

Responding to Youth in Crisis

2022



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Learning Objectives

1

Learn

Distinctions
between youth
and adults

2

Explore

The benefits of
crisis intervention &
diversion

3

Discover

OCHN Crisis
Intervention Teams
for Youth (CIT-Y)
and Co-responder
Model

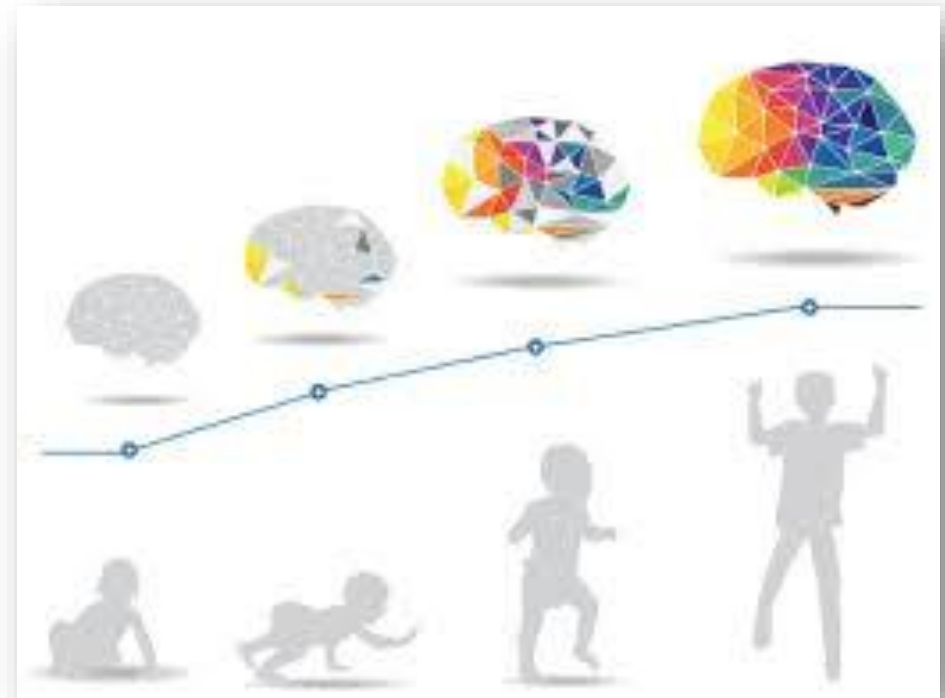
Youth are Different then Adults

- Development
 - Physical
 - Cognitive
 - Social - emotional
- Need guidance from adults
- Adolescence is like driving a car that...
 - Has an engine with a lot of horsepower
 - A sensitive gas pedal that can go from 0 to 60 mph
 - A brake system that doesn't fully work
 - Shares the racetrack with many similar cars



Physical Development

- Brain development
 - Frontal lobe not fully developed
 - Plasticity
 - Can be impacted by trauma
- Adolescence may be as important in brain development as the first three years of life (Steinberg)
- Puberty



Cognitive Development



- Inclined toward sensation-seeking and experimentation
- Impulse control is developing
- Shortsightedness

Social-Emotional Development

- Learning to cope with stress and manage emotions
- Identity is developing – “Possible self”
- Susceptible to peer influence
 - Peers can reinforce or counteract healthy adult influences

