

# City of Keller Mental Health and Resources

by

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*“Recognize and De-stigmatize”*

# Disorders and Emergency Medical Detentions

- There are more than 300 mental disorders listed in the Diagnostic and Statistical Manual of Mental Disorders. Mental illnesses can affect people's thoughts, mood, behavior, and the way they perceive the world around them.
- Statistic's for the City of Keller in the past 5 1/2 years
  - 2016: Emergency Medical Detentions 44
  - 2017: Emergency Medical Detentions 52
  - 2018: Emergency Medical Detentions 70
  - 2019: Emergency Medical Detentions 62
  - 2020: Emergency Medical Detentions 61
  - 2021: Emergency Medical Detentions 27 as of 6-29-21

# KPD Policy 401.16 Mental Health Encounters

Policy: (Texas Health and Safety Code - Chapter 574 for Mental Illness)

- A. It will be the policy of the Keller Police Department to apprehend or commit persons who have recently exhibited specific behaviors, acts, attempts or threats which show evidence of a substantial risk of harm to themselves or others, and such harm or risk is imminent.
- B. It will be the policy of the Keller Police Department to treat all persons suspected of mental illness with dignity and respect. Officers and civilian personnel may encounter consumers who exhibit signs of mental illness but pose no imminent threat to themselves or others. Officers will not get directly involved in the commitment of these consumers but may refer them or someone seeking assistance for them to the mental health courts, MHMR, or private mental health providers.

