

FREDERICK COUNTY SHERIFF'S OFFICE

HEADQUARTERS FREDERICK COUNTY LAW ENFORCEMENT CENTER

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CHARLES A. JENKINS
SHERIFF

DETENTION CENTER/ CENTRAL BOOKING

7300 Marcie's Choice Lane
Frederick, Md. 21704
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WORK RELEASE CENTER

7281 Marcie's Choice Lane
Frederick, Md. 21704
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October 31, 2024

Re: Muckrock 1856792

To Whom It May Concern,

The Frederick County Sheriff's Office received a public information request from you on 10/25/2024 for certain records under the Maryland Public Act, Annotated Code of Maryland, General Provisions Article ("GP"), Section 4-101 et seq. In particular, you are seeking all records in my custody and control pertaining to the following:

Any and all training materials used in the past two years that mention excited delirium, agitated delirium, Bell's Mania, or lethal catatonia.

The Frederick County Sheriff's Office has reviewed its files and has located responsive records to your request. We utilized PoliceOne by Lexipol for training our personnel on these topics.

For questions or additional information, please contact me directly at fcsopia@frederickcountymd.gov or 301-600-7122. We consider this request now closed.

Sincerely,

Sgt. Richard Balsley #0461
Body-Worn Camera Unit
PIA Coordinator
Frederick County Sheriff's Office

COURSE TITLE: Interacting with the Mentally Ill as a First Responder**TIME:** 1 hour

GOALS: Dealing with the mentally ill has become a common occurrence for first responders. Often lacking in their response is a strong knowledge base and proper tools and techniques for how to handle and interact with these individuals safely and effectively.

Proper identification and understanding of major mental disorders are essential. Additionally, being able to identify the various classes of psychiatric medications and their uses will help the first responder in the identification of the type of mental illness as well as guide the interaction.

OBJECTIVES OF COURSE: At the end of this 1-hour training course, the learner will be able to:

- **Identify** the major mental disorders most seen in the field and the behaviors that indicate a high suicidal risk.
- **Label** the latest psychotropic medications across psychiatric conditions.
- **Recall** techniques used to interact with mentally ill and emotionally disturbed individuals confidently and effectively.

SYNOPSIS:

Objective 1: Determining when a person is truly a threat to themselves or others or needs treatment is difficult. Officers may be called to the scene because these options aren't mutually exclusive. Lesson 1 details common mental disorders seen in the field, what behaviors to look for when someone is suicidal, and short acronyms for disorder symptoms. With these resources, officers can quickly identify a mentally ill person to help the individual get the assistance they need.

Objective 2: Awareness of common medications used to treat certain mental illnesses is another way to identify an individual's mental illness. Lesson 2 details some of these medications with drug names to give officers more insight into the mental illness someone may be experiencing. Lesson 2 closes by presenting officers with scenarios and questions to examine in which they must identify the correct ailment for the drug mentioned and vice versa.

Objective 3: An officer is called to maintain order, remain calm, and assist those in need. To provide this assistance, lesson 3 of this course provides appropriate physical and verbal interaction tools for officer-mentally ill interactions and challenges them to remember these methods. Additionally, given the information presented in this course, lesson 3 asks officers to recall how they have handled previous mental illness calls and how they may handle them now.

SOURCES:

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3. *"Policing mental health: Recent deaths highlight concerns over officer response,"* Minyvonne Burke, NBCnews.com, May 16, 20216. Retrieved July 17, 2023, from <https://www.nbcnews.com/news/us-news/policing-mental-health-recent-deaths-highlight-concerns-over-officer-response-n1266935>
4. *"Amid calls for police reform, better training needed to handle mental health emergencies: Experts,"* Ivan Pereira, ABCNews.go.com, June 27, 2020. Retrieved July 17, 2023, from <https://rb.gy/wqx07>
5. *"Changing the way police respond to mental illness,"* Liza Lucas, CNN Health, September 28, 2016. Retrieved July 10, 2023, from <https://www.cnn.com/2015/07/06/health/police-mental-health-training/>
6. *"Officers get training to help people with mental illness,"* Pioneer Press, YouTube, 2016, Retrieved July 12, 2023, from <https://youtu.be/xDpdl6rgY1s>.
7. *"Concurrent Validity and Normative Data of the Depression Hopelessness and Suicide Screening Form with Women Offenders,"* Jeremy F. Mills, Daryl G. Kroner, Correctional Service Canada, November, 2010. Retrieved July 31, 2017, from <http://www.csc-scc.gc.ca/research/005008-b47-eng.shtml>
8. *"Mental Health by the Numbers,"* National Alliance on Mental Illness, updated April, 2023. Retrieved July 17, 2023, from <https://www.nami.org/mhstats>

