

# September 2018 Newsletter

CR-TTAC September 2018 Newsletter

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## Jail Diversion Program Director's Corner



During recent replication discussions, I was again reminded of the importance of collaboration, this time through the lens of 'mutual aid' in law enforcement. Defined as, "the exchange of personnel, services and/or equipment between law enforcement agencies during times of emergency" (ncjrs.gov), mutual aid is an essential component of our regional co-responder programs and of police operations across the Commonwealth.

Our regional JDP clinicians rotate their daily presence between the participating departments and can co-respond to calls for service across their region, regardless of where they are in that moment. This requires 'mutual aid' cooperation between the participating police departments as they transport the clinician to the community where the call originated.

Given the contiguous location of our regional police departments, mutual aid is the absolute 'glue' of the regional JDP programs. We deeply appreciate the willingness of our officers to respond outside of their regular 'beat' to provide this clinical 'mutual aid' in regional co-responder programs.

I hope you enjoy this month's CR-TTAC newsletter.

Sincerely,

Sarah Abbott Ph.D.  
Jail Diversion Program Director

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## New Programs Preparing to Launch

We are excited to announce two new replication projects being launched through the CR-TTAC. The Massachusetts Department of Mental Health awarded Advocates funding for a co-responder program within the Natick Police Department and a regional co-responder program with the Franklin and Medway Police Departments. TTAC staff are busy screening candidate for these two new exciting openings! To learn more about these employment opportunities click [here](#) .

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## Mental Health First Aid for Public Safety

Mental Health First Aid USA is an 8-hour course curriculum that teaches a 5-step action plan encompassing the skills and knowledge necessary to respond to an individual in crisis and help them connect with appropriate professional, peer, and self-help resources. Participants learn the unique risk factors and warning signs of mental health conditions, build an understanding of the importance of early intervention, and, most importantly, teaches law enforcement how to help someone in crisis. For more information about the training click [here](#) .

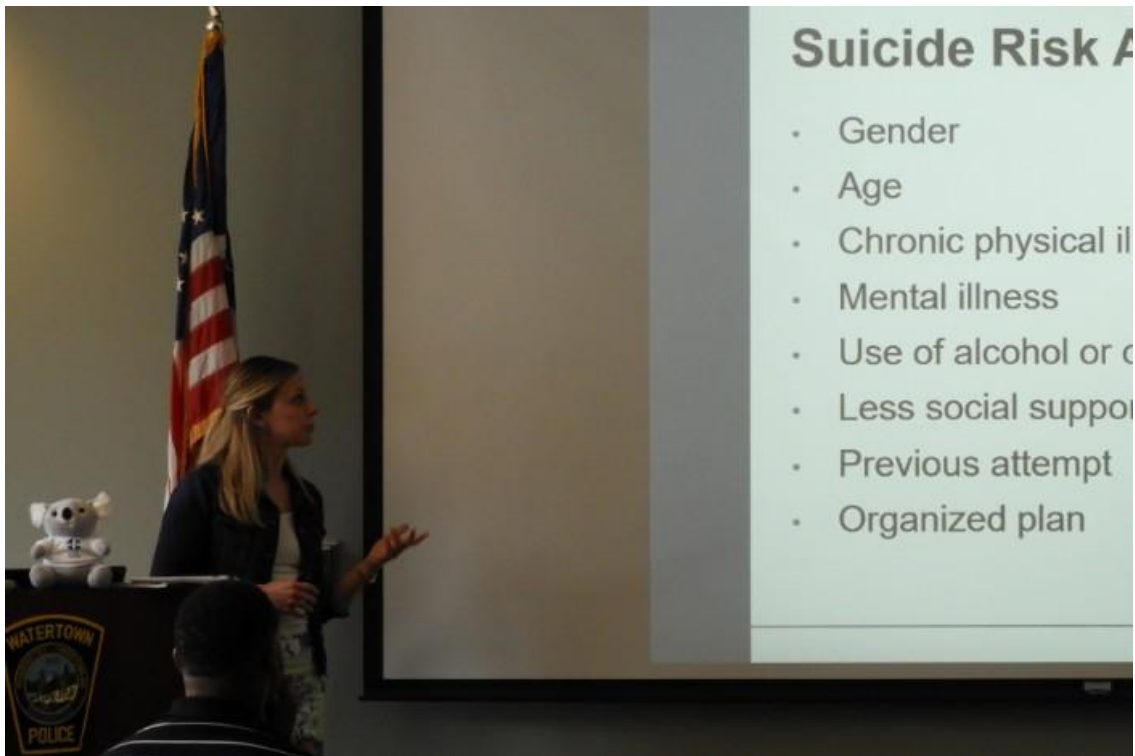
Mental Health First Aid (MHFA) originated in Australia in 2000 and was developed by Betty Kitchener as a way for any community member to assist in a mental health crisis. The training is similar to that of CPR or First Aid; providing participants an actual plan to follow until the individual in crisis can receive professional care.

The embedded Public Safety modules teaches first responders an action plan that can be used on mental health calls. The action plan is an additional tool for officers to utilize and can assist in deescalating individuals in the midst of a mental health crisis.

Currently at the CR-TTAC we have three instructors trained as MHFA Public Safety facilitators. To date we have facilitated 8 courses to police officers and dispatchers from departments across the Commonwealth. We recently added Detective Jason Ball from the Framingham Police Department to our facilitation team. Detective Ball completed the training in Mental Health First Aid for Public Safety instructor course this month and he has

already jumped right in to co-facilitate our Framingham Police MHFA series! His law enforcement experience is a valuable asset to our training team and to participants of the MHFA course. Welcome on board Detective Ball!

Marissa Garofano MPH, Training and Research Coordinator, CR-TTAC conducting MHFA Public Safety training.



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## Upcoming Mental Health First Aid (MHFA) Public Safety Trainings

Location: Sudbury Police Department

October 10 2018 : 8:00 AM - 4:00 PM

November 14, 2018: 8:00 AM - 4:00 PM

December 12, 2018: 8:00 AM - 4:00 PM

To learn more about the Mental Health First Aid (MHFA) Trainings, please visit: [www.jaildiversion.org](http://www.jaildiversion.org) or email Marissa Garofano [MGarofano@Advocates.org](mailto:MGarofano@Advocates.org)

[Request More Information](#)

## What Participants are Saying....

"This was an excellent course, which I would encourage all officers to take. Minimally as a refresher." Police Participant (8/18)

"This course was helpful and informative. This course has better prepared me for the work that I do professionally." Police Participant (9/18)

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## Mental Health First Aid Outcomes

Below is data collected during this past quarter, examining participant attitudes pre and post the MHFA Public Safety course.

**# Officers Trained = 66**

Confidence in talking to someone who is suicidal  
**increased** by 16.8%

The perception of the difficulty of mental health encounters  
**decreased** by 12.8%

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