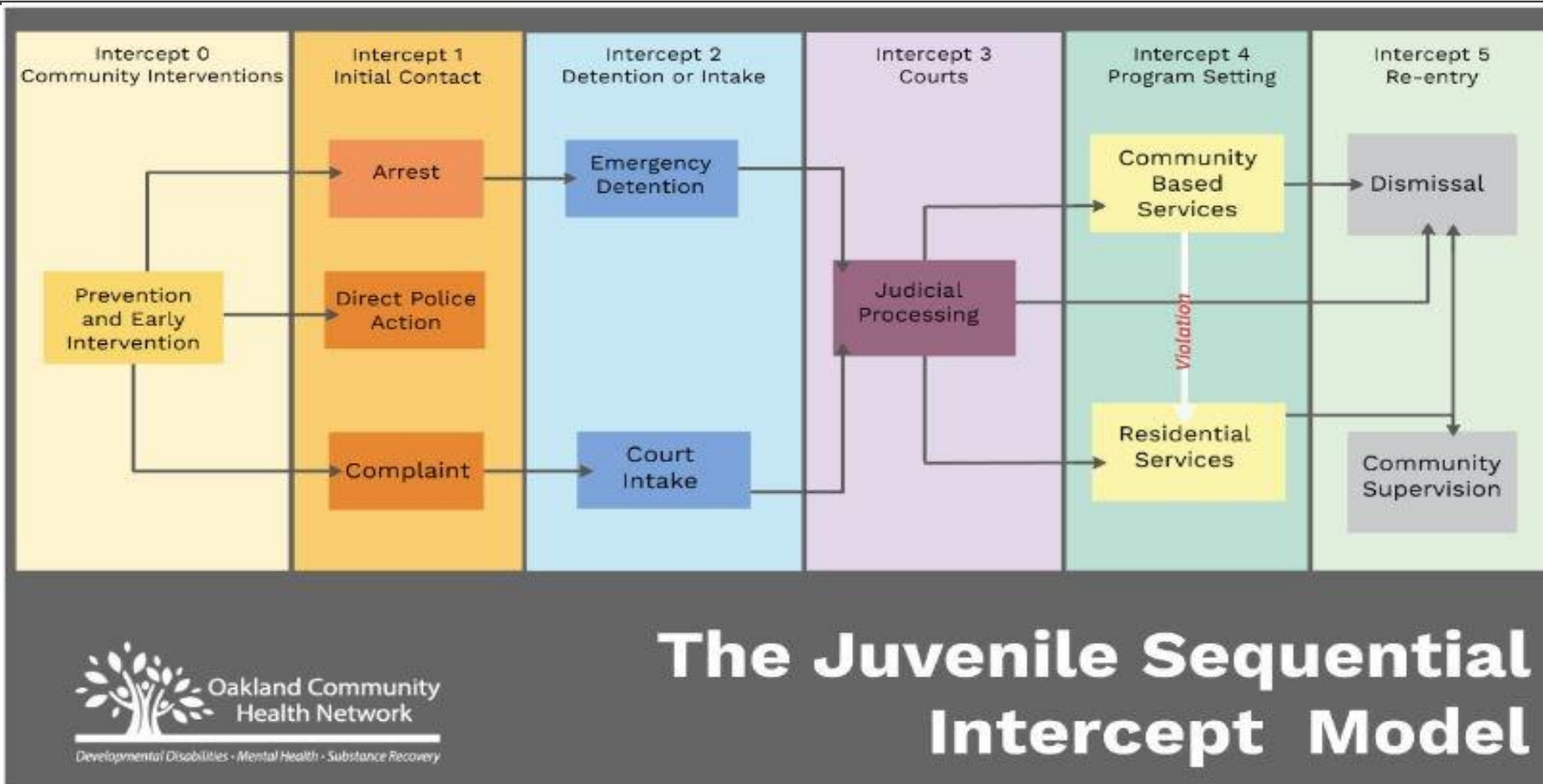


What are the Facts?

- In 2019, there were **696,620** juveniles arrested (OJJDP)
- As of 2019, there were approximately, **48,000** youth confined in the United States
- **70%** of justice involved youth have a diagnosable mental or substance use disorder (NCYOJ)
 - **Two-thirds** experience multiple conditions
- **75%** of children in the juvenile justice system have experienced trauma victimization (NCYOJ)
 - **50%** of these youth have symptoms of trauma

Sequential Intercept Model

The importance of intervening at intercept 0 and 1



CIT Background

- CIT has existed since 1988 and was developed in Memphis, Tennessee
- CIT is typically a 40-hour course where officers learn about mental illness, crisis, and how best to interact with those in crisis
- Outcome studies have shown that CIT “decreased the need for more intensive and costly law enforcement response, reduced officer injuries, and increased referrals to emergency care”
- Partnerships that arise out of a CIT program between law enforcement and the mental health community are invaluable

- An eight-hour training that provides youth-focused crisis training with law enforcement as the target audience
- Focused exclusively on youth
- Curriculum developed by the National Center for Youth Opportunity and Justice (NCYOJ)
- Facilitated by a mental health professional and law enforcement agent
- Designed to be interactive classroom setting with role-play and engaging discussions