INSTRUCTOR BIO:

Dr. Jeffrey Dino is a retired New Jersey Municipal Law Enforcement professional with more than 25 years of experience. Retiring in 2020 at the rank of Lieutenant, he last served as a Training Coordinator and Emergency Services Unit Commander. Throughout his career he worked in uniform patrol, investigations, as a Field Training Officer, a Sergeant, and lastly as a Lieutenant.

As both a Sergeant and Lieutenant in the patrol division, Jeff oversaw countless initial investigations by patrol officers, providing investigative direction and advice in calls for service. He frequently acted in an incident command role at crime scenes, at times managing multiple scenes simultaneously.

Jeff has a bachelor's degree from Rutgers University in Political Science; a master's degree in human resources, training, and development; a specialist degree in education administration; and a doctorate in education administration from Seton Hall University. His doctoral dissertation was written on the topic of how police officers train to respond to active shooters in schools. He was additionally the author of several articles on training and preparation.

After retiring from his law enforcement career, Jeff went to work for Princeton University's Department of Public Safety as a training and scheduling coordinator. Jeff is now working for Lexipol as a Law Enforcement Learning and Training Specialist, providing law enforcement subject matter expertise in course development and review.

Course Outline Sections	Overview of Course Outline Sections
1. Course overview:	This one-hour course will educate first responders on the most commonly

	<p>seen mental disorders, provide an overview of the medications used to treat these disorders, and provide specific tips and techniques to help first responders recognize, respond, and confidently interact with mentally ill people.</p> <p>Disorders such as depression, bipolar, and schizophrenia each have their specific set of features. Recognizing these features will help guide your interactions, with the goal of getting the person the help they need. As each disorder is different, so are the medications. Being able to identify what a person is taking or even not taking, may help you to identify what the person is suffering from.</p> <p>This knowledge will help guide your interactions with mentally ill people. Finally, both your verbal and nonverbal body language are critical to safe and successful interactions. We will discuss how you can immediately apply these various tools, tips, and techniques to maintain first responder and individual safety and promote best practices in the field.</p>
2. Lesson 1: Major Mood/Psychotic Disorders	<p>While there are several mental disorders you may encounter in the field, we have discussed the most frequently seen disorders including depression, bipolar disorder, and schizophrenia. We also discussed suicide risk in general and across these commonly encountered disorders.</p>
3. Lesson 2: Understanding the Five Classes of Psychiatric Medications	<p>We have just discussed the various classes of psychiatric medications that may help you in determining the disorder the person may be suffering from and help guide your interaction with them. We also discussed the five major categories of medications which included antipsychotics, antidepressants, antimanics/mood stabilizers, anxiolytics, and stimulants.</p> <p>As a responder to a mental health crisis, you typically learn about medications, both prescribed and self-prescribed, while gathering additional information from the caller or family members who are present at the scene. Documenting all of the drug information you learn can be very helpful to medical personnel, mental health professionals responding to the scene, or to the physicians who will eventually see the person in crisis. None of this information should be viewed as irrelevant.</p>
4. Lesson 3: Tools, Tips, and Techniques	<p>We have just discussed the various types of restraint, how to appropriately interact with a mentally ill person, had an example of a conversation between a first responder and a mentally ill person, and discussed what you could do internally to promote safe interactions with mentally ill persons.</p>
5. Summary/Wrap-Up	<p>This course enables officers to:</p> <ul style="list-style-type: none"> • Identify the major mental disorders most seen in the field and the behaviors that indicate a high suicidal risk. • Label the latest psychotropic medications across psychiatric conditions.

