e.g., too much or too little body movement)
- Apathy
- Lack of emotion
- Poor social functioning

Schizophrenia

Schizophrenia also includes:

- Disorganized thinking (speech): switching from one topic to another, completely unrelated answers to questions (tangential) or inappropriate use of words and/or sentences (word salad)
- Grossly disorganized or abnormal motor behavior: unpredictable agitation, "silliness," unusual gait

Examples of Disorganized Thought



Did you know loitering is against the law?

- I don't want to go to jail. Jail is for the birds. One time I saw birds flying around in the jail. Birds should be out in the air. The air is dirty in Chicago. All of these big buses. I ride the bus to get my groceries. Jewel is my favorite store.*

Video: Schizophrenia





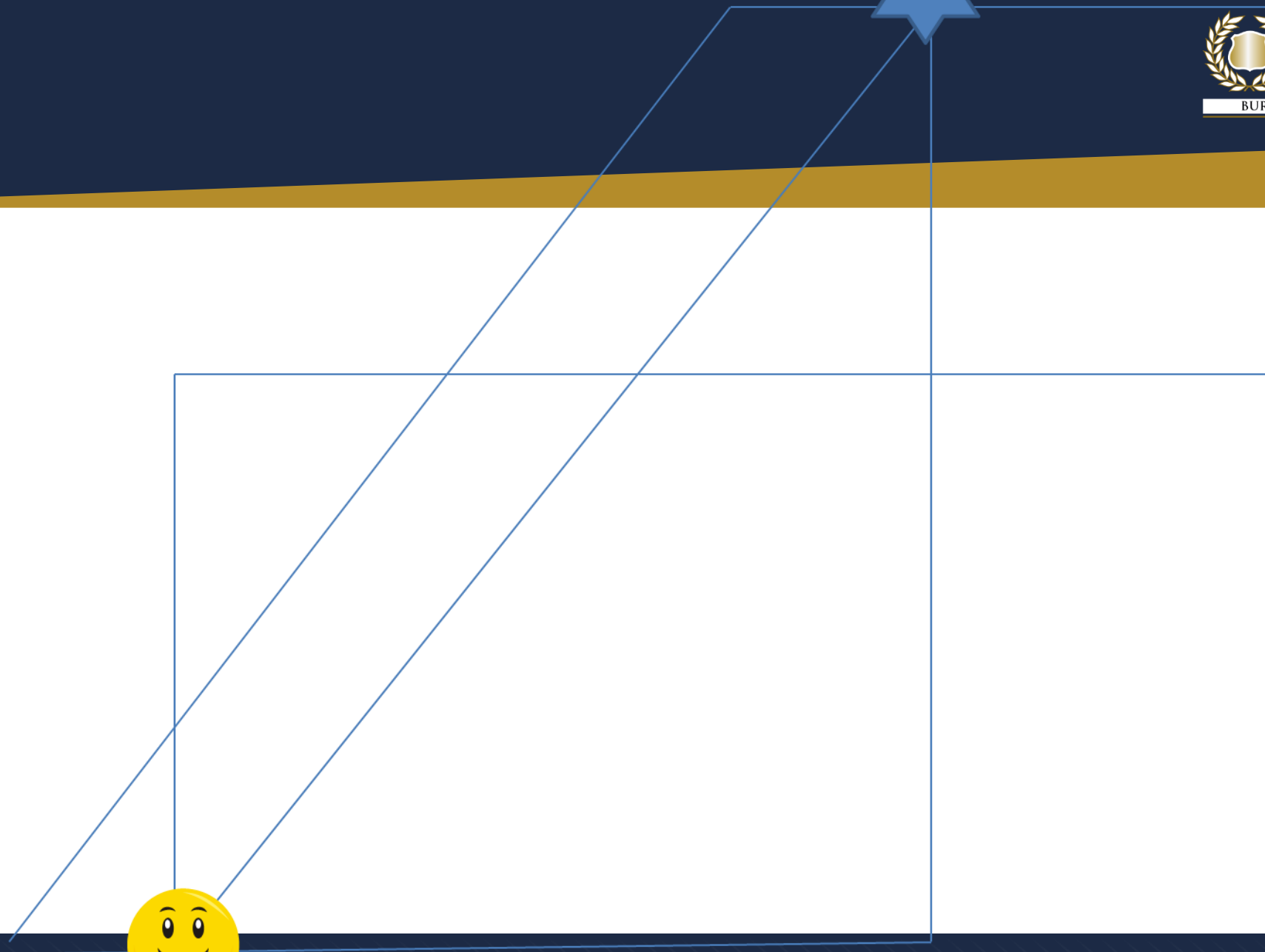
HEARING DISTRESSING VOICES EXERCISE



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Tips and Tools for the Field

Your ability to defuse a mental health crisis is important.

