

# VIDEOS

## FOR YOUR CIT TRAININGS & PRESENTATIONS

*Developed by:*

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### TEN QUICK TIPS OF SHOWING VIDEOS DURING CIT TRAININGS AND PRESENTATIONS

1. Do not depend on having an internet connection at the training location. Download the video onto your computer or flash-drive and hyperlink into the presentation.
2. Macs and PC don't always like each other. Open and test your video before the presentation. Computers have different software programs.
3. Check the sound and clarity.....speakers and connections.
4. Videos should not be a substitute teacher, but complement your presentation.
5. Explain the purpose of a video to reinforce presentation objectives.
6. Notify audience about videos that show trauma and violence. Gracefully allow them to remove themselves from the room. Attempt to schedule these videos before/after breaks or lunch.
7. HUMOR can grab an audience's attention and increase class interaction.
8. Know your audience.....what is funny and humorous to law enforcement might not be appreciated by others.
9. When presenting topics on law enforcement trauma (suicide, suicide by cop, job/family stressors) a mental health or peer support specialist should be in the room.
10. Officers / Participants are HUMAN, expect HUMAN responses and emotional reactions during training.

## **INTRODUCTION TO CIT**

2006 Introduction to Georgia's Crisis Intervention Team (CIT) (10:16)

This video is a GBI Training Video that serves as an introduction to Georgia's Crisis Intervention Team (CIT).

[https://www.youtube.com/watch?v=zbwJP\\_w8avQ&feature=youtu.be](https://www.youtube.com/watch?v=zbwJP_w8avQ&feature=youtu.be)

Richmond CIT (Virginia)

<https://www.facebook.com/pg/Richmond-CIT-215069098864436/videos/>

<https://www.facebook.com/215069098864436/videos/vb.215069098864436/294931870878158/?type=2&theater>

The Community I Serve (Trailer) (1:28)

NAMI New Jersey

<https://www.youtube.com/watch?v=tS6s4IK4Cp0>

## **OVERVIEW ON MENTAL ILLNESS**

Unbreakable Minds – Documentary on 3 families with mental illness (52:33)

[https://www.youtube.com/watch?v=W5Sa-1r\\_emU](https://www.youtube.com/watch?v=W5Sa-1r_emU)

Speak Up for Mental Health Be Vocal (4:46)

Living with Mental Illness is No Joke.

[https://www.youtube.com/watch?v=RHWe5FxlZMk&list=PLjp1ftgAUcNdRxKwFnvuv\\_5ityjZ-RL6\\_&index=5](https://www.youtube.com/watch?v=RHWe5FxlZMk&list=PLjp1ftgAUcNdRxKwFnvuv_5ityjZ-RL6_&index=5)

Be Vocal Speak up for Mental Health (29:15)

Demi Lovato was the executive producer for the documentary.

<http://www.bevocalspeakup.com/documentary.html>

5 Ways The U.S. Mental Health Care System Is In Crisis (3:46)

<https://www.youtube.com/watch?v=XR8zfpUwTrQ>

Brandon Marshall (PROJECT375) & Glenn Close (BC2M) Official "30" (0:30)

[https://www.youtube.com/watch?v=335nckH-0\\_4&feature=youtu.be](https://www.youtube.com/watch?v=335nckH-0_4&feature=youtu.be)

Mental Health: Last Week Tonight with John Oliver (HBO) (11:54)

John Oliver explains how our national system of treating mental health works, or more often than not, how it doesn't.

<https://www.youtube.com/watch?v=NGY6DqB1HX8>

## **MENTAL ILLNESS & JAILS**

Vice News: Institutionalized: Mental Health Behind Bars (23:04)

<https://www.youtube.com/watch?v=-fQ50a-m92Y>

Clip from Frontline's "The New Asylum" (1:00)

Mental Health, A fractured system

<https://www.youtube.com/watch?v=1ndw4bDHQal>

60 Minutes: Jails are the 'new insane asylums' (3:56)

<https://www.youtube.com/watch?v=wxn8vEHbfal>

The New Asylums | PBS America (1:00)

<https://www.youtube.com/watch?v=1KJUibfvkLM>

## **MENTAL HEALTH & STIGMA**

STOP STIGMA - THE MENTAL HEALTH SERIES PROJECT (3:20)

MotionPictureNation: This concept video introduces a proposed 12-episode drama series and interactive online video. It's a coming-of-age story about high school seniors whose lives are turned upside down by mental illnesses. Sometimes it's not all in your head.

