



P.O.S.T. /CLEE Approved Mental Health Trainings for Law Enforcement

These interactive trainings were developed specifically for law enforcement and will include: discussion, video clips, modeling concepts, practice activities, and/or role-play. They are provided **free of charge**.

The trainings will be taught by the Community Mental Health Liaison (CMHL) in your area. All CMHLs have master's degrees and experience working with the mental health population.

Trainings can also be *customized* based on your needs.

To set up a training, please contact:

**Your Local CMHL
(see CMHL Map for
contact information)**

Background on CMHLs

The Community Mental Health program is part of former Governor Nixon's Strengthening Mental Health Initiative. Thirty-one CMHLs were hired across the state in late 2013 to assist law enforcement and courts.

The goal is to form better community partnerships between Community Mental Health Centers, law enforcement and the courts to save valuable resources. The program strives to reduce unnecessary jail, prison and hospital stays and improve outcomes for individuals with behavioral health issues.



Feb 2020

Understanding Mental Health #4043

2 Hours Total Training Length | 2 Hours Interpersonal (P.O.S.T. / CLEE Certified)

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' interactions 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 mental health conditions. Lastly, law enforcement will be provided with tools that will aid in making interactions with individuals easier and more efficient.

Understanding Mental Health #14326

3 Hours Total Training Length | 3 Hours Interpersonal (P.O.S.T. / CLEE Certified)

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' interactions 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 mental health conditions. Lastly, law enforcement will be provided with tools that will aid in making interactions with individuals easier and more efficient.

Understanding Co-Occurring Conditions: Mental Health & Substance Use Disorders #4075

2 Hours Total Training Length | 2 Hours Technical (P.O.S.T. / CLEE Certified)

This training focuses on mental health conditions and substance use disorders. Participants will gain knowledge about co-occurring conditions, mental health conditions, substance use, treatment of these conditions and the costs of treatment. Participants will learn how to interact with a person who has a mental health condition, and identify resources in the area to assist a person with a mental health condition or substance use disorder.

Resiliency & Battlemind: How Officers Cope #12120

2 Hours Total Training Length | 2 Hours Interpersonal (P.O.S.T. / CLEE Certified)

This training is designed to teach law enforcement officers the concepts of battlemind and resiliency, unhealthy and healthy ways to cope, as well as the challenges and barriers to self care. Techniques to promote resiliency will also be taught and demonstrated.

P.O.S.T. /CLEE Approved Mental Health Trainings for Law Enforcement

Understanding Civil Involuntary Detention (96 Hour Holds) & Hospital Procedures #4062

3 Hours Total Training Length | 1 Hour Interpersonal | 1 Hour Technical | 1 Hour Legal (P.O.S.T. / CLEE Certified)

This training focuses on the Civil Involuntary Commitment (CID) process, also known as a 96-hour hold. This training is applicable to all law enforcement personnel, as the CID process can be complicated and sometimes confusing. This training will also provide time to discuss and ask questions about local procedures. Training topics include: differentiating types of risk, writing an effective affidavit, hospital procedures to encourage smooth hospitalizations, where to find a notary, and identify forms required for civil involuntary detainment.

De-Escalation: Responding to Individuals in a Mental Health Crisis #14864

2 Hours Total Training Length | 2 Hours Interpersonal (P.O.S.T. / CLEE Certified)

This training is designed for law enforcement officers who wish to respond more effectively to calls involving persons 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 conditions can have on communication. Additionally, participants will identify factors that lead to the escalation of emotions and behavior, and will be introduced to communication skills which build rapport, de-escalate intense emotions and behavior, and result in better outcomes from the mental health crisis.

Recognizing Trauma, Stress Responses, & Post Traumatic Stress Disorder (PTSD) #9988

2 Hours Total Training Length | 1 Hour Interpersonal | 1 Hour Technical (P.O.S.T. / CLEE Certified)

This training focuses on interacting with individuals who have witnessed or experienced a traumatic event. It is crucial to examine and recognize trauma, stress responses and PTSD in today's society. There are a multitude of traumatic events occurring, from natural disasters, terrorist attacks, and random school shootings to just experiencing the stressful activities that occur on a daily basis. These situations can all be overwhelming to everyday citizens and professionals alike. Training topics include: learning how to recognize the signs and symptoms of trauma and PTSD in adults and children, understanding the chemical responses in the brain to trauma, and identify healthy and unhealthy coping skills and how these affect our reactions to trauma. Lastly, the prevalence of PTSD in the U.S. and the law enforcement community will be discussed.