- People experiencing psychotic symptoms may be genuinely terrified.
- People typically fight or flee (“flight”) when scared.
- Reasoning with a person in crisis is difficult. Go slow.
- Reduce the level of arousal so discussion is possible.



Tips and Tools for the Field



- Be sensitive to personal space/comfort zone
 - Set limits as necessary
 - Limit interaction to just the contact officer
 - Keep their focus on you
 - Avoid sudden movements – slow things down; reduce distractions
- Be patient and calm
- Acknowledge their delusions/hallucinations or feelings are real to them
 - Help them feel safe

Tips and Tools for the Field

Officers should demonstrate:

- **Non-threatening stance:** open, but not vulnerable
- **Eye contact:** not constant, but brief to show concern
- **Commands:** brief, slow, only as loud as needed, and repeat as needed
- **Movement:** not sudden; announce actions when possible
- **Attitude:** calm, interested, firm, patient, reassuring
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Module Wrap-Up

Questions?

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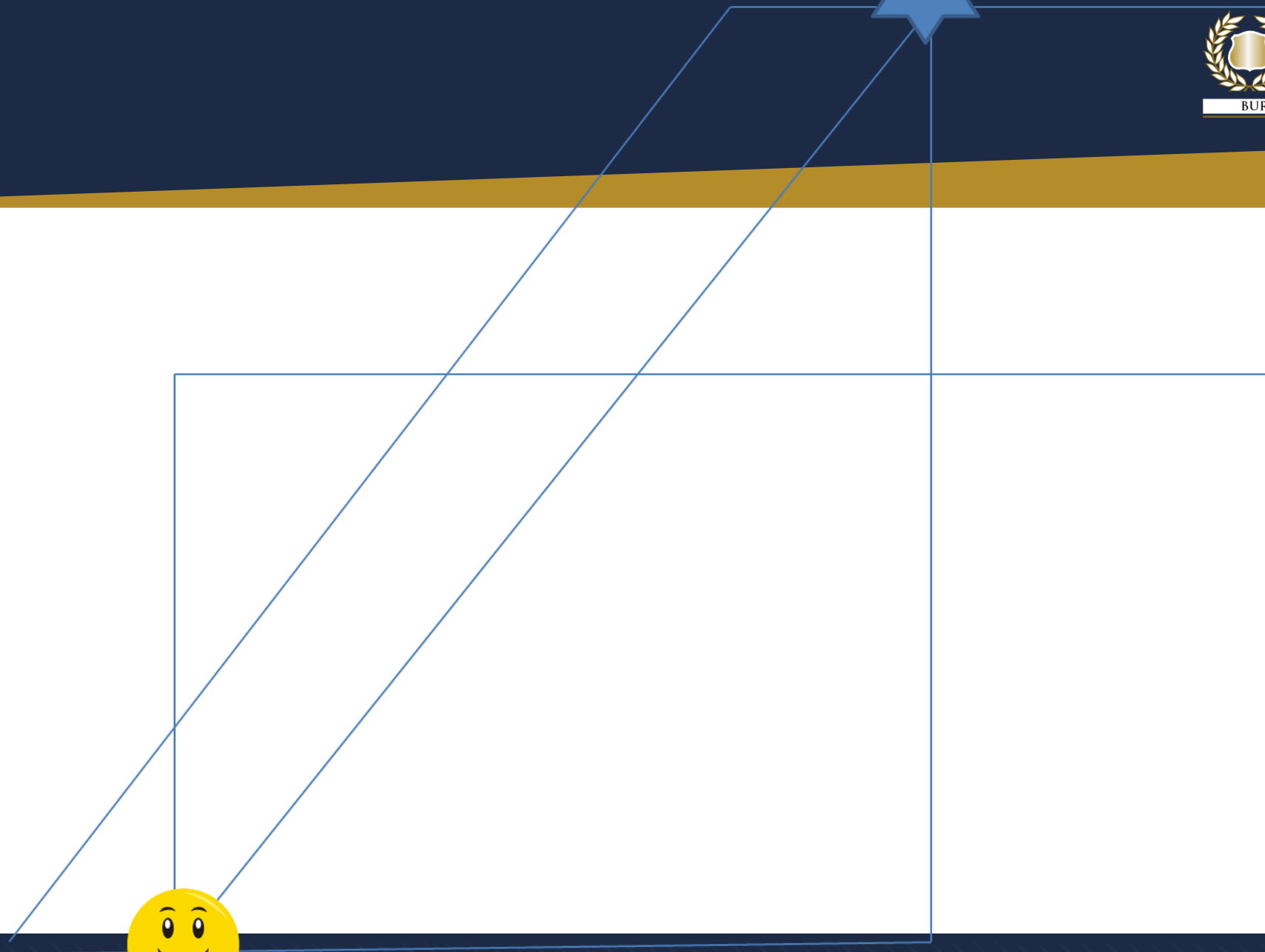
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