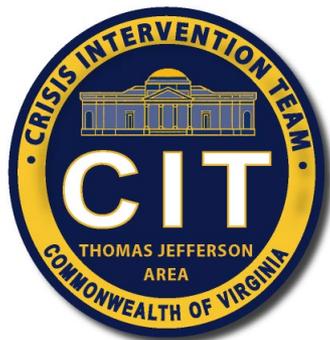


Intercept Zero: **PREVENTION WORKS!**

How to Successfully Implement Crisis Prevention Within Your Own Community

Thomas von Hemert, CIT Coordinator
CIT International President
Thomas Jefferson Area CIT
Charlottesville, VA

Rhonda Thissen, MSW, Executive Director
NAMI Virginia
Richmond, VA



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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

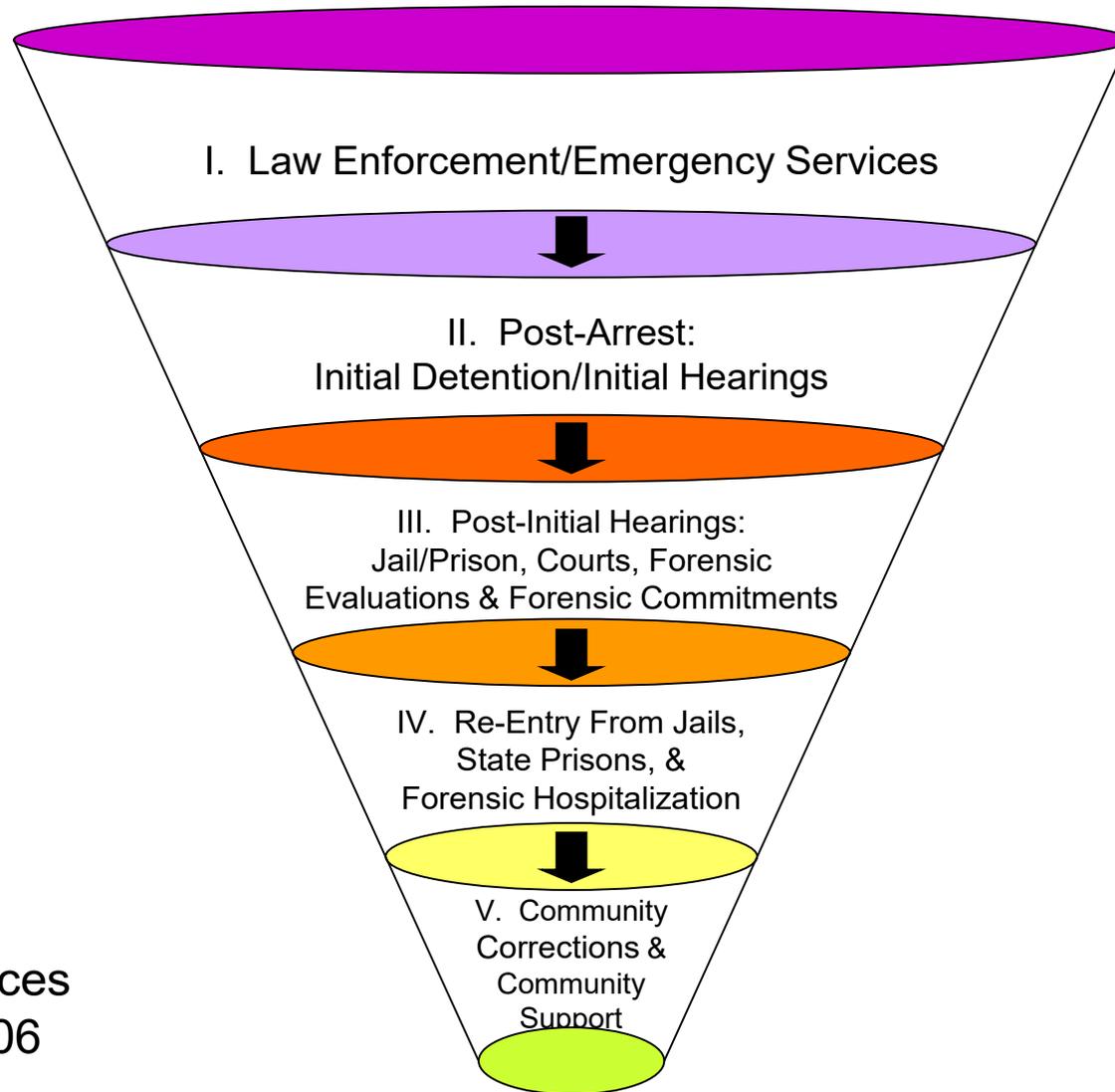
- Framework for understanding how people with MI interact with the criminal justice system developed by Munetz and Griffin (2006)
- Identifies “intercept points” of interaction between individual and system
- Goal is to identify individuals with MI as soon as possible before/after interaction with law 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



