

**SANTA CLARA COUNTY
EXPANDED COURSE OUTLINE
CRISIS INTERVENTION UPDATE**

Course: Crisis Intervention Update
Hours: 16

Objective: This course will provide public safety officers, law enforcement officers, probation personnel, and dispatchers with the skills and knowledge to recognize individuals with mental illness, identify potential disorders, minimize escalations in contacts with the mentally ill, and apply guidelines for writing a 5150. This course is periodically updated with current diagnosis information, medication information, and communication techniques.

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I. Course Overview

A. Course Introduction

- 1. Instructors/Students**
- 2. Course Objectives**

B. Mental Illness Overview

- 1. Mental illness defined**
- 2. DSM (Diagnostic and Statistical Manual of Mental Disorders)**

II. Affective Disorders

A. Major Depressive Disorder

- 1. Signs and Symptoms of depression**
- 2. Causes of depression**
- 3. Treatment options**

B. Bipolar Disorders

- 1. Signs and Symptoms of Bipolar Disorder**
- 2. Causes of Bipolar Disorder**
- 3. Treatment options**

C. Medications and side effects

- 1. Commonly used medications and side effects**
- 2. Newer medications and side effects**

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III. Psychotic Disorders

A. Schizophrenia

B. Other psychotic Disorders

- 1. Brief psychotic episodes**
- 2. Excited delirium**
- 3. Drug-induced psychotic disorders**

C. Medications and side effects

- 1. Commonly used medications and side effects**
- 2. Newer medications and side effects**

IV. Other Disorders

A. Personality Disorders

- 1. Antisocial Personality Disorder**
- 2. Borderline Personality Disorder**

B. Medications and side effects

- 1. Commonly used medications and side effects**
- 2. Newer medications and side effects**

C. Children/Adolescence

- 1. Suicide and psychosis**
- 2. Personality Traits**

D. Medications and side effects

- 1. Commonly used medications and side effects**
- 2. Newer medications and side effects**

V. Polytrauma/PTSD

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A. PTSD

1. Signs and Symptoms
2. Depression and Veterans
3. Cues to Seek Professional Help

B. Other Polytrauma - Trumatic Brain Injury (TBI) and its Primary Causes

1. Transportation/vehicle crashes
2. Falls
3. Other/Unknown
4. Non-Firearm Assaults
5. Firearms

VI. Transitioning from “War zone” to “Home zone”

A. WAR/Survival Coping Skills

1. Why a briefing on reintegration?
2. Mission Stressors
3. WAR/Survival Coping Skills
4. Safety & Trust

B. HOME Skills

1. Physical, emotional, and behavioral signs/symptoms
2. Readjustment
3. Coping and Problem-Solving

VII. Benefits of Managing Reintegration

A. HELP Recognize Behaviors That May Need Intervention

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- 1. Reasons Service Members Don't Seek Help**
- 2. Specific Emerging Issues**
- 3. *Alcohol and Drug Use***
- 4. Re-entering the Workforce**

B. Helping veteran's service members and families in the reintegration process

- 1. How have family members changed/family dynamics**
- 2. Readjustment**
- 3. Reestablishing roles**
- 4. Getting back to work and school**
- 5. Next Steps**

VIII. Mental Health Community Overview

A. Partnerships for dealing with mental illness

- 1. Among criminal justice agencies**
- 2. Between police and mental health professionals.**

IX. On-scene assessment of mentally ill

A. Assessing on-scene responses

- 1. Assessing mental illness**
- 2. Mental health resources**
- 3. Maintaining safety**

B. Indicators of mental illness

- 1. Signs**
- 2. Symptoms**

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X. De-escalation/Communication Techniques

A. Keys to successful management of an encounter

B. Techniques for handling frequently encountered situations

1. Verbal
2. Non-verbal

C. Interacting in crisis situations

1. “Do’s” and “Don’ts” during an encounter
2. Communication in crisis situations
3. General guidelines for reaching an appropriate disposition

D. Exercise

1. Role playing of crisis situations
2. Video Clip and discussion: de-escalation situations and effective communication skills

XI. Understand the legal and clinical standards for holding someone on a 5150

A. 5150 Elements

1. What a 5150 is
2. Who may/may not write a 5150
3. To where a 5150 may be written to

B. Advisements and Liabilities

1. What advisement is necessary when placing a person on a 5150
2. Liability associated with writing a 5150

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3. **Grounds for a 72-hour detention on a 5150 (adults) and 5585 (minors)**
4. **Demonstrate the ability to write a 5150 hold for grave disability (GD), danger to self (DTS), and danger to others (DTO)**

XII. Know the difference between 5150, 5250, 5300 processes.

A. 5150 Process

1. **Legal Decisions**
2. **Ethical decisions**

B. Other processes

1. **5250 Process**
2. **5300 Process**

XIII. Writing a 5150 hold

A. Fundamentals

1. **Grounds for detention**
2. **Probable Cause**
3. **Medical treatment**
4. **Searches**

B. Exercise

1. **Writing an actual 5150 hold using scenarios**
2. **Video Clip: Watching and discussing a 5150 case**

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Hourly Distribution

Crisis Intervention Update Day 1	
Time	Content
0800-0900	Course Overview
0900-1000	Affective Disorders
1000-1100	Psychotic Disorders
1100-1200	Other Disorders
1200-1300	Lunch
1300-1400	Polytrauma/PTSD
1400-1600	Transitioning from “War zone” to “Home zone”
1600-1700	Benefits of Managing Reintegration

Crisis Intervention Update Day 2	
Time	Content
0800-0900	Partnerships for dealing with mental illness
0900-1000	On-scene assessment of mental illness
1000-1200	De-escalation and communication techniques
1200-1300	Lunch
1300-1400	5150- Civil Commitment and Legal Issues
1400-1500	Know the difference between 5150, 5250, and 5300 processes.
1500-1700	Writing a 5150