CIT-Y Modules

- Module 1: Introduction and Overview – CIT Coordinator
- Module 2: Understanding Adolescent Development - Mental Health Professional
- Module 3: Adolescent Behavioral Health Conditions - Mental Health Professional
- Module 4: Crisis Intervention and De-escalation - Law Enforcement
- Module 5: The Family Experience - Mental Health Professional or family/advocacy organization
- Module 6: Connecting to Resources - One trainer and/or community resource panel

Module 4: Crisis Intervention and De-Escalation

- This is a module taught by law enforcement
- Officers learn actual techniques
 - Tip for communicating with youth effectively
 - Active listening skills
 - What to avoid when talking with youth
 - Methods for gaining compliance
 - Role-play and scenarios



Module 4: Techniques for Law Enforcement

Communication:

- Standing over them while talking could replicate their trauma
- Remove upsetting influences if possible
- Introduce yourself even if they have met you before
- Use phrases like “I’m here to help”. Youth tend to associate police with trouble
- Active Listening: do not try to solve the problem right away. Let them talk
- Use both open and close ended questions



Module 4: Techniques for Law Enforcement

Barriers to Communication:

- Minimizing: “You don’t really have it all that bad”
- Jumping to Conclusions: “I think you’re just depressed”. Instead, “you seem upset..”
- “Why” questions
- Phrases like “relax” or “calm down”

Calming Techniques:

- Allow venting
- Ask questions one at a time
- Ask them what helps them when this happens

Module 4: Techniques for Law Enforcement

- The first 3 steps are about connecting rather than problem solving
- Empathy: not feeling sorry for them, putting yourself in their shoes
- Sometimes we might say or do something along the staircase that sends us back to the first step. Apologize and start over
- The goal is to influence voluntary behavioral change



Benefits of CIT-Y

- Divert youth from the Juvenile Justice (JJ) System
- Better outcomes for youth and police
- Cost effective
- Collaboration between law enforcement and the mental health system
- Officers increase de-escalation skills, especially with youth
- Increased knowledge of youth-specific community resources
- Officers will learn to identify common mental health conditions in youth



CIT-Y in Oakland County

- Officers must have completed the 40-hour CIT training
- Collaboration between OCHN and Auburn Hills Police Department
- Offered quarterly
- Implemented community resource panel for Module 6
 - Included crisis resources, CMH, Wraparound, Common Ground Sanctuary, Juvenile Court, and Youth Assistance





Developmental Disabilities
Mental Health • Substance Recovery



Co-Responder Model

- OCHN Clinician contracted with three police departments: Auburn Hills, Birmingham, and Bloomfield Hills (+ OCSO and Troy)
- Aim to partner police response with CMH and substance use resources
- The model improves services and police response for those impacted by behavioral health crises
- Added support to responding officers before, during, and after a crisis

Goal of Co-Response

- Use least restrictive measures to secure welfare of all individuals reached
- Connect individuals to needed services
- Divert individuals experiencing a crisis from the criminal justice system when possible
- Reduce the need for repeated police involvement



What Co-Response Looks Like...

- Responding with police to individuals in crisis (home, community, etc.)
- Work with detectives for possible diversion
- Access referrals & resources provided
- Follow-up using CORE tracking forms (in-person, phone-calls, home visits)
- Petitions & court-orders
- Relationship with OCHN's providers, Common Ground, Mobile Response Team, ACCESS team, etc.

Co-Response & Youth



- ACCESS referrals
- Common Ground
- Referrals to OCHN's Juvenile Justice Coordinators
- Youth Assistance referrals & School Liaison/Resource Officers
- Criminal Justice Coordinator (embedded in the jail)

Benefits of Co-Response for Law Enforcement

- Reduces numbers of repeat callers and ER visits
- Diverts individuals with mental health/substance use disorders to appropriate services
- January- June 2022:
 - 440 referral forms from law enforcement
 - 66 on-scene assists
 - 404 follow-up phone calls/visits

Success Stories



*Developmental Disabilities
Mental Health • Substance Recovery*



Where to Begin?

- **Community partnerships**
 - What mental health and police agencies in your area?
 - What partnerships already exist?
- **Identify gaps in your system**
 - Map community for current resources
 - What potential barriers may exist?
- **Identify professionals**
- **Funding**
 - CoRe Funding Models
- **Decide on models**



