An Evidence Based Mental Health Training System
for Police and Protective Service Officers

Our Mission
Confidence, Efficiency, Skill & Compassion
Training professionals to have the best possible outcomes when interacting with those who may have mental health issues.

Visit us at protraining.com
Top Reasons to Train Police in Mental Health Training

Improve Negative Interactions
Persons with mental illness are fatally shot by police 4 times more and are more likely to be the victims of police shootings than individuals without mental illness. In Canada, the United States and the United Kingdom, 37–50% of individuals fatally shot by police were classified as having a mental health problem at the time of the shooting.

Science Behind the System
This training program stems from a program that was originally developed at the University of Alberta, Department of Psychiatry with the Edmonton Police Service to advance the mental health training of police officers. This program proved overwhelmingly successful, showing statistically significant improvements in police behaviour, namely:

- **↓ 41% decrease**
  Overall in use of physical force and 26% decrease in use of weapon force in all police calls.

- **↑ 23% increase**
  In self-reported police officer confidence when dealing with mental health calls 6 months after training, with a continued increase to 32%.

- **↑ 19% increase**
  In efficiency shown through a decrease in time needed to find solutions to mental health calls.

- **↑ 41% increase**
  In police officer Mental Health Awareness shown through an increase in number of mental health calls.

- **↑ 10% increase**
  In sergeants ratings of officers on Verbal Communication, De-escalation and Empathy measures before and after training.

- **↓ 5.2% decrease**
  In use of force in mental health calls specifically.

Increase Confidence in Police
Without training, officers feel that they lack adequate training needed to interact with persons with mental illness and are frustrated by the time-consuming nature of mental health calls, therefore resulting in more frequent arrests. Training provides alternate solutions to this obstacle.

Police Officers are the First Line Responders to Mental Illness
Police officers provide 24-hour service availability and are first-line responders to individuals in mental health crisis in 5-25% of interactions.
**Mental Health Awareness Training System - 3 Units**

**Unit 1:**
**ONLINE** Interactive Mental Health Training

This eLearning course is the first unit in a three-unit mental health training system. It is designed to improve the quality of interactions between police officers and those who have, or may have, mental health concerns. In doing this, it can improve safety for all participants and lead to better outcomes.

**Course Description:**
- 90 minutes
- 4 modules comprising different mental health scenarios and learning objectives
- Immersive and Interactive eLearning with learner interaction through decision points
- Gamification experience including integration of a narrative context, feedback, and three-dimensional environments
- Immediate application of skills learned in eLearning portion during closing video
- Appropriate for all members of organization
- Behavioural evaluation component provided for all organizations

**Learning Objectives:**
- Demonstrate empathy, recognizing emotions others are feeling, and responding appropriately
- Demonstrate positive communication techniques that emphasize active communication
- Demonstrate positive communication techniques that focus on proper body language techniques
- Demonstrate de-escalation strategies that focus on defusing the situation
- Demonstrate appropriate strategies when an individual is defensive, uncooperative or threatening
- Understand strategies to utilize in regards to follow up, prevention and reoccurrence

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Mental Health Awareness Training System - 3 Units

Unit 2:
**IN-PERSON** Interactive Mental Health Training

An experiential 4-hour hands-on training program providing practice and feedback to officers interacting with professional actors portraying individuals with mental illness. This program is crucial for the behavioural development and enhancement of key skills as well as memory retention.

Two methods of delivery:
1) Train the Trainer $5000/package
2) Pre-determined dates of training $ TBD dependant on location

Dates of training:

- **Edmonton:** January 18 & 19, 2016
- **Calgary:** February 22 & 23, 2016
- **Vancouver:** March 21 & 22, 2016
- **Winnipeg:** April 11 & 12, 2016
- **Toronto:** May 16 & 17, 2016
- **Washington D.C.:** June 13 & 14, 2016
- **Philadelphia:** July 18 & 19, 2016
- **Chicago:** August 22 & 23, 2016
- **St. Louis:** September 12 & 13, 2016
- **Miami:** October 13 & 14, 2016
- **Los Angeles:** November 17 & 18, 2016
- **Seattle:** December 15 & 16, 2016

* Dates are subject to change

Unit 3:
**ADVANCED** Mental Health Training

A 40-hour in-person intensive course designed for police officers that have frequent interactions with those suffering from mental illness such as specialist groups, hostage negotiators and those that manage crises. This unit uses both didactic and classroom learning. Organizations may choose to utilize a current program at this stage, such as Crisis Intervention Team (CIT) training.

Dates coming soon

International Advisory Board

Training has been created with international input from police officers, police educators, mental health professionals, academic researchers, adult educators, eLearning experts and individuals with lived experiences from Canada, USA, Sweden, the Netherlands, the United Kingdom, Australia and New Zealand.

Contact ProTraining at 1-888-670-4407 or information@protraining.com

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