

1 Integrating Communications, Assessment, and Tactics (ICAT)

2 Course Overview

- Integrating Communications, Assessment, and Tactics (ICAT) Introduction
- Statistical Figures
- Crisis Recognition
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3 Integrating Communications, Assessment, and Tactics (ICAT)

- Developed by the Police Executive Research Forum (PERF).
- ICAT is a training program that provides first responding Police Officers with the tools, skills, and options they need to successfully and safely defuse a range of critical incidents.
- ICAT is designed especially for situations involving persons who are unarmed or are armed with weapons other than firearms, and who may be experiencing a mental health or other crisis.

4 Statistical Figures

- Putting into perspective...
 - *Each year in the United States of America:*
 - 327,000,000 – Residents
 - 53,500,000 – Police Contacts
 - 10,700,000 – Arrests
 - 985,000 – Use of Force Instances
 - 1,000 – Deaths
 - *Population and Police contact statistics come from the 2018 Bureau of Justice Statistics Report: Contacts Between Police and the Public, 2015; Arrest numbers come from the FBI 2016 UCR; Use of Force figures come from a 2018 BJS study*

5 Crisis Recognition

- Behavioral Crisis:
 - *An episode of mental and/or emotional distress that is creating instability or danger and is considered disruptive by the community, friends, family, or the person himself/herself.*

6 Crisis Recognition

- How does a crisis typically occur?
 - *Precipitating (triggering) event.*
 - *Person's perception of the event.*
 - *Normal methods of coping fail.*
 - The said factors result in:
 - *Breakdown in control.*
 - *Inability to respond appropriately.*
 - *Feeling overwhelmed.*

- Recognizing the signs of a person in crisis is a necessary first step to effectively responding to that person.
 - *Officers are more effective during critical incidents, and can achieve safer outcomes, when they can recognize and identify the common signs that a person they encounter may be in crisis.*

7 Crisis Recognition

- Why should we care?
 - *People in crisis need help.*
 - *Crises can impact the public and officer safety.*
 - *It's our job – "To serve and protect."*
 - *Reflects our Mission, Vision, and Values.*

8 Crisis Recognition

- Mental Illness
 - *Some factors about people with mental illnesses:*
 - *Biological illness, likewise to heart disease or cancer.*
 - *Nobody chooses to develop a mental illness.*
 - *There is no cure, but many people stabilize to live full, productive lives.*
 - *Medications can help, but they're not perfect and there can be episodes or side effects.*

9 Crisis Recognition

- Intellectual and Development Disabilities
 - *Autism spectrum disorder:*
 - *Most common, but not usually visibly apparent.*
 - *Persons living with autism may engage in "stimming".*
 - *Stimming: Self-stimulating behaviors, usually involving repetitive movements or sounds.*
 - *Cerebral palsy*
 - *Epilepsy*
 - *Developmental delay*
 - *May result in difficulties in communication, adaptive living skills, self-direction, and mobility.*

10 Crisis Recognition

- Video:

- [REDACTED]

11 Crisis Recognition

- Persons with physical disabilities:
 - *Deaf/Hard of hearing.*
 - *Blind/Low vision.*
 - *Muscular Dystrophy.*
 - *Multiple Sclerosis.*
 - *Stroke.*
 - *Huntington's Disease.*
 - *Head/Spinal cord injury.*

- Remember: Disabilities could make it difficult for people to hear, comprehend, follow directions, and to respond back to you.

12 **Crisis Recognition**

- Another approach – Ask!
 - *Ask the person:*
 - Are you on medication?
 - Do you normally see a doctor?
 - *Ask family members or friends nearby:*
 - Does the person have a mental health condition?
 - A physical or developmental disability?
 - *Ask Dispatch:*
 - Get more information and ask follow-up questions.

13 **Crisis Recognition**

- Why do you want to know what's behind someone's erratic behavior?
 - *Best approaches to help stabilize the situation.*
 - *Communication strategies (tactical communication) to employ.*
 - *Additional resources you may need.*
- *Upfront awareness and recognition are key to a safe and effective response.*

14 **Suicide by Cop**

- Definition:
 - *A deliberate act motivated, in whole or in part, by the subject's desire to die by suicide, which provokes the law enforcement officer(s) to act, with the result being a justifiable homicide by the officer(s).*
- *Detective Jeff Thompson (Ph.D.), NYPD*

15 **Suicide by Cop**

- Suicide by Cop Criteria:
 - *1) Voluntarily enter into a confrontation with law enforcement.*
 - *2) Communicate suicidal intent (verbal and/or actions).*
 - *3) Act in a threatening manner to the police.*

16 Suicide by Cop

- Video:



17 Suicide by Cop

- Suicide by Cop is prevalent and often unpredictable.

- *Statistical figures:*

- Study of 700 officer involved shootings:

- 36% were suicide by cop related incidents.
 - 17% of these suicides were planned.
 - 81% of these suicides were spontaneous.

- Mohandie, Meloy, and Collins. "Suicide by Cop Among Officer-Involved Shooting Cases." – *Journal of Forensic Science* (2009)

18 Suicide by Cop

- Subject may be experiencing a wide range of emotions and characteristics including:

- Anger
 - Agitation
 - Resoluteness
 - Defiance
 - Desperation

- We know that when a subject's emotions are running high, their rational thought is low.

19 Suicide by Cop

- Quick recap:

- There could be many causes for a person to be in crisis – mental illness is just one of them.
 - Your priority is not to diagnose and resolve the situation – it's to defuse, stabilize, and get help.
 - As emotions rise, rational thinking declines – lowering their emotions helps people think more rationally.
 - Empathy, communication, respect, and making a connection – all about trying to get voluntary compliance.

20 Suicide by Cop

- Five Universal Truths of Human Interaction:
 - 1) *People feel the need to be respected.*
 - 2) *People would rather be asked than be told.*
 - 3) *People have a desire to know why.*
 - 4) *People prefer to have options over threats.*
 - 5) *People want to have a second chance.*

- Source: Dr. George Thompson, Verbal Judo Institute

21 Suicide by Cop

- Two principles guiding your response:
 - *Your mission is not to diagnose or treat/solve underlying issues.*
 - *Your top priority is to verbally defuse and stabilize the situation, when feasible.*

22 Suicide by Cop

- Manage your own reactions (tidbits):
 - *Offices can experience similar physiological changes as a subject in crisis.*
 - *It is important to consciously slow your breathing, move slowly and smoothly, and stay in control.*
 - *Control your body language.*
 - *Your words need to match your demeanor.*

23 Suicide by Cop

- Video:

**24 Q&A**

- Questions, comments, and/or concerns?