	<ul style="list-style-type: none">• Recall techniques used to interact with mentally ill and emotionally disturbed individuals confidently and effectively.
Final Exam	

REDACTED- Maryland GP §4-345(b)

REDACTED- MARYLAND GP §4-345(b)



REDACTED- Maryland GP §4-345(b)



COURSE TITLE: Responding to People with Mental Illness**TIME:** 2 hours

GOALS: As a police officer, you are aware that dealing with mentally ill individuals is increasing in prevalence. If there is a lack of funding in your area, there will likely be an increase in the number of people in your community who have little to no access to adequate mental health care. To fully understand how mental illness affects the individual and the community, we need to look at our current situation and historical factors. Recognizing the signs and symptoms of the most-seen mental illnesses will increase your knowledge base, provide you with an understanding of the challenges people with mental illness face, and allow you to actively address the needs of your community. Through this knowledge and understanding, you will gain the confidence to implement safer interactions for yourself and for individuals suffering from mental illness.

OBJECTIVES OF COURSE: At the end of this 2-hour training course, the learner will be able to:

- **Reflect on** common situations encountered when interacting with people with mental illness.
- **Describe** the behaviors that are considered threatening to oneself or others, and related issues that can increase the threat.
- **Select** the four factors that impact the mental health care situation in the U.S.
- **Recall** the major mental illnesses most seen in the field.
- **Identify** response strategies used to help manage the needs of people with mental illness in your community to promote positive and effective interactions.

SYNOPSIS:

Objective 1: Many officers have encountered mentally ill people in the past, and there are common behaviors that incite law enforcement intervention. Lesson 1 of this course outlines these behaviors, who usually calls the police in these scenarios, and what crimes are usually committed in these situations. This course then asks the learner to describe an interaction they have had with a mentally ill person, how they diffused the situation, and what made that interaction challenging. After reviewing these past encounters, officers will have clearer expectations of how and why these calls occur.

Objective 2: The symptoms of mental illness can, and do, manifest themselves in threatening behaviors. In lesson 1, this course details how mental illnesses can make individuals behave in ways that are a threat to themselves and to others and how alcohol and drug abuse worsen the chance of these threats. Once these behaviors have been explained, officers will regard why police are called to respond to those with mental illness.

Objective 3: There are four main contributors to the mental healthcare system in the USA. Lesson 1 of this course examines these four factors: deinstitutionalization, criminalization, medicalization, and privatization. Officers who can recognize these factors that have contributed and continue to contribute to the mental health crisis will be able to help assess community needs, frame local analysis, determine proper effectiveness measures, recognize key intervention points, and select appropriate responses.

Objective 4: While officers may encounter many mental illnesses in the field, there are a few that are most common. Lesson 2 of this course lists depression, bipolar disorder, psychotic disorders, schizophrenia, and the suicide risk related to some of these illnesses as the most common and how they manifest. With this information, officers can prepare to identify a mentally ill person in the field if they know what illnesses are most common and how their symptoms manifest.

Objective 5: A successful mental illness response strategy must include the efforts of the law enforcement department, the community, related organizations, and the actions of officers in the field. Lesson 3 of this course informs how officers can involve their community by asking the right questions and involving the National Alliance on Mental Illness in response efforts, as well as how to measure response effectiveness. Lesson 4 of this course goes on to describe how to involve internal personnel in mental illness response preparations by working with health resources, training, and specific field response tactics. These approaches combined create an effective response to mentally ill people.