[https://www.youtube.com/watch?v=LAUo\\_-0J3-s](https://www.youtube.com/watch?v=LAUo_-0J3-s)

Mental Illness: What You See / What You Don't See (2:17)

<https://www.youtube.com/watch?v=54sDdNa9vek>

Stigma and Mental Illness (11:01)

This innovative video is a joint project of the IWK Health Centre and the Mental Health Commission of Canada (MHCC). It was designed to help combat the stigma attached to mental illness and will be used to educate health care providers and hospital staff across the country who work with children and youth.

[https://www.youtube.com/watch?v=LTIZ\\_aizzyk](https://www.youtube.com/watch?v=LTIZ_aizzyk)

#StrongerThanStigma - Brandon Marshall: My Borderline Personality Disorder Diagnosis (2:12)

Bring Change 2 Mind, in partnership with Brandon Marshall's Project 375, launched #StrongerThanStigma to raise awareness around the unique challenges that men face when discussing mental health, to encourage open dialogue, and to promote help seeking behavior.

<https://www.youtube.com/watch?v=dccpIU3bPj8>

Canvas Movie PG-13 (1: 41:00)

A woman's schizophrenia affects her relationships with her husband and son - Joe Pantoliano. Director: Joseph Greco

<https://www.youtube.com/watch?v=V0B6sXUXtNA>

Joe Pantoliano For Mental Wellness - Highlights Reel (3:38)

No Kidding? Me Too

Highlights reel of Joe Pantoliano's (Joey Pants) role in removing the stigma of mental illness. Joey is president and founder of the non-profit organization No Kidding, Me Too. He has been diagnosed with clinical depression and a.d.h.d. Joey also produced, directed, and starred in the documentary "No Kidding, Me 2!" Joey has spoken at Capitol Hill and even did a 10-day "Stomp The Stigma" Tour in Iraq to increase awareness in the military.

<https://www.youtube.com/watch?v=5CdpFEpzBDE>

No Kidding? Me Too! - Interview with Joe Pantoliano (6:16)

APA TV got to chat to the actor and filmmaker and his work battling the prejudice against people with mental disease through his documentary, and charity, No Kidding, Me Too!, as well as how he got involved with the APA.

<https://www.youtube.com/watch?v=c3ggNw-XzVM>

No Kidding, Me 2 - Trailer (Stigma of Mental Illness) (1:31)

Trailer for the documentary "NO KIDDING! ME 2!!" - Now available for rent or purchase on iTunes and Amazon.com!

Joe Pantoliano (The Sopranos, Memento, The Matrix) makes his documentary directorial debut with NO KIDDING! ME 2!! as part of his fight against the stigma and shame of mental/brain "dis-ease" (or disease). This empowering film sheds light on what nearly 100 million Americans suffer in isolation.

<https://www.youtube.com/watch?v=tpkT7bvpgIA>

## **HOSPITALIZATION & STIGMA**

It's kind of a funny story Movie Craig not wanting to go to the mental hospital clip (3:09)

<https://www.youtube.com/watch?v=ic8YDqsH0wc>

60 Minutes: The stigma of raising a mentally ill child (6:16)

What's the difference between raising a child with a physical illness and raising one with a mental illness?

"Casseroles," say a group of mothers to Scott Pelley

<https://www.youtube.com/watch?v=nICPIrULSGA>

Nearly 3500 Lobotomies Performed By Dr. Walter Freeman (5:10)

A brief history of the barbaric practice of lobotomy regarding Dr. Walter Freeman, an American physician.

<https://www.youtube.com/watch?v=ydethcerwyQ>

## **MENTAL ILLNESS, VIOLENCE and STIGMA**

Understanding the Link between Violence and Mental Health (2:57)

<https://www.youtube.com/watch?v=FA2KJoZhSJw>

Violence vs. Mental Illness (0:56)

<https://www.youtube.com/watch?v=HFRYpGx4Jo0>

Study finds media distorts link between mental illness and violence (2:08)

[https://www.youtube.com/watch?v=CE\\_AmXdKbu8](https://www.youtube.com/watch?v=CE_AmXdKbu8)

Duke Study of 81,000 Adults Examines Mental Illness, Gun Violence and Suicide (2:02)

<https://www.youtube.com/watch?v=LQ27q-c2nms>

Vanderbilt University Mental Illness is the wrong scapegoat after mass shootings (3:01)

<https://www.youtube.com/watch?v=1r4SMnWMTcA>

## **ANOSGNOSIA**

Anosognosia; Treatment Advocacy Center (4:09)

The inability to recognize one's own illness is the leading reason that people with severe mental illness do not adhere to treatment. In this video, learn about the condition, see how it looks and hear what is needed.