Munetz & Griffin:
Psychiatric Services
57: 544–549, 2006

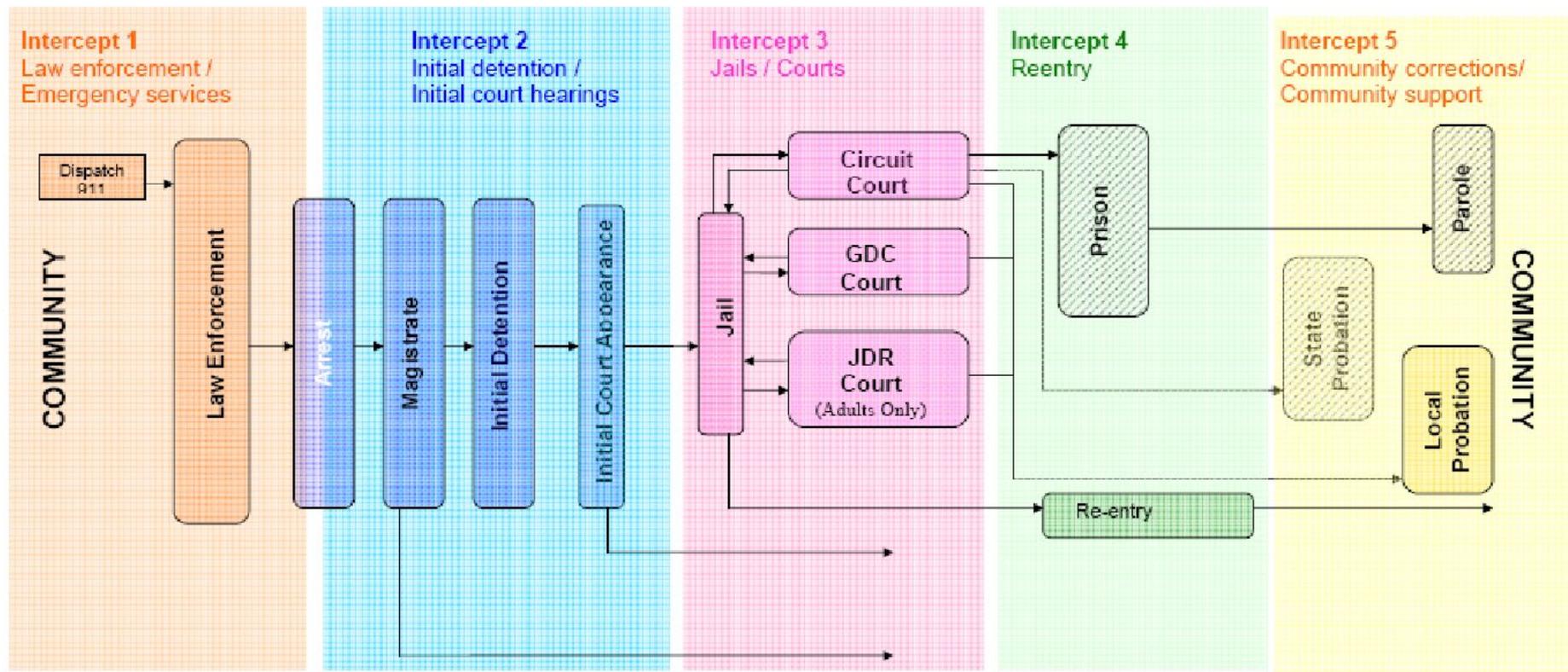
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ACTION: Sequential Intercepts for Change: Virginia Criminal Justice - Mental Health Partnerships

10/2008



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Priorities for Change

- Summarize service gaps
- Target priorities for change
- Identify resources and needs

