

Course Objectives/Course Outline

Spokane Community College

Course Title: Crisis Intervention Training

Prefix and Course Number: CJ 229

Course Learning Outcomes:

By the end of this course, a student should be able to:

- Explain the psychology and physical effects of duress on persons in crisis
- Identify and understand the similarity of effects of issues related to mental illness and/or substance abuse and co-occurring disorders
- Demonstrate rapid, sensitive, safe and skilled responses and interventions as first responders to individuals in crisis
- Effectively interact and compassionately assist those persons who are suffering from some form of crisis as a result of duress, tragedy and/or mental illness or development disabilities
- Identify available resources and team with others in referring those in crisis to other agencies that will provide intervention and assistance

Outline:

I. Defining Crisis

- A. What is a crisis?
- B. History of Crisis Intervention and Threat Management
- C. Modern Crisis Intervention
- D. The Crisis Intervention Continuum

II. The Psychophysiology of Crisis

- A. Fight, Flight, or Freeze
- B. Crisis Stress Dynamics
- C. Stress, Physical, and Psychological responses
- D. Response Modes

III. Crisis Communication

- A. Communication, an officer's most effective weapon
- B. Goals of Crisis Communication
- C. Containment and De-escalation
- D. The Crisis Transaction
- E. Active Listening Skills

IV. Use of Force

- A. The history of force in America
- B. Tennessee v. Garner, the fleeing felony rule
- C. Force Continuum, Verbal, Threat of Force, Non-lethal force, Lethal Force
- D. Psychology of Force
- E. The role of perception and Cognitive Modes
- F. Tactical De-Escalation defined
- G. Tactical De-escalation Techniques, (P.A.T.R.O.L), Planning, Assessment, Time, Redeployment and Containment, Other Resources, Lines of Communication

V. Suicide and the Psychology of Self-Destruction

- A. Theories of suicide
- B. Suicide Typologies, Anger, Despair, Egoistic, and Proactive Suicide.
- C. Responding to and De-escalating Threatened suicide
- D. The five steps of suicide intervention
- E. Engagement
- F. Establishing a Rapport
- G. Active Listening and Common road blocks
- H. Gaining Commitments
- I. Suicide by cop, Officer Safety
- J. Suicide in Prisons or jail

VI. The Crisis of Mental Illness

- A. The problem of mental Illness
- B. Types of Mental Illness
- C. Thought Disorders
- D. Mood Disorders
- E. Anxiety Disorders
- F. The Effects of Drugs and Alcohol
- G. Stalking, School violence, bullying, and Work Place Violence
- H. Intervention Strategies, L.E.A.P.S, Listen, Empathize, Ask, Paraphrase, and Summarize
- I. Final resolution

VII. Crisis Intervention Teams

- A. The Memphis Model
- B. The LAPD Model
- C. Co-Response with Mental Health Clinician and Law Enforcement
- D. Community Resources and Stake Holders
- E. Providing linked services and follow-up care
- F. Diversion vs Incarceration
- E. Crisis Intervention in Correctional settings