SOURCES:

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2. SAMSHA survey. <https://www.samhsa.gov/find-help/disorders>
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4. (2020, Sept. 1). Grading the States: An Analysis of Involuntary Psychiatric Treatment Laws. Treatment Advocacy Center. Retrieved July 20, 2023, from <https://www.treatmentadvocacycenter.org/grading-the-states>
5. (2022). Diagnostic and Statistical Manual of Mental Disorders, Text Revision DSM-5-tr 5th Edition, American Psychiatric Pub Inc.
6. (n.d.). CIT in Tennessee. Department of Mental Health & Substance Abuse Services. Retrieved July 20, 2023, from <https://www.tn.gov/behavioral-health/cit.html>
7. Amdur, E. (2021, May 7). Creating a partnership between law enforcement and mental health practitioners. Www.Police1.com. Retrieved Aug. 1, 2023, from <https://www.police1.com/crisis-intervention-training/articles/creating-a-partnership-between-law-enforcement-and-mental-health-practitioners-z90Ty3Pt6oZZkOFn/>
8. Abramson, A. (2021, July 1). Building mental health into emergency responses. Www.apa.org. Retrieved Aug. 1, 2023, from <https://www.apa.org/monitor/2021/07/emergency-responses>
9. Juarez, A., Bowen, K. N., & Nhan, J. (2021). Collaborative Efforts Between Law Enforcement and Mental Health Professionals When Responding to Mental Health Crises in the United States. Justice Policy Journal, 18(1). [https://www.cjcj.org/media/import/documents/responding to mental health crises.pdf](https://www.cjcj.org/media/import/documents/responding%20to%20mental%20health%20crises.pdf)

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Course Outline Sections	Overview of Course Outline Sections
1. Course overview:	<p>Chances are that your agency is dealing with increased interactions with individuals with mental illness. For you to implement change in your community, we will identify the impact of mental illness on the individual and the community as well as examine both our current situation and historical factors. We'll also discuss the signs and symptoms of the most-seen mental disorders, which will provide an appreciation and understanding of the challenges facing people with mental illness and allow you to actively address their needs.</p> <p>This two-hour course will educate law enforcement officers on the most encountered situations, the complicated nature of mental illness, and why mental illness continues to be such a challenge in the community. In addition, the course will give a brief overview of the most seen mental illnesses, plus explore how your agency can assess and manage the level of need in your community. Lastly, we will provide specific recommendations and response strategies to help law enforcement officers interact confidently with people suffering from mental illness.</p>
2. Lesson 1: Understanding Mental Illness	<p>We have just discussed the common situations law enforcement will encounter when dealing with mentally ill individuals. We examined what it means to be a threat to oneself or others and how the presence of alcohol and drugs can raise the risk for violence. While mental illness is concerning, the impact of homelessness, drug abuse, and alcohol abuse pose challenges for the community as well. Several challenges we see are the result of an inadequate mental health system in the U.S., resulting in increased mental health encounters with law enforcement.</p>
3. Lesson 2: Major Mental Disorders	<p>We have just discussed the most commonly seen disorders, which included depression, bipolar disorder, and schizophrenia. We also discussed suicide risk across these commonly encountered disorders.</p>
4. Lesson 3: Addressing Mental Illness in Your Community	<p>We just discussed how to assess the needs of your community and how to ask the right questions of those who can help you address the problem. You now see that involving the community is essential to any successful</p>

	program, and once your program is started, measuring the effectiveness ensures you continue to meet the changing needs of your community.
5. Lesson 4: Responding Effectively to Mental Illness	In law enforcement, knowing your community is essential to being able to support it in its hour of need. The importance of maintaining order, remaining calm, and assisting those with mental illness is crucial to positive results. It is essential to maintaining your safety that you try to control the situation, are mindful of your verbal and positional stance, redirect the individual as needed, and ensure the person gets the help they need. Some of the tools, tips, and techniques we discussed can be implemented immediately. Remember, communication and community involvement, along with proactive measures and safe interactions, will help you respond effectively to individuals with mental illness.
6. Summary/Wrap-Up	As a law enforcement officer, you are aware that dealing with mentally ill individuals is becoming an everyday occurrence. As funding continues to be reduced, the number of people living in your community with little to no access to adequate mental health care continues to climb. In this course, we looked both at our current situation as well as historical factors to fully understand how mental illness affects the individual and the community as a whole. In this course, we reinforced which signs and symptoms are most commonly seen in mental disorders. We also provided you with an understanding of the challenges those with mental illness face. After completing this course, you should have the confidence to implement safer interactions for yourself and for those suffering from mental illness.
Final Exam	

REDACTED- Maryland GP §4-345(b)

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