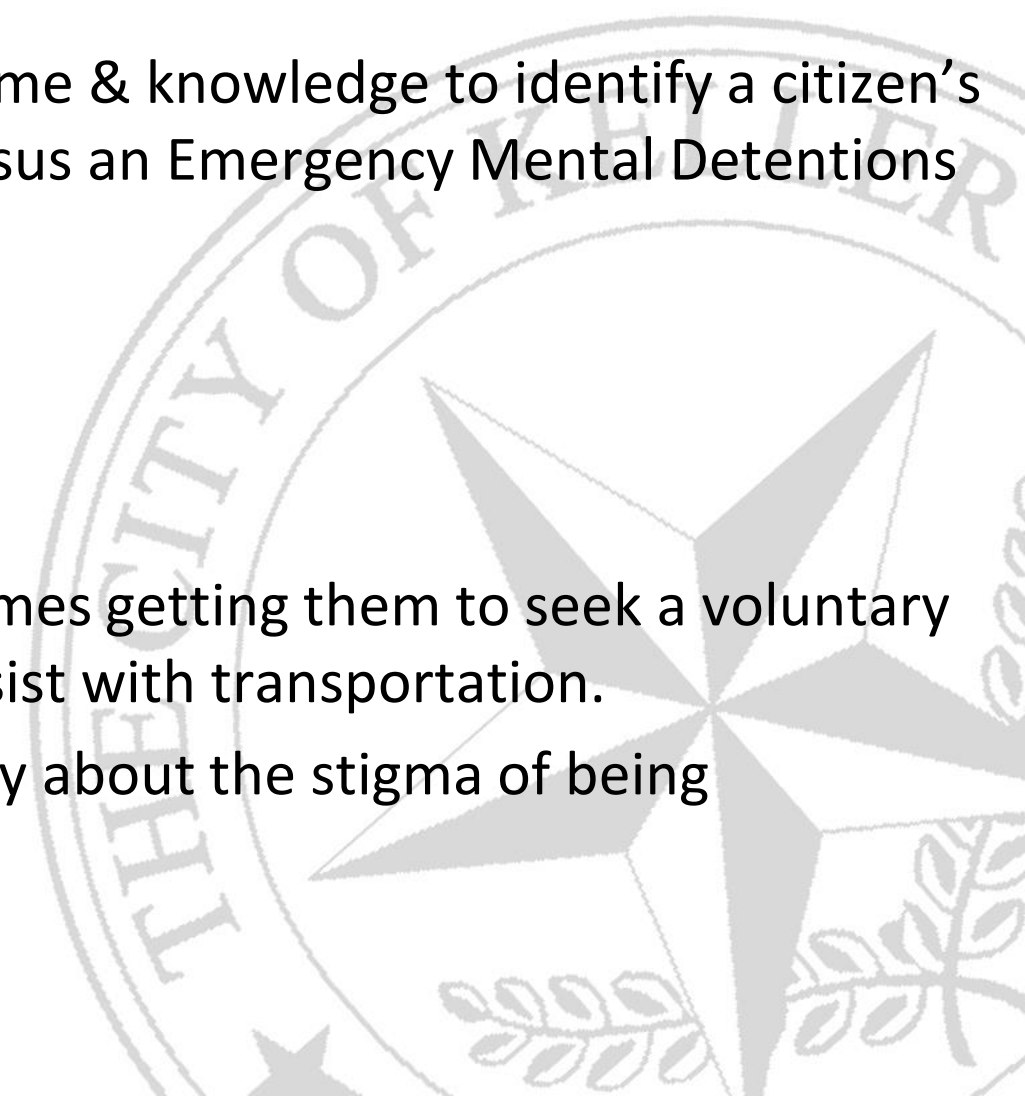
# Disorders and Emergency Detentions

## Challenges:

- Police Officer's and EMS personnel to have the time & knowledge to identify a citizen's problem and offer the appropriate resources versus an Emergency Mental Detentions (EMD).

## EMD's vs Voluntary Evaluations:

- There are times when EMD's are the only option.
- When the patient is having an "episode," sometimes getting them to seek a voluntary evaluation is the best if the family is willing to assist with transportation.
- This is preferred with younger patients who worry about the stigma of being transported by the police or EMS.



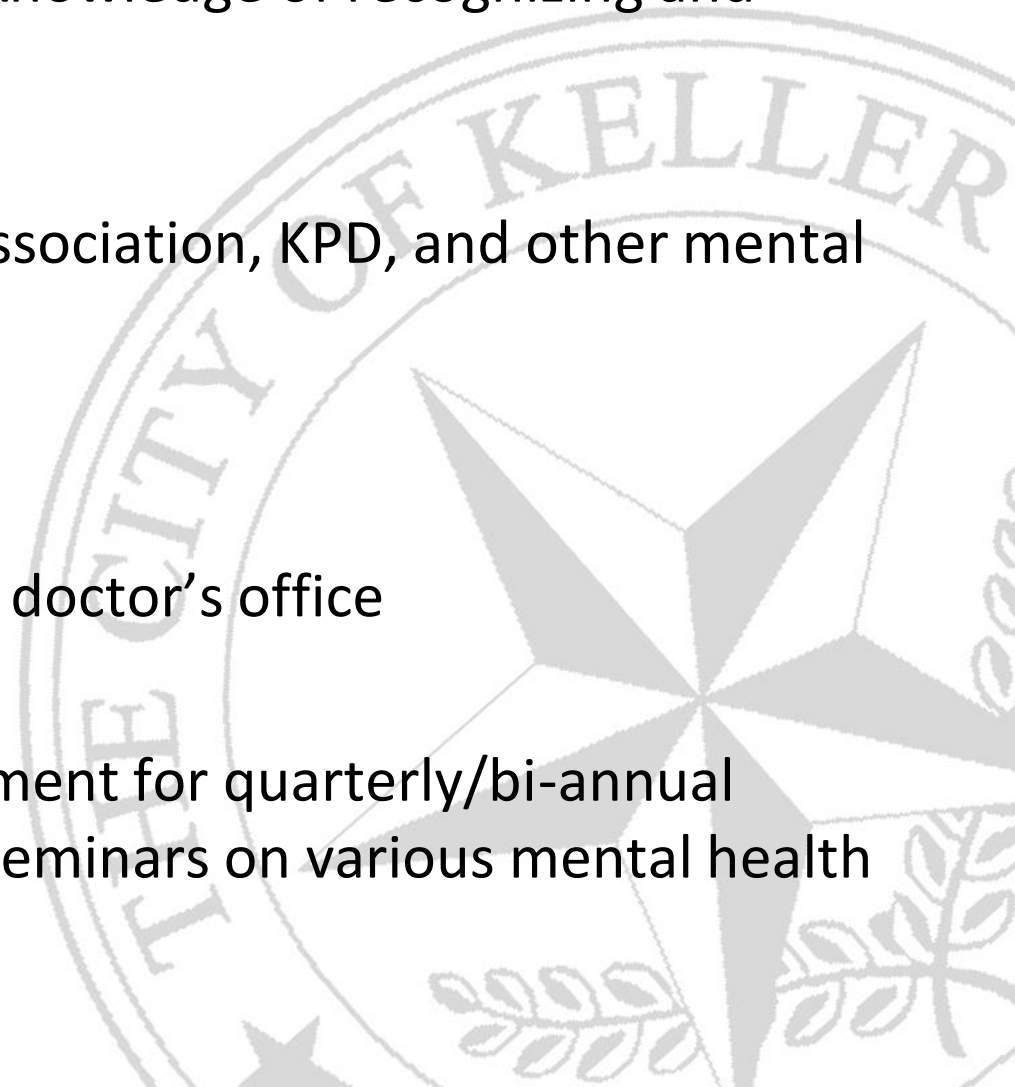
# How can the City of Keller De-stigmatize Mental Health?

