



# Jefferson College Law Enforcement Academy

CALEA accredited training facility

4400 Jeffco Blvd. Arnold, Missouri 63010

636-481-3425 -or- 636-481-3481 -or- FAX: 636.467.2612



## Understanding Mental Health & De-Escalation: Responding to Individuals in Crisis

**Date:** October 20, 2021

**Time:** 0800-1200 hours

Jefferson College Imperial Law Enforcement Academy

**Location:** 4400 Jeffco Blvd.  
Arnold, MO 63010

Room 207

**Instructor (s):** Megan Swaback, COMTREA

**Registration Deadline:** October 13, 2021

### Understanding Mental Health

This training provides an overview of the major mental health conditions that law enforcement is likely to encounter. A description of each condition will be provided along with tips for law enforcements' interaction with individuals experiencing that particular condition. Through an interactive experience, law enforcement will have the opportunity to experience psychosis and the challenges that it presents for individuals suffering from it. Law enforcement will provided with tools that will aid in making interactions with individuals easier and more efficient.

### **Course Description:**

### **De-Escalation: Responding to Individuals in a Mental Health Crisis**

This training is designed for law enforcement officers ho wish to respond more effectively to calls involving person in a mental health crisis. Emphasis will be on using effective communication as the primary skill in any de-escalation effort. Participants will gain an understanding of the impact that mental health conditons can have on communication Additionallym participants will identify factors that lead to the escalation of emotions and behavior, and will be introduced to communication skills which build rapport, de-excalate intense emotions and behavior, and result in better outcomes from the mental health crisis.

**Dress Code:** Business Casual

P.O.S.T. Core Curricula	Interpersonal Perspectives	Legal Studies	Skill Development	Technical Studies	TOTAL
P.O.S.T. Hours:	2	0	0	2	4
P.O.S.T. Subcategory	Handling person with mental health & cognitive impairment: 2 hours Tactical training to include de-escalation tecniques, crisis mgmt, critical thinking & social intel: 2 hours				4
Certificates Issued by:	Jefferson College Law Enforcement Academy				
Cost:	<i>Contract members</i>	\$0.00	<i>No contract</i>	\$0.00	
Class Limits:	<i>Maximum</i>	# 26 participants	<i>Minimum</i>	#10 participants	

To register for this course call: 636-481-3425 -or- 636-481-3481 -or- FAX: 636.467.2612

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Department: \_\_\_\_\_ Rank/Assignment: \_\_\_\_\_