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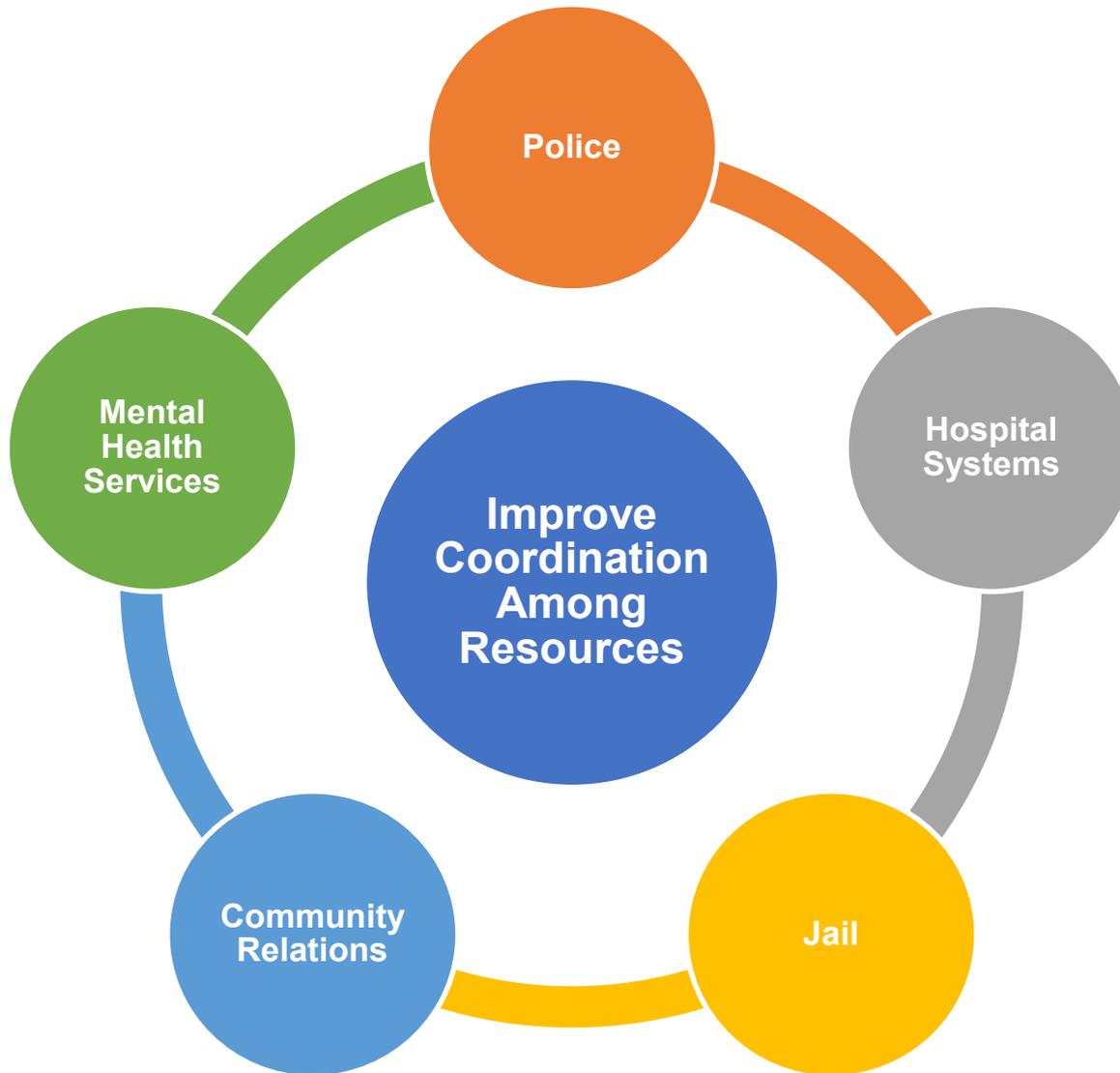


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Putting Prevention Into Your CIT Program / Community

BELIEVE IN THE TEAM

Efficient, Effective, Integrated Crisis Intervention System



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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**

