

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

AJLE 1 - Crisis Intervention Training

2 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU

36 hours Lecture

4 hours Lab

This course will provide public safety personnel with the skills and knowledge to recognize individuals with mental illness, identify potential disorders, minimize escalations in contacts with the mentally ill and thereby reducing death and injury to peace officers and mentally ill individuals. Training focuses on developing techniques on approaching mentally ill subjects, communication, de-escalation, gathering information and using listening skills. Pass/No Pass Only.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Recognize signs and symptoms of mental illness
- B. Effectively communicate with a person in crisis having a mental illness or developmental disability
- C. De-escalate individuals with mental illness in crisis
- D. Identify coping skills that will benefit the officers' professional and personal lives

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Course Overview	1.00
2. Crisis Services/Mental Health in Butte County	3.00
3. Introduction to Mental Illness	2.00
4. Children's Mental Health	2.00
5. Clinical Overview/Mental Health	1.00
6. Civil Commitments and Legal Issues	1.00
7. Dispatch Goals/Objectives and Crisis Communication	2.00
8. Veterans' Issues and Specific Concerns	4.00
9. Developmental/Cognitive Disorders	4.00
10. P.O.S.T. Law Enforcement Response Guideline	2.00
11. Risks Associated With Mental Illness	4.00
12. Critical Incident/Stress Management	2.00
13. De-Escalation and Communication Skills	4.00
14. Roundtable Discussion and End of Course Summary	4.00
Total Hours	36.00

Lab

<u>Topics</u>	<u>Hours</u>
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1. Mental Health Site Visits	4.00
Total Hours	4.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Instructor Demonstrations
- C. Group Discussions
- D. Guest Speakers
- E. Collaborative Group Work
- F. Class Activities
- G. Field Trips
- H. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- I. Discussion
- J. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Class participation
- B. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
- B. Writing Assignments
- C. Out-of-Class Assignments

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. P.O.S.T. Field Guide: "Police Response to People With Mental Illness or Developmental Disability"
- B. Handouts from individual instructors and guest speakers
- C. Reference card: "Tips: Communicating With Someone Who Is Suicidal"
- D. Reference card: "Common Medications To Treat Mental Illness"

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