Intercept Zero: PREVENTION WORKS!
How to Successfully Implement Crisis Prevention Within Your Own Community

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Prevention Works...

“An ounce of prevention is worth a pound of cure.”

16 to 1 ratio rate of return.
Sequential Intercept Model

• Framework for understanding how people with MI interact with the criminal justice system developed by Munetz and Griffin (2006)

• Identifies “intercept points” of interaction between individual and system

• Goal is to identify individuals with MI as soon as possible before/after interaction with law enforcement to prevent incarceration and divert to treatment
Five Key Points of Intercept:

1. Law Enforcement and Emergency Services
2. Booking and Initial Court Hearings
3. Jails/Courts
4. Re-entry from jail/prison
5. Community corrections/community support
Sequential Intercepts
Best Clinical Practices: The Ultimate Intercept

I. Law Enforcement/Emergency Services

II. Post-Arrest: Initial Detention/Initial Hearings

III. Post-Initial Hearings: Jail/Prison, Courts, Forensic Evaluations & Forensic Commitments

IV. Re-Entry From Jails, State Prisons, & Forensic Hospitalization

V. Community Corrections & Community Support

Munetz & Griffin: Psychiatric Services 57: 544–549, 2006
ACTION: Sequential Intercepts for Change: Virginia Criminal Justice - Mental Health Partnerships
Priorities for Change

- Summarize service gaps
- Target priorities for change
- Identify resources and needs
Putting Prevention Into Your CIT Program / Community
BELIEVE IN THE TEAM

Efficient, Effective, Integrated Crisis Intervention System

- Police
- Hospital Systems
- Mental Health Services
- Community Relations
- Jail

Improve Coordination Among Resources
Monthly CIT Review Team Meetings

To proactively review critical mental health cases and develop support and accountability plans to reduce incarceration and recidivism.
Law Enforcement, Mental Health and Medical

- **Law Enforcement**
  - Officers
  - Dispatchers (911)
  - Magistrates
  - Jail staff
  - Probation

- **Mental Health Agencies**
  - Emergency Services
  - Veterans Services
  - Mental Health Advocates
  - Peer Consumer Specialist

- **Hospitals**
  - Doctors
  - Nurses
  - Psych Dept.
Support/Accountability Intervention

• Sending a **Mental Health Professional** and a **CIT Officer** to meet a person in crisis due to a mental illness.

• **SUPPORT** - Offering Mental Health and Community Services

• **ACCOUNTABILITY** – If destructive and disruptive behaviors continues the following actions will happen by a certain process
Cell Phone / E-mail LIST of Crisis Review Team Members

• The focus is **NOT** the monthly meeting.
• The focus is developing trust, relationship, and contacts between your mental health, law enforcement and medical personnel.

• **QUESTION:** Do you have the cell # of all your team/taskforce in your cell phone???
Our audience appreciates lived experience

Events: Suicide Awareness Month

...in combination with research and practical application.
EMOTIONAL SURVIVAL FOR LAW ENFORCEMENT

A Guide for Officers and Their Families

Kevin M. Gilmartin, Ph.D.

“If you want to make it through to retirement, wear your vest, wait for your backup, and read Gilmartin’s book.”

Sergeant Weaver J. Barkman
Twenty-five-year law enforcement veteran
Tucson, Arizona
Your Health and Wellness

- Social
- Environmental
- Spiritual
- Emotional
- Physical
- Intellectual
First Response
Community Connection Card

Crisis / Mental Health Helplines (24 Hours)

Emergency (police, rescue, fire) 911
Region Ten Emergency Services 972-1800
Madison House Help-Line 295-8255
Runaway Emergency Services Program 972-SAFE
Suicide Hotline 800-784-2433/800-273-8255
Poison Control Center 1-800-222-1222
Sexual Assault Resource Agency (SARA) 977-7273
Shelter for Help in Emergency 293-8509
(Collect Calls Accepted)
Alzheimer's Safe Return 1-800-272-3900
Social Services Albemarle 972-4010
Charlottesville 970-3400

Counseling / Parenting / Mental Health

Children Youth & Family Services (CYFS) 296-4118
Region Ten Community Services Board 972-1800
On Our Own (mental health peer support) 979-2440

Substance Abuse Services

AL-Anon 1-(800) 344-2666 972-7011
Alateen 1-(800) 344-2666 972-7011
Alcoholics Anonymous 293-6565
Narcotics Anonymous 979-8298
Mohr Center 979-8871

Law Enforcement

Albemarle Police 296-5807
Charlottesville Police 970-3282
UVA Police 924-7166
Anonymous Tips
Crime Stoppers 977-4000
Drug Information 970-3376
Community Connection – RESOURCE GUIDE

• **Blue Ridge NAMI**
  - 134 Saddle Ridge Lane
  - Nellysford, VA 22958
  - Phone: (434) 977-4673
  - Website: [www.nami.org](http://www.nami.org)
  - E-mail: namiblueridge@gamil.com
  - **Services Area:** Albemarle, Charlottesville, Fluvanna, Greene, Louisa, Nelson
  - **Description of Services:**
    - Provides direct services for the mentally disabled and their families and/or care givers; promotes mental health; prevents mental illness; assures the proper treatment of mentally ill children, adolescents, and adults. Provides information on community risks and needs for mental health.
Crisis Plan Card

I have a **Mental Health Crisis Plan**
I have an ____ Advance Directive
I have a ____ WRAP Plan

*Virginia State Code 37.2.815* requires that a Psychiatric Crisis Plan be reviewed if available when assisting an individual in a psychiatric crisis. This card will help law enforcement, first responders, and emergency personnel assist you in times of crisis. Keep this on you and accessible.

**VoCAL** See back of card for information.

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Crisis Contact Person: ______________________

Relationship to me: ______________________

Contact Phone Number: (____)______-

Location of Written Crisis Plan: ______________

Allergies or other conditions: ______________
NEED TO EMBRACE TECHNOLOGY
CRISIS TEXT LINE

http://www.crisistextline.org/

Text HOME to 741741
LOCK & TALK VIRGINIA

• Rebecca Textor, CPS
• Regional Suicide Prevention Coordinator
• Valley Community Services Board
• (540) 817-7766 cell
• Becky Textor
  (rebeccatextor@gmail.com)
How do we Keep our Families Safe?

- Store guns locked and unloaded
- Store ammunition separately and locked
- Keep the key or combination secure

Remember… tweens and teens know their parents' hiding places
Lock and Talk poster still on display

YouTube Video Created by High Country Outfitters for Lock and Talk website on how to properly apply the cable locks we give out.
“More people are endorsing this [suicide prevention]”
- Valley Pawn employee
On the Road in 2017

Billboard seen in Staunton, Augusta County, Lynchburg, and Alleghany...in the city of Harrisonburg

Someone in Crisis?

LOCK Meds
Lock Guns
TALK Safety

#MentalHealthintheValley

Is Someone You Know in Crisis?

Lock Firearms
Lock Medications
TALK SAFETY
...and listen

in print; city of Charlottesville, Lexington
Medication Safety

- Don’t keep lethal doses on hand
- Lock up medications
- Take inventory regularly
- Properly dispose of old or unused medications
- Secure alcohol
Questions? Requests? Challenges?

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