Education: Work with KISD on ways to improve the knowledge of recognizing and supporting those who are mental health consumers.

Public Awareness: Partner with Keller Counselor's Association, KPD, and other mental health organizations:

- Set up informational booths at city events
- Provide informational brochures in city facilities
- Provide informational brochures in private sector doctor's office

Public Workshops/Seminars: Provide a safe environment for quarterly/bi-annual workshops in city facilities. Counselors can present seminars on various mental health topics.



# How can the City of Keller De-stigmatize Mental Health?

## Keller Police Department:

- Create a PD Behavioural Intervention Team to follow-up with EMD's. Alternate visits to Tarrant County, getting to patients more often.
- Ensure officers are familiar with various Tarrant County resources.

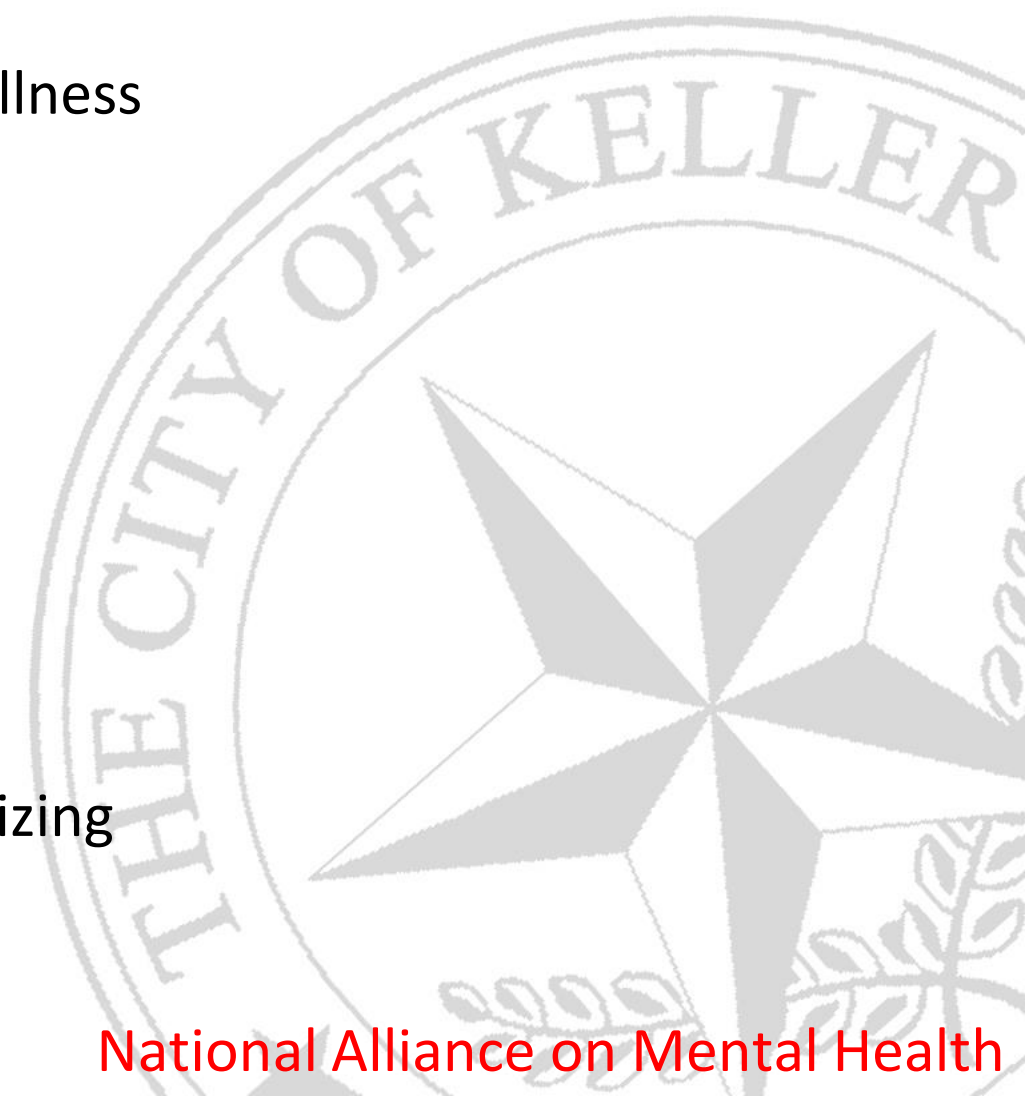
Jail Diversion Program: New Tarrant County program. To be open by the end of the year.

