Integrating Communications, Assessment, and Tactics (ICAT)

Course Overview
- Integrating Communications, Assessment, and Tactics (ICAT) Introduction
- Statistical Figures
- Crisis Recognition
- Suicide by Cop

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.

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

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.

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:

**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.
Suicide by Cop

Video:

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.


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.

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.
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

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.

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.

Suicide by Cop

Video:

Q&A

Questions, comments, and/or concerns?