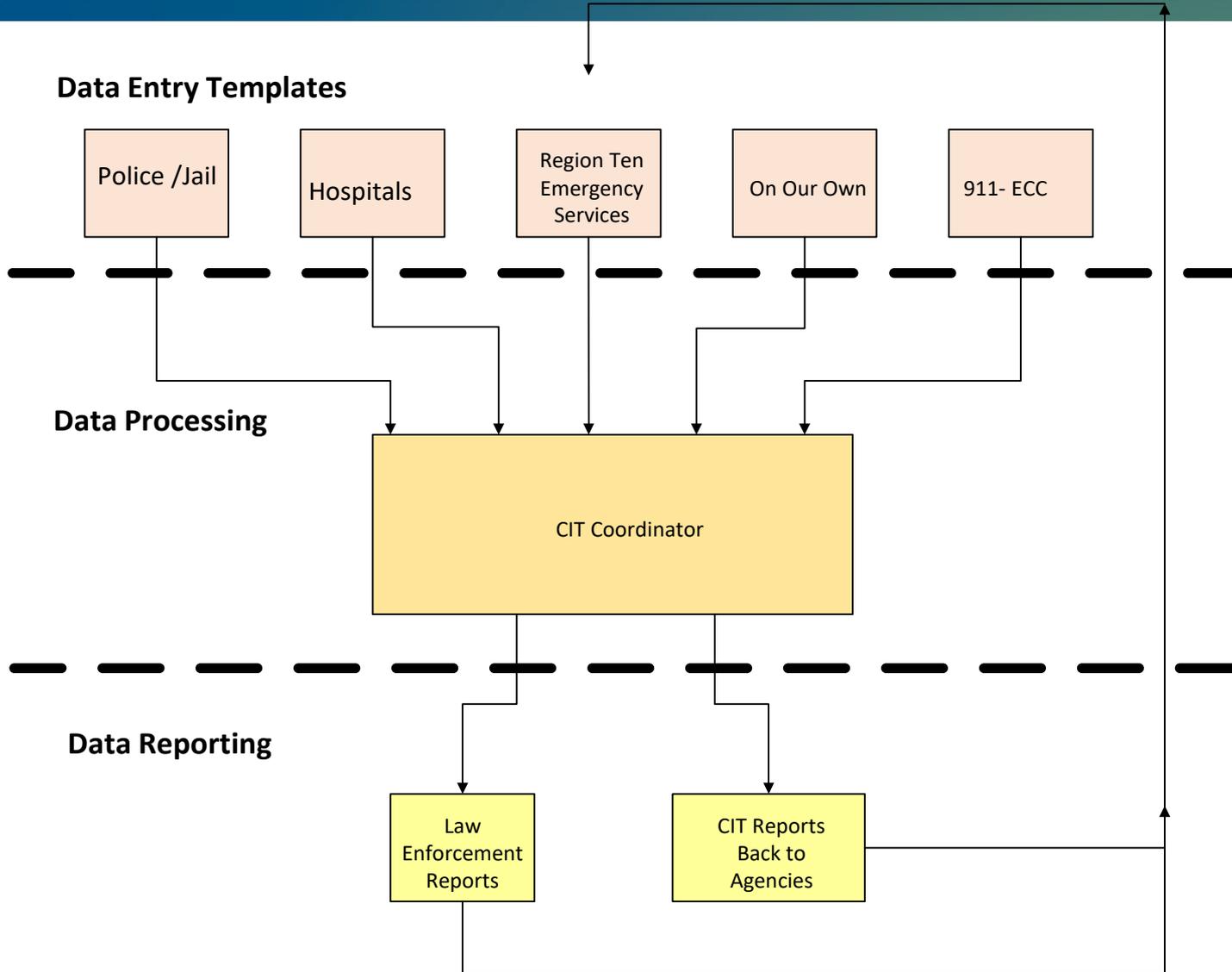
- Doctors
- Nurses
- Psych Dept.

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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





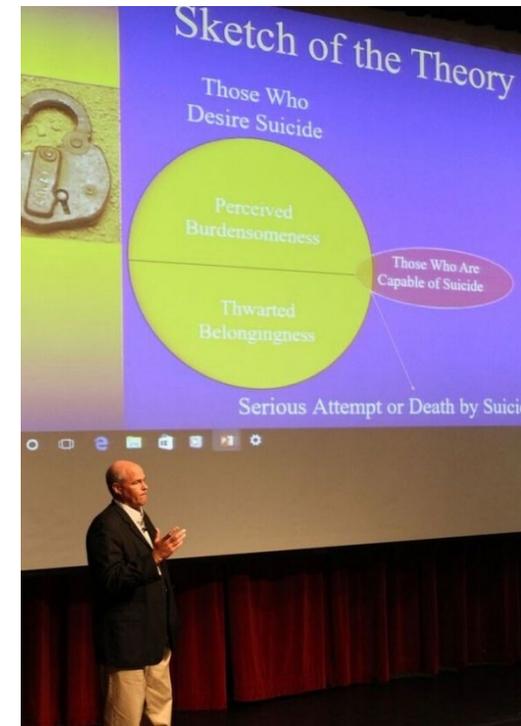
Cell Phone / E-mail LIST of Crisis Review Team Members