## City Website and Social Media:

- Ensure information reaches as many people as possible for events, workshops, city programs and Tarrant County.
- Start an awareness group for mental health consumers, parents, & caretakers (general questions/advice).

# Nine Ways our Facebook Community responded to “How Do You Fight Stigma”

- Talk Openly About Mental Health
- Encourage Equality between Physical and Mental Illness
- Show Compassion for Those with Mental Illness
- Educate Yourself and Others
- Choose Empowerment over Shame
- Be Honest About Treatment
- Be Conscious of Language
- Let the Media Know When They are Being Stigmatizing
- Don't Harbour Self-Stigma



# Programs in Place at KISD

## KISD resources /programs:

- Keller Care Initiative: An umbrella program containing the following:
  - Hope Squad: A group of trained peer's for students to reach out to. Hope squad members then refer them to a mental health professional.
  - Suicide Awareness Forum every year for parents and students
  - Intervention Counseling Team for students in crisis
  - Screening: 6th, 7th, 9th, and 11th grades are screened for mental awareness. If an issue arises then they are forwarded to a intervention counselor.



# Programs in Place at KPD

Behavioral Intervention Team: (Sgt. Carte, 2 SRO's (KCAL and KHS), 5 patrol officers)

- Members certifications:
  - CIT (Critical Intervention Training): 40 hour course taught during the Academy
  - CISM (Critical Incident Stress Management): 8 hours Police One Academy Training
  - Mental Health Peace Officer Course: 40 hour course to become certified
  - Advance De-escalation Course: 32 hour course (train the trainer course)
- Continued Partnership with My Health My Resource (MHMR) Tarrant County Liaison Amy Jones
- Continue working with John Peter Smith Hospital for patients 13 years of age and higher, and Cooks Children Hospital for patients 12 years of age and younger
- KPD has established a partnership with Keller Counselors Association: President Lisa Elieson

# Keller Homelessness

## Homelessness (Adult):

Keller does not have a homeless problem. There are known persons to officers who voluntarily choose to remain homeless, despite efforts to provide alternative resources.