<https://www.youtube.com/watch?v=uj6ozlzA45o>

What to Do When a Loved One Has Anosognosia: Lack of Awareness (6:03)

<https://www.youtube.com/watch?v=y06oKD4W0k4>

## **HALLUCINATIONS & DELUSIONS**

A looking into Auditory Hallucinations (6:39)

<https://www.youtube.com/watch?v=uPkOyPZdKhg>

Auditory Hallucinations (3:30)

New Castle University

<https://www.youtube.com/watch?v=0tn8xLQY53U>

Anderson Cooper tries a Schizophrenia simulator (5:03)

<https://www.youtube.com/watch?v=yL9UJVtgPZY>

Experience a psychotic episode (Jassen) (5:46)

<https://www.youtube.com/watch?v=SN1GCoVzxGg>

Young man on being DX with psychosis (4:35)

<https://www.youtube.com/watch?v=Rws1niDxqK8>

What is Delusional Disorder? (Mental Health Guru) (3:53)

<https://www.youtube.com/watch?v=jbwmzcnCF50>

Paranoid delusions in bipolar disorder (7:09)

<https://www.youtube.com/watch?v=e12ZV0wGZbw>

Persecutory Delusions: Nina (Black Swan) (0:33)

<https://www.youtube.com/watch?v=MFXhQQ5q1t4>

Delusions, Persecutory (2:09)

<https://www.youtube.com/watch?v=xlrA6iCke2M>

## **DEPRESSION & BIPOLAR**

BE REAL / teen group discussion (Depression) (2:40)

from Whirlygig Productions

<https://vimeo.com/10503607>

What is depression? - Helen M. Farrell (4:28)

<https://www.youtube.com/watch?v=z-IR48Mb3W0>

Fighting Depression Documentary (3:54)

[https://www.youtube.com/watch?v=NWY\\_NPJ39iQ](https://www.youtube.com/watch?v=NWY_NPJ39iQ)

Poetry Slam – Kait Rokowski = “A Good Day” (3:17)

<https://youtu.be/TjjalwVxfTw>

<https://www.youtube.com/watch?v=TjjalwVxfTw&feature=youtu.be>

My son is mentally ill, so listen up! (6:56)

He is 14 and hears voices. He's been hospitalized more than 20 times. Stephanie Escamilla is tired of seeing the country focus on the mentally ill only when there's a national tragedy. So she and her son are telling their story — of a family on the brink.

<https://www.youtube.com/watch?v=yTV08HNxp6Q>

Bipolar Testimony

My struggle with Bipolar Disorder (15:32)

<https://www.youtube.com/watch?v=HKtOUNLnS88>

Bipolar, Bravery, and Joy: The Story of Josie Thompson (official video) (7:09)

<https://www.youtube.com/watch?v=Pk9AdVz99fM>

Bipolar Disorder Testimony (4:27)

[https://www.youtube.com/watch?v=njtoa3z\\_bEU](https://www.youtube.com/watch?v=njtoa3z_bEU)

Manic Episode-Bipolar 1 (2:15)

<https://www.youtube.com/watch?v=-emDVh1-M98>

What is bipolar disorder? (2:13)

CNN's Dr. Sanjay Gupta explains bipolar disorder and why the condition is so difficult to identify and treat.

<https://www.youtube.com/watch?v=HWB0wQWJTew>

## **SCHIZOPHRENIA**

This Boy is Suicidal at 4 Years Old (3:05)

Severe anxiety. Depression. Voices and visions in his head. Suicidal at age 4.

<https://www.youtube.com/watch?v=ITXoPrJbLLw>

10-year-old talks about his mental illness with CNN (4:17)

CNN's Kyung Lah talks to a 10-year-old about his bipolar schizophrenia affective disorder.

<https://www.youtube.com/watch?v=wmfDKRL3oNs>

A tale of mental illness | Elyn Saks (14:52)

<https://www.youtube.com/watch?v=f6CILJA110Y>

Understanding Schizophrenia, Health Science Channel (4:10)

Schizophrenia is a complex disease of the brain affecting thoughts, moods, and coping ability.