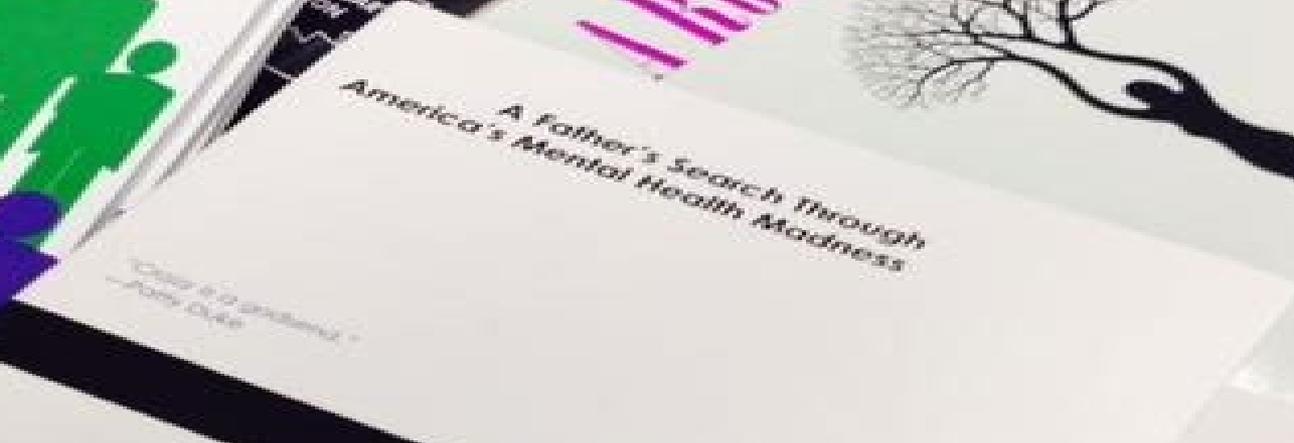
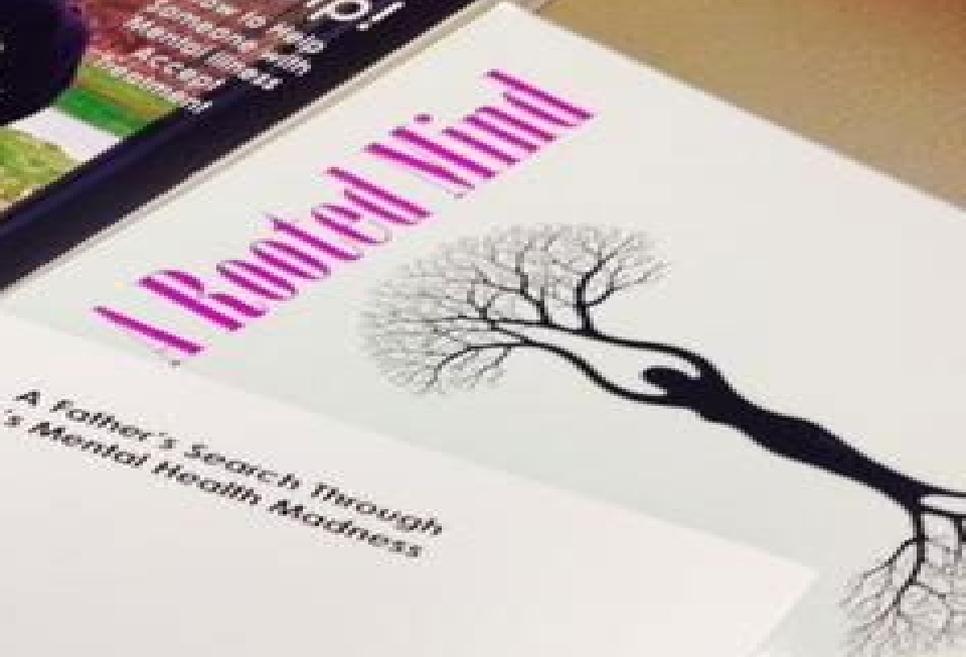
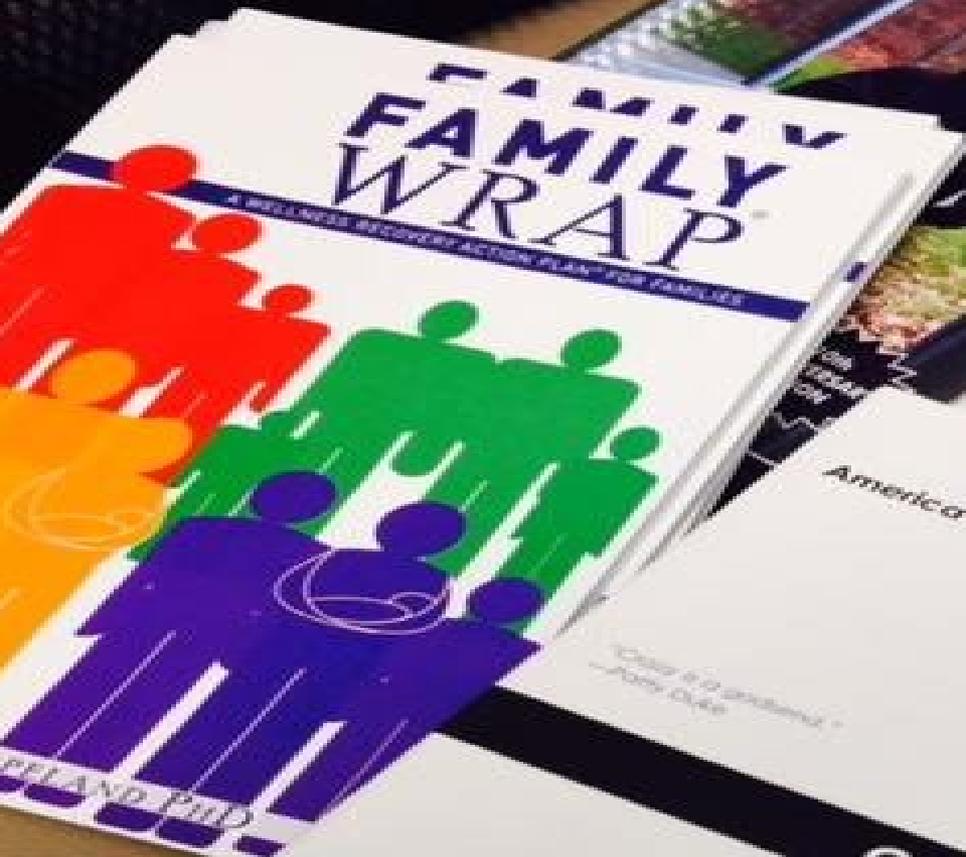
- The focus is NOT the monthly meeting.
- The focus is developing trust, relationship, and contacts between your mental health, law enforcement and medical personnel.
- **QUESTION:** Do you have the cell # of all your team/taskforce in your cell phone???