## Homelessness (Juvenile):

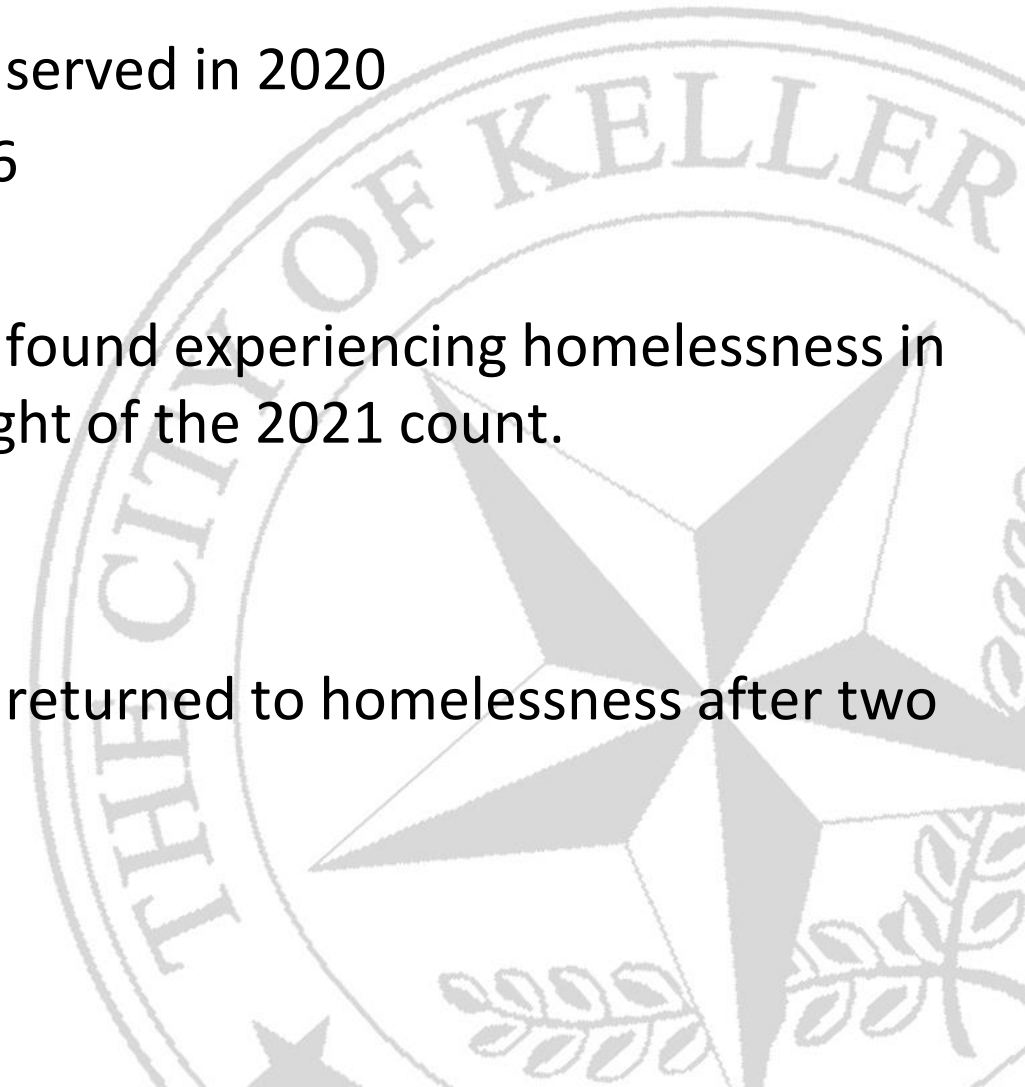
Statistics:	2018 Reported Runaway's	40
	2019 Reported Runaway's	53
	2020 Reported Runaway's	56
	2021 Reported Runaway's	14

Reported means that the KPD was called and responded to take a runaway report. In some cases, the juvenile returns home before a report is completed or before they are entered into TCIC/NCIC database.

# Tarrant County Homeless Coalition

## Notable Trends:

- Percent of youth who moved into permanent housing:
  - 2019: 32%
  - 2020: 56%
- Percent of youth who returned to homelessness:
  - 2019: 24%
  - 2020: 18%
- Percent of youth who retained or increased their employment income:
  - 2019: 50%
  - 2020: 22%
- Youth served in 2020
  - 536
- Youth found experiencing homelessness in the night of the 2021 count.
  - 92
- Youth returned to homelessness after two years
  - 18



# Follow Up Questions Asked

## Mental Health & Addiction (National Institute on Drug Abuse (NIDA):

- Drug addiction is classified as a mental illness because addiction changes the brain in fundamental ways, disturbing a person's normal hierarchy of needs and desires, and substituting new priorities connected with procuring and using drugs.
- The resulting compulsive behaviors that override the ability to control impulses despite the consequences are similar to hallmarks of other mental illnesses.