<https://www.youtube.com/watch?v=ZLhmD2UYEdc>

USC Law Professor Elyn Saks on High Functioning Schizophrenics (7:49)

<https://www.youtube.com/watch?v=h7WM6XFkxWw>

CNN: Elyn Saks: My struggle with mental illness (2:06)

<https://www.youtube.com/watch?v=TKnbCXsaCPo>

Stories of Hope and Recovery: Elyn Saks (3:33)

[https://www.youtube.com/watch?v=U\\_4O3U5CWis](https://www.youtube.com/watch?v=U_4O3U5CWis)

Schizophrenia: Real footage of Schizophrenic mental breakdown. My Dad (1:48)

<https://www.youtube.com/watch?v=EqrXjFac75U>

Schizophrenia Simulation, college student (8:06)

<https://www.youtube.com/watch?v=AXKVUOD3xBA>

Schizophrenia Simulation (3:04)

<https://www.youtube.com/watch?v=kNsT6vAhQ0k>

Hearing Voices and Paranoid Delusions: Inside a Schizophrenic Brain (4:36)

<https://www.youtube.com/watch?v=0q5UexOZAuM>

Carol Ann before and after tx for schizophrenia (2:31)

<https://www.youtube.com/watch?v=z7LsV82a-3A>

## **TRAUMA – CHILDHOOD**

How childhood trauma affects health across a lifetime | Nadine Burke Harris (16:02)

<https://www.youtube.com/watch?v=95ovlJ3dsNk>

3. Toxic Stress Derails Healthy Development (1:51)

Center on the Developing Child at Harvard University

<https://www.youtube.com/watch?v=rVwFkcOZHJw>

## **YOUTH BRAIN DEVELOPMENT**

Teen Brain (Funny) (7:55)

<https://www.youtube.com/watch?v=-KQb3Mx2WMw>

The Teen Brain: Under Construction (2:55)

Laci Green looks at how the brain matures and what it means- from a scientific perspective- to be an adult.

<https://www.youtube.com/watch?v=f9Ya0mHslgM>

## **YOUTH AND MENTAL ILLNESS**

Youth Poetry Slam – Mental Illness and Drug Abuse (2:18mins)

<https://www.youtube.com/watch?v=4f-A2wXUDXM&feature=youtu.be>

A little look into the mind of a person struggling (especially youth)

Key and Peele video: (2:05 min)

<http://www.youtube.com/watch?v=CUvFeyGxaaU>

Poetry Slam – Kait Rokowski = “A Good Day” (3:17min)

<https://youtu.be/TjjalwVxfTw>

## **BRAIN, NEUROTRANSMITTERS & MEDICATION**

Neurotransmitters and Their Functions Professional Supplement Center (3:30)

Neurotransmitters-Learn the basic functions of these specialized brain messengers and how they shape your everyday life.

<https://www.youtube.com/watch?v=09eVouoCLaw>



### Neurotransmitters and Their Functions (3:47)

Neurotransmitters are chemical messengers that allow signals to cross synapses to transmit information from a nerve cell or neuron to a target cell. Neurotransmitters coordinate behavior by stimulating an action or inhibiting an impulse. The identification and function of neurotransmitters remains an open field of scientific study. However, we do now know that a single neuron can produce several different neurotransmitters.

<https://www.youtube.com/watch?v=PYPcKLGJBdc>

### 2-Minute Neuroscience: Synaptic Transmission (1:51)

2-Minute Neuroscience videos I simplistically explain neuroscience topics in 2 minutes or less. In this video, I discuss synaptic transmission. I describe the synapse, synaptic cleft, release of neurotransmitter and its interaction with receptors, and the ways neurotransmitter is cleared from the synaptic cleft.

<https://www.youtube.com/watch?v=WhowH0kb7n0>

### Acute Dystonic Reaction (4:28)

A patient treated with risperidone presents to the emergency department with an acute dystonic reaction. The acute management of the extrapyramidal effect of his medication with benadryl is demonstrated in this video.

<https://www.youtube.com/watch?v=2krwEbm5hBo>

### Tardive Dyskinesia (2:31)

This video was taken at the doctor's office. When I rock like this I call this the monkey dance. On "bad head days" I look like Alan Wilson and it is very painful. I take carbadopa-levo 25/250 and 1 mg of adavan x 3 a day and it seems to work. I have seizures, gliosis, loss of memory and all the other symptoms.