Our audience
appreciates lived
experience

...in combination
with research and
practical
application.

Events: Suicide Awareness Month





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



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 (Collect Calls Accepted)	293-8509

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
- E-mail: namiblueridge@gmail.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.**

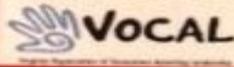
Crisis Plan Card

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.



See back of card for information.



Crisis Contact Person: _____

Relationship to me: _____

Contact Phone Number: (____) _____ - _____

Location of Written Crisis Plan: _____

Allergies or other conditions: _____

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NEED TO EMBRACE TECHNOLOGY



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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



METAL ALL KEYS ARE DIFFERENT IN A RATIO OF 20:1
TRIGGER LOCK



DANGER
SAFETY
DED.

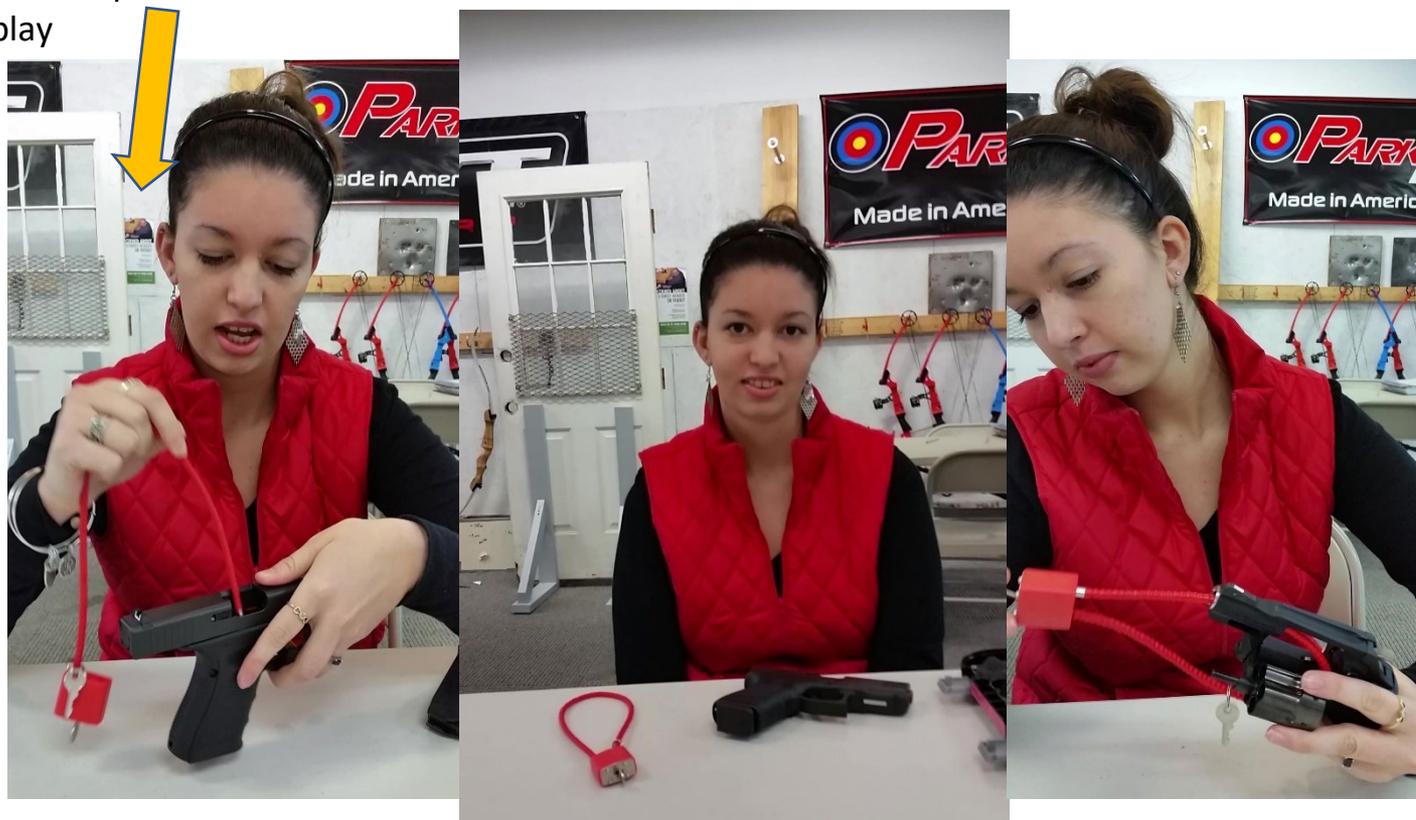
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Lock and Talk poster still
on display



YouTube Video Created by High Country Outfitters for Lock and Talk website on how to properly apply the cable locks we give out.

Pawn Partners



“More people are endorsing this [suicide prevention]”
- Valley Pawn employee



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On the Road in 2017



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Billboard
seen in
Staunton,
Augusta
County,
Lynchburg,
and
Alleghany



Someone in Crisis?

LOCK Meds
Lock Guns
TALK Safety



#MentalHealthintheValley

...in the city of
Harrisonburg



Is Someone You Know in Crisis?



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

**PRESCRIPTION
DRUG DISPOSAL BOX**



SHERIFF
GREENE COUNTY

Putting Citizens First
www.greenecountysheriffva.com



SUICIDE & CRISIS
COUNSELING CALL
540-373-6876



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Questions? Requests? Challenges?

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1. Download the NAMI Convention App and rate the session in real time:

App Download Instructions

Visit your App Store and search for the “Aventri Events” app. Download the app and enter Access Code: 778151 or scan the following QR Code:



2. You can also evaluate the session on your computer. Go to: www.nami.org/sessioneval, select the session and click “Rate This Session.”