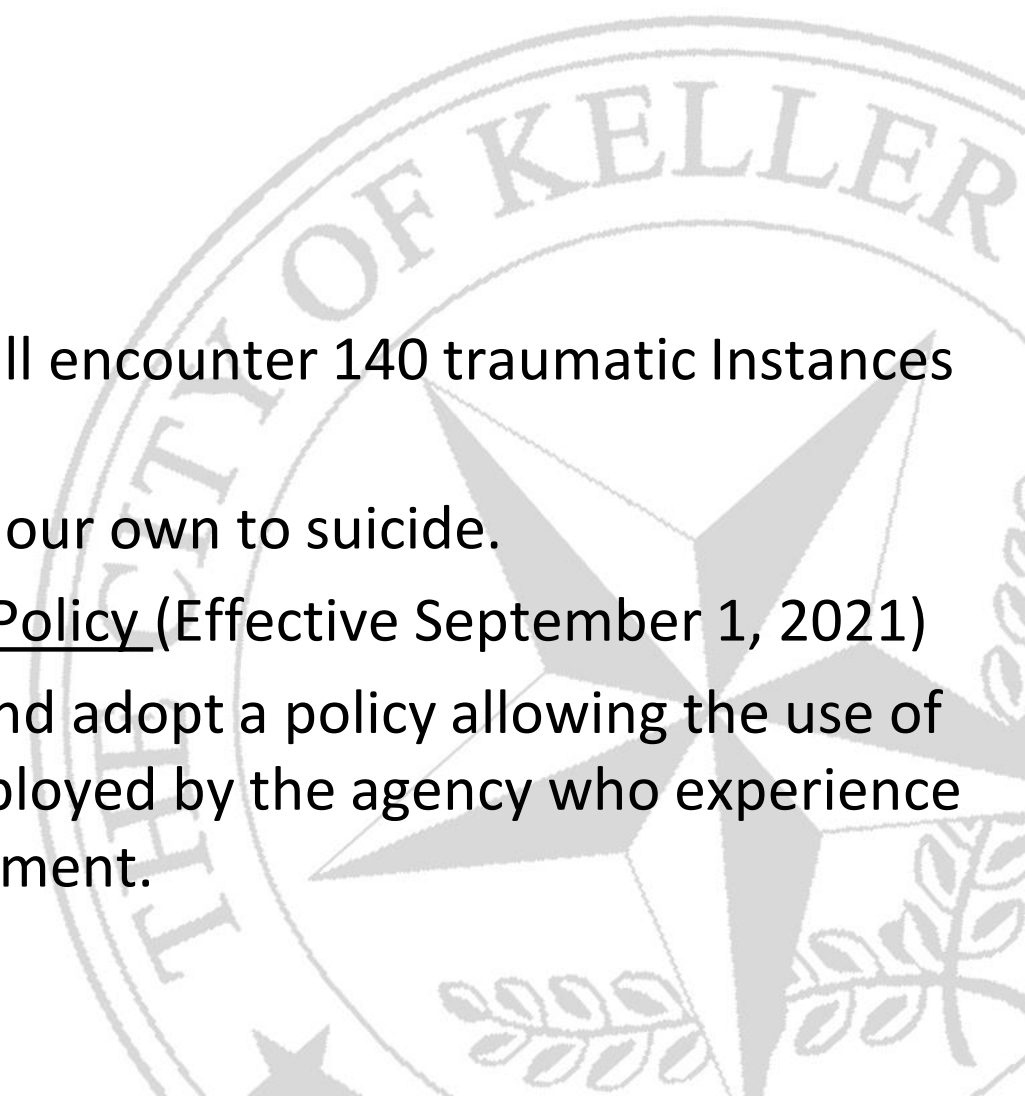
MHMR Counselor's and Health Professionals in Keller agreed with the NIDA's findings.