Depression, Bipolar Disorder & Stigma #15316

1 Hour Total Training Length | 1 Hours Interpersonal (P.O.S.T. / CLEE Certified)

This training provides an overview of a couple of mental health disorders that law enforcement is likely to encounter. First, we will focus on mental health stigma, and discuss how officers can address it with people they come in contact with. Mental health stigma keeps people from admitting problems and getting help, and makes it more likely that they will have repeated visits from law enforcement. We will then look at depression and bipolar disorder, discussing symptoms and suicide risk. Lastly, law enforcement will be provided with tools that will aid in making interactions with individuals living with mental health disorders easier and more efficient.

P.O.S.T. /CLEE Approved Mental Health Trainings for Law Enforcement

Understanding Mental Health in Youth #12623

2 Hours Total Training Length | 2 Hours Interpersonal (P.O.S.T. / CLEE Certified)

This training provides an overview of the key mental health conditions impacting youth that law enforcement is likely to encounter. A description of each condition will be provided and diagnoses with a high rate of suicide will be highlighted. Throughout the course, an interactive activity will help reinforce the material on how youth development and mental illness impacts healthy decision making. Lastly, law enforcement will be provided with tools that will aid in making interactions with youth easier and more efficient. Community resources and available treatment options will be explored.

Understanding Mental Health in Youth #9986

3 Hours Total Training Length | 3 Hours Interpersonal (P.O.S.T. / CLEE Certified)

This training provides an overview of the key mental health conditions impacting youth that law enforcement is likely to encounter. A description of each condition will be provided and diagnoses with a high rate of suicide will be highlighted. Throughout the course, an interactive activity will help reinforce the material on how youth development and mental illness impacts healthy decision making. Lastly, law enforcement will be provided with tools that will aid in making interactions with youth easier and more efficient. Community resources and available treatment options will be explored.

Understanding Psychosis #15398

1 Hour Total Training Length | 1 Hours Interpersonal (P.O.S.T. / CLEE Certified)

This training provides an overview of psychosis, and then focuses specifically on schizophrenia, which is a mental health disorder in which psychosis is a central symptom. Law enforcement will be provided with tools that will aid in making interactions with individuals living with psychosis easier and more efficient, and referral/follow-up options for these individuals will be discussed.

Understanding Guardianship #17235

1 Hour Total Training Length | 1 Hours Legal Studies (P.O.S.T. / CLEE Certified)

This training provides an overview of guardianship/conservatorship/power of attorney/limited guardianship and all of the barriers along with benefits that come with each process. Law enforcement will be provided with the basics of understanding the definition and processes of these topics and be able to appropriately provide resources to families when they are considering one of the above mentioned petitions for a loved one. Stigma and legal issues surrounding these practices will also be discussed.

P.O.S.T. /CLEE Approved Mental Health Trainings for Law Enforcement

Understanding Autism Spectrum Disorder #17629

1 Hour Total Training Length | 1 Hour Interpersonal (P.O.S.T. / CLEE Certified)

This training focuses on Autism Spectrum Disorder. Participants will gain knowledge about symptoms of Autism Spectrum Disorder, prevalence and risk factors. The presentation will also address safety issues and concerns for both the individual and law enforcement. Participants will learn de-escalation techniques to interact with a person with Autism Spectrum Disorder.

Understanding Dementia & Alzheimer's #17649

1 Hour Total Training Length | 1 Hour Interpersonal (P.O.S.T. / CLEE Certified)

This training provides an overview of Dementia and Alzheimer's. Participants will be able to define Dementia and learn how to identify if someone may have dementia. The presentation will also address Alzheimer's symptoms and discuss the stages of this disease. The participants will learn how to best help individuals who have Dementia and Alzheimer's.

Recognizing Warning Signs of Suicide & Self Harm C-SSRS #18092

2 Hours Total Training Length | 2 Hours Interpersonal (P.O.S.T. / CLEE Certified)

This training covers the topics of suicide and self harm. We discuss suicide as a major public health problem, look at people who are most at risk for suicide, discuss suicide warning signs, myths and facts. In addition, will also look at self-harm, people most at risk for this, how it relates to suicide and the need for hospitalization, and treatment options. Finally, will examine a suicide risk screening tool made for use by law enforcement (the Columbia Suicide Severity Rating Scale), and looking at resources for those who are having suicidal thoughts.

Recognizing Warning Signs of Suicide & Self Harm QPR #4060

3 Hours Total Training Length | 2 Hours Interpersonal | 1 Hour Technical (P.O.S.T. / CLEE Certified)

The first half of the training is *QPR*, which stands for *Question, Persuade and Refer*. It is a training that teaches law enforcement to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. Like CPR, *QPR* uses a "chain of survival" approach in which the participant learns to recognize early suicide warning signs, *Question* their meaning to determine suicide intent or desire, *Persuade* the person to accept or seek help, and *Refer* the person to appropriate resources. The second half of this training takes *QPR* a step further by explaining non-suicidal self harm and identifying specific resources in your community which may provide assistance to individuals in need.