

Responding To Mental Health Subjects: Responses and De-Escalation Strategies

Instructor:

Mark Lowther is a US Marine Corps veteran. Lt. Lowther has 30 years in public safety. Mark is dual POST certified in Utah as a correctional officer and a Law Enforcement officer having served most of his career in enforcement.

His background is varied and diverse. He has served as a SWAT hostage negotiator for a major portion of his career. His background and experience come from serving on two Metro SWAT teams. Lt. Lowther has experience on all levels of negotiations from tech to negotiation team leader. He has personally been involved in numerous threatened suicide and SWAT negotiations including barricaded gunmen and hostage incidents. Lt. Lowther also served 10 years as a Crisis Intervention Team (CIT) officer, instructor and training coordinator.

Lt. Lowther has spent a major portion of his career in assignments involving crisis negotiation, suicide intervention, verbal de-escalation, peer support, Autism awareness, and mental illness. He has instructed law enforcement locally, nationally, and internationally on those topics. In addition to his law enforcement training, he has received specialized training in crisis counseling and Psychological First Aid. He currently volunteers working a crisis hotline.

Lt. Lowther was named by the Utah Tactical Officers Association as the 2012 Crisis Negotiator of the year. Some of his experiences in SWAT negotiations are featured in the book "Crisis Cops 2".

Lt. Lowther served as part of the Public Safety Law Enforcement Unit assigned to the 2002 Salt Lake Winter Olympics. He has also served on a federal task force as a sworn Special Deputy United States Marshal. Mark although retired from full time law enforcement, continues to serve part time in law enforcement with multiple agencies.

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April 12 & 13, 2023 • Columbus, Ohio



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Training Seminar

Responding To Mental Health Subjects: Responses and De-Escalation Strategies

Instructor:

Mark Lowther, (Retired)
Weber County Sheriff's Office
Ogden, Utah

April 12 & 13, 2023

Columbus, Ohio

Register On-Line At: **WWW.LLRMI.COM**



Responding To Mental Health Subjects: Responses and De-Escalation Strategies

Course Objectives:

Nearly 20% of calls to law enforcement involve mental health crises. (The American Psychological Association 2022)

- Mental Illness and the Criminal Justice System** (NAMI)
- About 2 million times each year, people with serious mental illness are booked into jails.
 - About 2 in 5 people who are incarcerated have a history of mental illness (37% in state and federal prisons and 44% held in local jails).
 - 66% of women in prison reported having a history of mental illness, almost twice the percentage of men in prison.
 - **Nearly one in four people shot and killed by police officers between 2015 and 2020 had a mental health condition.**
 - Suicide is the leading cause of death for people held in local jails.

Today’s scrutiny placed upon police officers and other first responders have resulted in a growing need to learn a basic understand of Mental illness including Autism and the crisis communication and de-escalation skills needed to deal with these incidents. Although no training can ever reasonably be expected to stop all incidents in escalating to use of force, many citizens and communities have begun to expect officers receive training in mental illness and when possible, apply verbal de-escalation strategies. This course is designed to help individuals working in law enforcement, corrections as well as EMT’s Fire Fighters, and others understand and deal with individuals who are mentally il or have a developmental disability. Attendees will learn that communicating verbally during a potential force encounter may aid in stabilizing the situation. Understand the characteristics of mental illness. Verbal de-escalation may reduce the immediacy of the threat so that more time, options, and resources can be called upon to resolve the situation. Attendees will learn many of the same skills Crisis/Hostage negotiators use to de-escalate, build rapport, and often move the subject who is agitated/in crisis towards the rational communications that benefits everyone involved.

- At the conclusion of this course, the participant should be able to do the following:**
- Understand what mental illness is and is not.
 - Is bi-polar disorder and manic depression the same thing?
 - What are the drastically different behaviors an individual who has bi-polar disorder may display?
 - What are the unique challenges in dealing with individuals who suffer from schizophrenia?
 - What are the differences between hallucinations and delusions?
 - How should first responders deal with an individual who is experiencing delusions/hallucinations?
 - What is Alzheimer’s/dementia?
 - What is autism?
 - What are some considerations first responders must keep in mind upon first arrival in dealing with an autistic individual?
 - What is borderline personality disorder?
 - Which mental illness have a higher propensity of suicide?
 - Better understand the mindsets of suicidal individuals and deal more effectively with suicide ideations.
 - What is the difference between being mentally ill vs. emotional disturbed?
 - Understand the de-escalation techniques and challenges with the Mentally ill.
 - Understand the “Suicide by Cop” mentality.

Seminar Agenda

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April 12 & 13, 2023 • Columbus, Ohio

Wednesday, April 12, 2023

8:00 a.m.—8:30 a.m.	Registration
8:30 a.m.—9:00 a.m.	Welcome and Introduction
9:00 a.m.—11:00 a.m.	Understanding What Mental Illness Is and Is Not
11:00 a.m.—12:00 p.m.	Characteristics Of Bi-Polar Disorder
12:00 p.m.—1:00 p.m.	Lunch (On Your Own)
1:00 p.m.—3:00 p.m.	Understanding Autism
3:00 p.m.—5:00 p.m.	Understanding Schizophrenia

Thursday, April 13, 2023

8:00 a.m.—10:00 a.m.	Challenges Of Dealing With Individuals With Boarder-Line Personality Disorder
10:00 a.m.—12:00 p.m.	Understanding PTSD
12:00 p.m.—1:00 p.m.	Lunch (On Your Own)
1:00 p.m.—2:00 p.m.	Adjustment Disorder and Depression
2:00 p.m.—4:30 p.m.	Communicating With Suicidal Individuals
4:30 p.m.—5:00 p.m.	Certificate Presentation

3 Ways to Register for a Seminar!

Ways to Register

1. **Register Online:** WWW.LLRMI.COM

2. **Fax Form:** 317-386-8228

3. **Mail Form to:**
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Upon receiving your registration we will send an invoice to the department or agency.
Checks, Claim Forms, Purchase Orders should be made payable to: LLRMI

Seminar Title:	Responding To Mental Health Subjects: Responses and De-Escalation Strategies	Seminar ID #16110
Instructor:	Mark Lowther	
Seminar Location:	Columbus Police Training Academy 1000 North Hague Avenue Columbus, Ohio 43204	Note: To receive special room rates, please identify yourself with LLRMI Group Number: 10045362
When:	April 12 & 13, 2023	
Registration Time:	8:00 a.m. (April 12, 2023)	
Hotel Reservations:	Drury Inn & Suites Columbus/Grove City 4109 Parkway Centre Drive Grove City, Ohio 43123 1-800-325-0720 \$122.00 King (plus tax)	
Registration Fee	\$295.00 Includes Responding To Mental Health Subjects: Responses and De-Escalation Strategies, Printed Training Manual and Certificate of Completion.	

Names of Attendees 1.

2.

3.

4.

Agency

Invoice To Attn:

(Must Be Completed)

Address

CityStateZip

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PhoneFax