## Soliciting for Money:

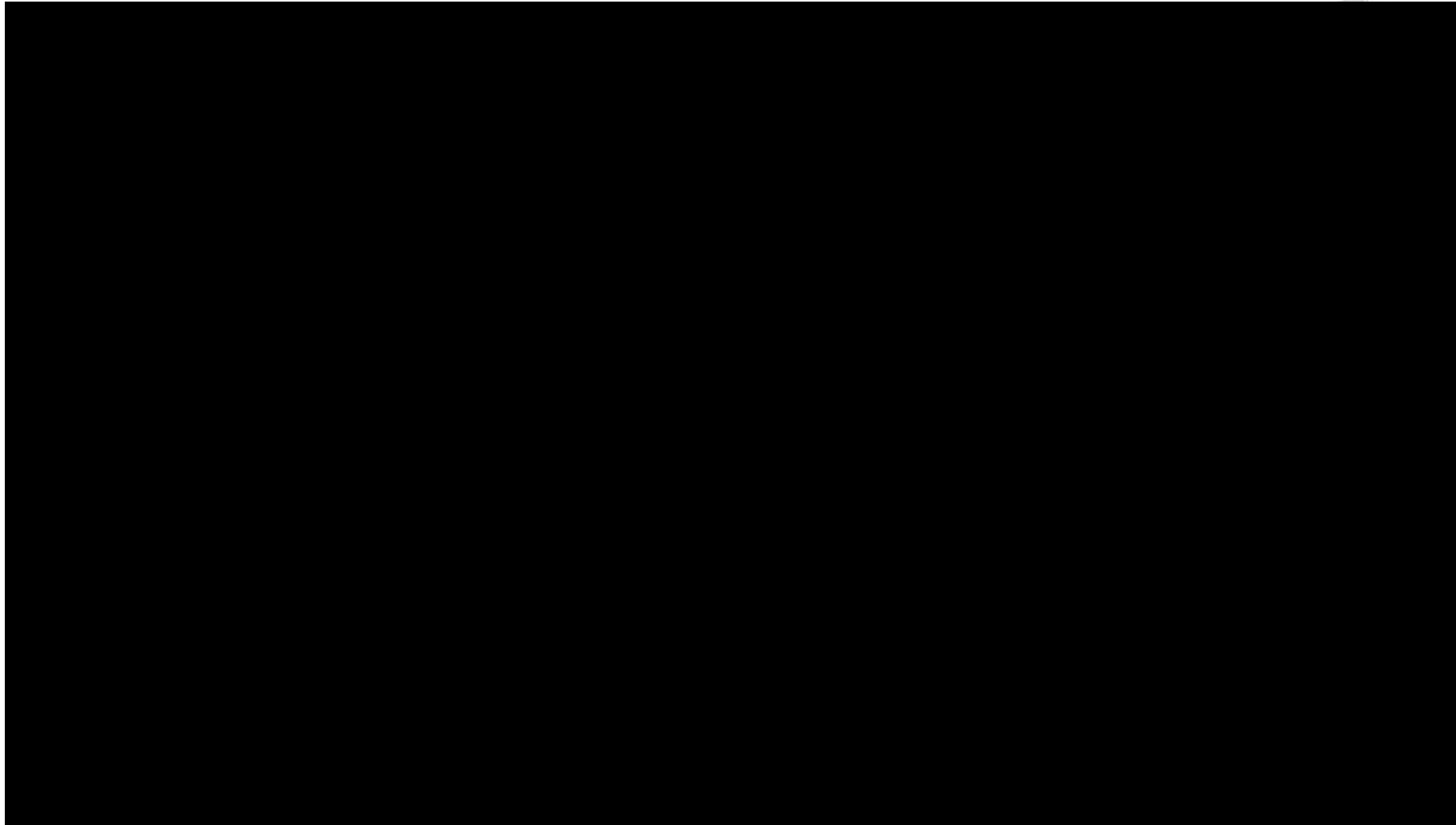
It is a city ordinance violation to solicit in the city without a permit. When the PD encounters a person or family, we will provide resources that can help in Keller and in Tarrant County. (Gypsy's are very active in DFW metroplex)

# Protecting Our Own

- Suicide Rate in Law Enforcement:
  - 2017: 168
  - 2018: 172
  - 2019: 228
- Studies show that, on average, a Police Officer will encounter 140 traumatic Instances over a career.
- In 2011, the Keller Police Department lost one of our own to suicide.
- Local Gov't Code 614.015 - Mental Health Leave Policy (Effective September 1, 2021)
  - Each law enforcement agency shall develop and adopt a policy allowing the use of mental health leave by the peace officers employed by the agency who experience a traumatic event in the scope of that employment.



A Pueblo police officer used his crisis intervention training to save an armed veteran who seemed determined to die in a suicide-by-cop.





**Questions?**

**Sergeant Robert Carte**