

# THE INSIDER

## NORTHWESTERN CRISIS INTERVENTION TEAM

### OFFICERS TRAINED TO DATE:

|                |    |
|----------------|----|
| WINCHESTER     | 6  |
| REGIONAL JAIL  | 4  |
| PAGE COUNTY    | 6  |
| WARREN COUNTY  | 3  |
| SHENANDOAH CO. | 2  |
| CLARKE CO.     | 1  |
| NWCBSB         | 8  |
| TOTAL          | 30 |
| TRAINERS       | 3  |

### CIT NATIONAL CONFERENCE

I recently had the opportunity to attend the CIT National Conference in Atlanta, GA. I appreciated that during every session of the conference, there was a law enforcement related topic. CIT has always emphasized how we can improve our interactions between law enforcement officers and mental health consumers. CIT provides understanding of mental illness to law enforcement officers, which makes interactions between officers and consumers a more positive experience. Two sessions I attended at the conference stressed that CIT is also about officer safety. When deescalating a person, whether they are a mental health consumer or not, officer safety is important. The calmer a person is, the less likely they are to assault an officer. However,

one session in particular addressed the fact that although CIT techniques work you cannot sacrifice officer safety. If a consumer has a weapon, you need to immediately consider cover and concealment. You can be

port. Your safety and the safety of everyone around you is more important than your rapport. If you are taking someone into custody, you need to search their person like you would anyone else you arrest. If you

only have handcuffs to restrain a consumer's hands, then you need to handcuff them behind their back, just as you would anyone else. With the consumer you may want to explain what you intend to do and why, when the timing is appropriate.



However,

CIT minded and tactical minded at the same time. If you need to take someone into custody you still need to protect yourself. It may have taken some time to establish rapport with the consumer and the officer may be concerned about possibly doing something to damage that rap-

port. CIT works and should be utilized with the good officer safety skills we have learned and should be practiced everyday. CIT really is officer safety.

Cpl. Greg Voorhees  
Winchester City Police Dept.

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*“RECIDIVISM LEADS TO OVERCROWDING AND ADDING TO THE PROBLEM, IS THE OVERUSE OF JAILS AND PRISONS AS ‘STORAGE FACILITIES’ FOR PEOPLE WITH MENTAL DISORDERS.”*



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## AVOIDING RECIDIVISM

In a perfect world, treatment needs evaluations would be conducted prior to sentencing to determine what methods would work for an individual to help them manage their mental health needs. This would, in turn, reduce recidivism. Recidivism leads to overcrowding and adding to the problem, is the overuse of jails and prisons as “storage facilities” for people with mental disorders. Some people believe that treatment does not work with some populations and recidivism is unavoidable. However, certain appropriate treatments have been identified that work in reducing recidivism. Three principles associated with these appropriate treatments have been identified: 1) Interventions that are applied primarily to high-risk individuals, 2) The targets of

the treatment are associated more with criminal behavior versus characteristic problems, 3) The interventions focus on developing skills that the offenders are capable of applying. The first principle, that the interventions are applied primarily to high-risk individuals is important because those individuals who can benefit and who are most in need of treatment interventions. Those offenders have the most potential for change. The second principle is intended to target and reduce visible behaviors, like those associated with anti-social personality disorder, rather than abstract concepts such as ‘low self-esteem’. The third principle also targets the visible and controllable behaviors by using treatments like cognitive behavioral therapy rather than using abstract therapies like psychoanaly-

sis. When the opportunity arises to present to the court information pertaining to treatment recommendations, there are five categories of information one should adhere to in order to deliver the proper facts and make the most impact. First thing the courts find most relevant in regard to evaluating treatment recommendations is the offender’s motivation and are they remorseful? Secondly, what is the offender’s family and environmental situation? Thirdly, the court wants to know of any past treatments. Fourth, are there any patterns in offender history that may be treatable? Finally, is the offender a high-risk or can treatment safely take place in an unsecured environment?

Jacquelynne Shinault, M.A.

