

Cleveland Division of Police Lesson Plan (version 2/1/17)

Title of Lesson: Mental Illness Overview

Assigned Course Number: TBD

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Approving Authority: PENDING

Overview:

The Mental Illness Overview is a 2 ½ hour-long presentation which will be contained in the eight-hour program: “Responding to Crises”. The Mental Illness Overview will contain the following major elements:

1. Understanding the nature of mental illness including that it takes multiple forms, the significance of it in the lives of individuals, families and society, and that understanding mental illness takes study, practice and discussion
2. Identify behaviors and key symptoms which are indicative of Schizophrenia and understand the major treatment approach to schizophrenia as well as barriers to effective care.
3. Identify behaviors and key symptoms which are indicative of Major Depressive Disorder, the major approaches to treatment, and factors related to suicide.
4. Identify behaviors and key symptoms which are indicative of Bipolar Disorder and how it is treated.
5. Brief overview of Borderline Personality Disorder and the challenges which it can present to law enforcement
6. Identify the behaviors and symptoms related to Posttraumatic Stress Disorder as well as the enduring behavioral and health impact of stress on children, adolescents and adults.

Course Goal(s):

The goal of the Mental Illness Overview is to provide participants with enough knowledge and awareness to identify the likelihood of a severe mental illness or behavioral disturbance that has a strong likelihood of being attributable to a severe mental illness.

Course Objective(s):

Upon completion of the Mental Illness Overview participants will be able to demonstrate knowledge of the following:

1. Mental illness takes many forms and impacts individuals, families, and the broader community
2. Behaviors suggestive of Schizophrenia and identify appropriate intervention techniques
3. Behaviors suggestive of Bipolar Disorder and identify appropriate intervention techniques
4. Behaviors suggestive of Major Depressive Disorder and identify appropriate intervention techniques

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5. Behaviors associated with Borderline Personality Disorder and the challenges which it can present to law enforcement
6. Behaviors suggestive of Posttraumatic Stress Disorder and identify appropriate intervention techniques
7. The impact of stress on children, adolescents and adults and how that impact can challenge law enforcement.

Methodology:

Participants will be taught by a pair of instructors: a law enforcement officer and one mental health professional. A power point presentation will serve as an instructional aid and will include short video examples as well as basic outlined points. The instructors will also use class discussion to increase participant interest and involvement.

Target Audience:

All members of the Cleveland Division of Police

Class Size:

TBD

Evaluation Process:

Participants will complete a post-test which will examine acquisition of key points. Participants will be required to answer at least 70% correct. In addition, instructors will have the option of supplementing the evaluate in the event that there is an unwillingness to attend to the material and/or participate at a meaningful level.

Logistical Information:

Site: TBD

Training Equipment:

- Computer, projectors, creen and speakers
- Power point presentation (electronic)
- Power point presentation (handout)
- Post-test (handout)

Staffing Requirements:

Instructors: One Law Enforcement Officer and one Mental Health Professional

Training Summary:

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All assigned participants will arrive at the designated time and go to the designated facility. Participants will receive an overview of the training, performance and learning objectives, and an introduction to the material.

Training Schedule:

-0030-0000	Instructors on site
0000-0005	Introduction to the Mental Illness Overview training
0005-0015	Class discussion on their current beliefs and understanding of mental illness and the definition of mental illness
0015-0025	Schizophrenia introduced as a topic and delusions described and discussed. Delusions video played
0025-0040	Hallucinations described, and the "A day in the life of schizophrenia" video (4 min) watched and discussed
0040-0045	Negative symptoms of schizophrenia described
0045-0055	The use of medications is described including the role of dopamine, the improvement that can be expected, the nature of side effects and the problem of non-compliance
0055-0105	BREAK
0105-0112	Major Depression core symptoms identified and discussed
0112-0120	Medications, ECT and the relationship between mood and statistics related to suicide
0120-0130	Bipolar disorder introduced and the concept of mood swings
0130-0140	Discussion of mania and the treatment of bipolar disorder
0140-0150	Introduction to Borderline Personality Disorder (BPD) and key symptoms
0150-0200	Challenges and techniques in responding to calls situations with BPD
0200-0205	Traumatic experiences and the relationship to Posttraumatic Stress Disorder (PTSD)
0205-0210	The core symptoms of PTSD
0210-0220	The nature of adverse childhood events, stress/trauma and enduring impact on mood, emotional control, and overall health
0220-0230	Post test