

EXHIBIT F-1

CALIFORNIA COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

Basic Course Workbook Series Student Materials

**Learning Domain 37
People with Disabilities
Version 6.0**

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Persons with Mental Illness, Continued

Recognizing
behaviors
associated
with mental
illness
(continued)

Indicators	Additional Information
Clinical Depression (continued)	<ul style="list-style-type: none"> - Crying spells - Chronic pain - Sleep disturbances - Relentlessness or irritability - Difficulty concentrating or making decisions - Thoughts of death (including gestures, attempts or threats of suicide) <p>NOTE: The risk of suicide attempts, <u>suicide, and suicidal behavior</u> is significantly higher for people who are affected by any form of depressive disorder.</p>
Bipolar Disorder	<ul style="list-style-type: none"> • Also referred to as manic depression and characterized by cycles of low and high mood swings. Swings between cycles can be rapid and unpredictable • When in a depressive cycle, a person with bipolar disorder may demonstrate the same behaviors as with clinical depression • When in a manic cycle a person may exhibit behavior such as: <ul style="list-style-type: none"> - boundless energy and enthusiasm - decreased need for sleep - rapid loud or disorganized speech - short temper and argumentative speech - impulsive and erratic behavior - possible delusional thoughts - religiosity (excessive devotion to religion)

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Persons with Mental Illness, Continued

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Indicators	Additional Information
Schizophrenia	<ul style="list-style-type: none"> • Is not a single disorder. It is a group of related disorders in which a person's ability to function is marked by severe distortion of thought, perception, feelings, and bizarre behavior • Is the most common of the thought disorders. It most often develops in young adults aged 16 to 25 and remains throughout their adult lives • Characterized by a deterioration of a person's ability to work, relate to others, or to take care of oneself • Behaviors include: <ul style="list-style-type: none"> - bizarre delusional thinking - hallucinations - incoherent, disconnected thoughts and speech - expression of irrational fear - deteriorated self-care - poor reasoning - strange and erratic behaviors <p>NOTE: Officers may come into contact with people affected by schizophrenia because certain medications taken by individuals who are affected by schizophrenia may cause agitation that can lead to a buildup of tension, anxiety, or panic. This may lead to potentially dangerous situations. When frightened, a person with this disorder may act out with even more bizarre or paranoid behavior.</p>

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