

Crisis Intervention, A Family Perspective

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Largest Grassroots Mental Health
Organization in the U.S.

Mission: Support, Education, Advocacy and
Awareness

NAMI Programs in Hawaii

Family to Family: is a class for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. |

NAMI Family Support Group: is a weekly or monthly support group for family members, partners and friends of individuals living with a mental illness.

| NAMI Hawaii will advocate and support LEAD
<http://www.chowproject.org/lead.html>

NAMI Ending The Silence: is an in-school presentation designed to teach middle and high school students about the signs and symptoms of mental illness, how to recognize the early warning signs and the importance of acknowledging those warning signs.

NAMI Walk: Walk for Mental Health. ... NAMIWalks events bring together people of all ages and fitness levels to combat stigma, raise funds and promote awareness of mental illness. Each NAMIWalks 5K event is a celebration of recovery—a time when we come together to let the world know we are #stigmafree.

Date: October 5 |

What NAMI has been for me...

Community, Support, Education



What is CIT?

- In a jiff it is collaborative community partnerships and proper training
- CIT reduces arrests of people with mental illness while simultaneously increasing the likelihood that individuals will receive mental health services.
- Volunteer vs. Voluntold
- Basic Goals:
 - Improve Officer and Consumer Safety
 - To help persons with mental disorders and/or addictions access medical treatment rather than place them in the criminal justice system due to illness related behaviors.



CIT Does NOT work without community.

- **Give police officers more tools to do their job safely and effectively.** Research shows that [CIT is associated with improved officer attitude and knowledge about mental illness](#). In Memphis, for example, [CIT resulted in an 80% reduction of officer injuries](#) during mental health crisis calls.
- **Keep law enforcement's focus on crime.** Some communities have found that [CIT has reduced the time officers spend responding to a mental health call](#). This puts officers back into the community more quickly.
- **Produce cost savings.** It's difficult to estimate exactly how much diversion programs can save communities. But incarceration is costly compared to community-based treatment. For example [in Detroit](#) an inmate with mental illness in jail costs \$31,000 a year, while community-based mental health treatment costs only \$10,000 a year.

NAMI Hawaii's Role



- We provide speakers for the family and peer perspective panel.
- This is probably one of the most important pieces of the training and builds loads of empathy and understanding. Most officers only see people in crisis, so this is an opportunity to hear before and after of a crisis with police contact, it shows that people DO recover.

What does Crisis Mean for the Family?

- Family is in crisis just like the individual is.
- As I heard Sam Cochran (one of the founders of CIT program) say at our National Convention “Recovery starts at the moment of crisis!”
 - This means for families too!
- What about after the crisis, then what? Follow up support.

What is next?

- Identifying gaps and filling them.
- Finding funding
- Sustainability
- Healing the community
- Education



As I heard Chief Ballard say at graduation, no longer is being a police officer about arresting people and taking them to jail, the future of being a police officer is community partnerships.



Take a second to think about your own stigmas and place in our broken system...

What population do you work with, are you holding onto stigmas because of the population you work with towards income levels, race, mental illness, disability, physical disease, etc? As a child did you have any experience with the system, how about any of your friends? What did this make you think about the system? What values and beliefs do you hold dear in your work, why are they there, what experiences helped to validate them? Why are you working at your job, do you enjoy it, what does it mean for you?

It is important to take a look at these questions throughout our lives because just as we are continually growing and developing different ideas or opinions these answers will too. Know where you were, how you got there, and where you are now so that you can effectively keep up with how everything around you is growing and you don't get stuck in the past.

Let me leave you with this...

“The mentally ill are not easily spotted by the non-psychiatric eye, but it accounts for many people, which is why I tend to look at those who have a mental illness as a minority, an invisible minority. The pathology of mental suffering knows no age, race, ethnicity, status, nation, sex or sexual orientation. We all know someone who was either diagnosed with a mental illness or is suspected of having one. It is often believed that criminals are purely evil or idiotic. But sociologists have found that all on death row were directly related to abusive parents. You would have to be blind to not see how poverty can cause distress and crime. While mental illness is genetic, millions of well-intentioned afflicted do not become serial killers or gangbangers as movies would portray. However if they didn't have adequate healthcare and stability, it would be easy to see the horrors we all know. Ultimately, humanity needs to recognize this minority as such, the one that the psychiatric and pharmaceutical industry thrive on, and recognize how these sufferers' minds work to be clear on what humanity is dealing with.”

-Personal story account off of the NAMI site. |

<https://www.nami.org/Personal-Stories/Mental-Illness,-Poverty-and-How-the-Other-Half-Liv>