

# Athens-Clarke County Mental Health Trainings



SPO Robie Cochran

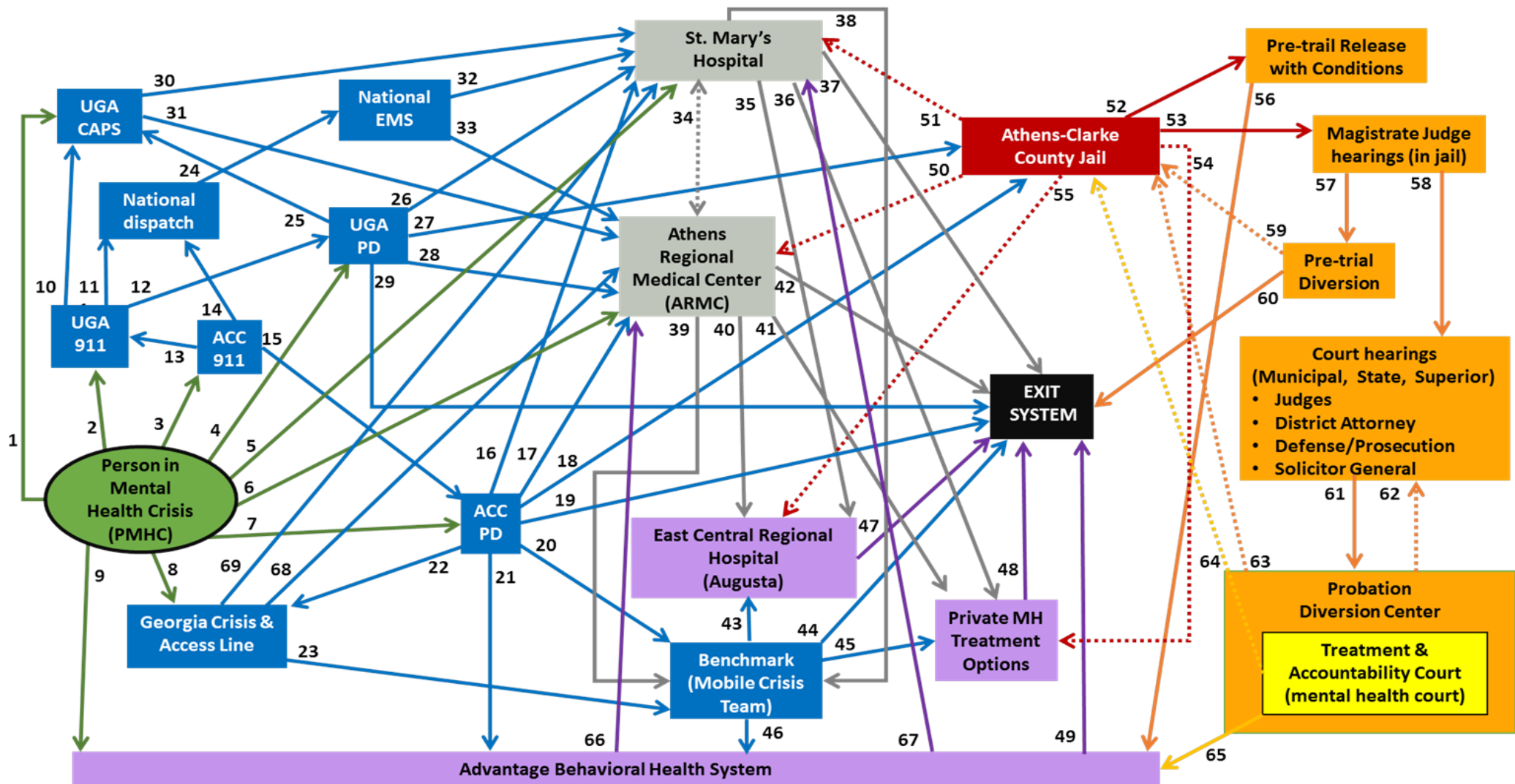
Katie McFarland, LCSW



# Data Collection Round 2 (2017)

- Police reviewed every police incident report recorded in 2017 (18,042 reports)
- Police recorded 1325 interactions with potential mental health consumers (7%)
- Those interactions were with 636 individuals





# Mental Health First Aid

- Mental Health First Aid/ Mental Health First Aid for Public Safety
  - Developed in Australia in 2006
  - Aims to teach the public how to respond to a mental health emergency or offer support to someone who appears to be in a mental health crisis
  - 8 hours of instruction and activities
  - Gives the public and action plan for each diagnoses
  - Open to anyone



# Mental Health First Aid

- **A**ssess for risk of suicide or harm
- **L**isten non-judgementally
- **G**ive reassurance and Information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies



# Crisis Intervention Training



- 40 hour class
  - Schizophrenia
  - Mood disorders
  - Understanding Suicide
  - Addictive diseases
  - Personality Disorders
  - Developmental Disabilities
  - PTSD
- Co-Occurring Disorders
- Alzheimer's
- Child & Adolescent Intervention
- Site Visits
- De-Escalation Techniques
- Consumer Perspective
- Family Perspective
- Officer Self Care





# Trauma –Informed Training

- 4 hour training
- Develop Understanding
- Increase overall awareness
- Recognize signs of trauma
- Learn how to respond to symptoms of trauma
- Increase Safety
- Promote recovery of those in your care
- **Reduce recidivism rates**



# Mental Health 101

- 5-6 hours
- Most common diagnoses signs and symptoms
- Suicide assessment
- Trauma informed care
- De-escalation techniques and role play
- Real scenarios used as teaching tools
- Tailored to the needs of the organization





# **Advanced Behavioral Health Crisis Response Training**

- 24 hour block of instruction
- Developed specifically for Athens-Clarke County
- Local resources are discussed
- Training on Developmental Disabilities
- Videos, Videos, Videos



**In conclusion**

That's  
**82** hours of training in total



# Contact Information

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