## CIT TRAINING

Recently, I attended a training module for CIT officers as an observer and it was quite the learning experience. It was a week filled with valuable information and tools for any law enforcement personnel to use - not only on the job, but in their personal lives as well. As a therapist, I have been trained to use my voice and tone as well as the words I speak to create a therapeutic environment and I was pleased to see this component included in the training. I believe all the tools learned are already being used in the field but it was reinforcing to have them taught again. Officers were given information on being sure to introduce themselves - a simple gesture but one that is often

overlooked in the field. Imagine, if you will, that you are the client and suddenly the police arrive - the situation is probably already escalating and you are feeling out of control and possibly paranoid. It can be reassuring to know who you are dealing with and it can also assist the client in refocusing their attention from the situation at hand to making the police a person rather than a uniform and a gun. Most corporations are using this concept from Wal-Mart greeter to a receptionist answering the phone with the company’s name and theirs. It tends to make you think of them as individuals rather than their position. Officers were reminded that their tone and contents

can also affect outcomes of calls. If someone is hearing voices, shouting or using an authoritative tone can be counterproductive and can escalate a negative reaction. Even standing in a position with hands on the gun belt or folded across the chest can send the nonverbal message that can be seen as challenging to a person that is not thinking logically. These are simple tools that we all use everyday but I feel it can never be said too much to officers to first keep yourself safe, but also remember that you are dealing with another human being - one worthy of your respect and to be treated with dignity.

Susan Frye, M.A.





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## D.U.I.

In the Sunday edition of the Washington Post a few weeks ago, Mr. William Frowley, formerly the President of Mary Washington College, brought attention to the fact that he had lost his job due to his indiscretion of driving while intoxicated and the aftermath since then. With his former position being in the public eye, the news media has exploited his situation. The ordeal has ruined what is left of a very productive life thus far. I am writing this in complete agreement with Mr. Frowley's commentary, "My Very Public Fall From Grace." I myself, have experienced a run in with the law on DUI charges. I am not fully aware of the judicial consequence Mr. Frowley faced, but I'm sure they were substantial. I am incarcerated serving a year sentence for a DUI. I have also been sentenced to two years of supervised probation upon release and a \$1600 fine. Now I am not in as prestigious of a position as Mr. Frowley, but I have or had a good paying job in the maintenance department in one of the largest printing facilities in the upper Shenandoah Valley. I hold a degree in Automotive and Diesel Technology from Nashville Auto/Diesel College. I am currently working on a

degree in Industrial Maintenance, which gives me a Journeyman's card in the state of Virginia. As has been shown, most media outlets tend to print the damning part of a story first to pull in the readers as well as form a public opinion before all the facts are known. If your lucky the rest will come out and you may get some relief from public humiliation. However, by that time the damage is done and some will always look down their nose at you and hold this over your head. The higher the profile you are in the community just translates into a larger audience you have to air your shortcomings. Regardless of your position, everyone knows what you've done. I know I've committed a crime and a price has to be paid. I do not dispute this at all, but there are underlying issues that need to be addressed as a community and a country. America as a whole is finally acknowledging alcoholism as a disease and that is a huge step to solving the overall problem. I do not believe that in America today, the punishment for a crime deters the crime. Giving a person convicted of DUI a large fine and lengthy jail sentence is not addressing the problem at hand. An extensive rehabilitation program with emphasis on the disease and forces the individual to admit the problem would benefit not just the alcoholic but society as a whole.

Where as throwing this person in jail where he or she will be placed in general population with accused or convicted sexual offenders, drug addicts and pushers, etc., will more likely cause resentment and push them further into their disease. I have learned during my incarceration that there are people in here with me that are sentenced to a year or less for dealing drugs. I know that in some of those cases the person received the lesser sentence for giving up names to gain ground in the fight on illegal drugs. But who is the alcoholic going to snitch on? 7-11? Corner store? What I am getting at is the Justice System and society need to address the cause of the problem, not the end result. Without this, the system and the jails will remain a vicious cycle where people at the bottom of the ladder continue doing the time and paying the fines while the ones at the top of the ladder keep reaping the benefits and avoiding justice altogether. In closing, I want to acknowledge that you cannot help someone who does not want help in the first place, but when there is no option to begin with, everyone loses.

- Anonymous