<https://www.youtube.com/watch?v=Qf3I6t8fuA8>

### Tardive Dyskinesia (5:40)

Tardive dyskinesia is a difficult-to-treat and often incurable form of dyskinesia, a disorder resulting in involuntary, repetitive body movements. In this form of dyskinesia, the involuntary movements are tardive, meaning they have a slow or belated onset. This neurological disorder, by definition, most frequently occurs as the result of long-term (usually at least 3 months duration) or high-dose use of antipsychotic drugs.

<https://www.youtube.com/watch?v=i4d6T6PEyE8>

## **AUTISM**

### Law Enforcement & Autism (SaharaCares) (13:08)

Clear Horizons Academy

This video is meant to be a resource for law enforcement officials, that should be one of many that are utilized in gaining more insight into Autism Spectrum Disorders. .What Law Enforcement Needs to know about Autism

<https://www.youtube.com/watch?v=NHRFqGVAMu4>

The Community I Serve by NAMI NJ is pretty much one of my most used. I actually break it into pieces and use some of it at de-escalation training

<https://www.namini.org/programs/lee/the-community-i-serve/>

Utah CIT & Sahara – working with Autism – this is a great video for developmental disabilities and hits close to home for the law enforcement officers. (4:44)

[http://www.saharacares.net/saharacares/08\\_saharacares08.htm](http://www.saharacares.net/saharacares/08_saharacares08.htm)

Autism Safety for First Responders & Parents (8:35)

Watch the full film here: <http://video.mpbn.net/video/2164360748>

<https://www.youtube.com/watch?v=FxqBss9QoxY>

## **EPILEPSY**

It could be Epilepsy – A field guide for Law Enforcement (3:30)

<https://www.youtube.com/watch?v=PRQsX2N3Ojs>

## **EMPATHY**

Empathy Can Change the World (2:23)

This video was dreamed up, scripted, and acted out by some of my amazing 8th grade students from Kalispell Middle School. The vision was to create a thought provoking short film that instills a challenge to the viewer to look at their own life, their own relationships, and their own sphere of influence, and see where a little empathy could help change the world around them.

<https://www.youtube.com/watch?v=aU3QfyqvHk8>

"IF WE COULD SEE INSIDE OTHERS' HEARTS": LIFE, in 4 min (4:44)

Trauma informed care – The Cleveland Clinic – very powerful video reminding officers to keep the other persons perspective in mind as we do our job.

[https://www.youtube.com/watch?v=Wl2\\_knlv\\_xw](https://www.youtube.com/watch?v=Wl2_knlv_xw)

The Russell Weston story – old but still valid – there were many opportunities to place him in a secure setting – but the system failed us all. The original story on 60 Minutes I have not located – it focused on the two officers dying in DC – I tell the CIT officers - doing nothing – leaving that sick person for the next officer, can be fatal. The original story may be on the CBS website – we bought the video years ago.

<https://www.youtube.com/watch?v=qBKIHuFUWZQ>

Modern Family Clip Empathy (4:25)

<https://www.youtube.com/watch?v=7hFAv8z8xmw>

Sesame Street: Mark Ruffalo: Empathy (2:28)

If you're watching videos with your preschooler and would like to do so in a safe, child-friendly environment, please join us at <http://www.sesamestreet.org>  
[https://www.youtube.com/watch?v=9\\_1Rt1R4xbM](https://www.youtube.com/watch?v=9_1Rt1R4xbM)

## **ACTIVE LISTENING**

Active Listening: (Be Here Now) Katie Owens at TEDxYouth@Conejo (3:18)

In the spirit of ideas worth spreading, TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks video and live speakers combine to spark deep discussion and connection in a small group.

<https://www.youtube.com/watch?v=WER63AY8zB8>

Active Listening. How to be a great listener. (1:41)

What is active listening? Would you like to be a great listener? Would you like to improve your listening skills?

[https://www.youtube.com/watch?v=z\\_rNd7h6z8](https://www.youtube.com/watch?v=z_rNd7h6z8)

It's not about the nail (1:14)

<https://www.youtube.com/watch?v=-4EDhdAHRog>

Not what you say but how you say it. (1:47)

In a world that demands meaning about what you say and how you say it.

<https://www.youtube.com/watch?v=3Lazy26m1lo>

Communication in Marriage (Funny) (1:34)

This "communication in marriage" funny skit shows just how important listening can be to your spouse.

Learn more at: <http://TheArtofMarriage.com>

<https://www.youtube.com/watch?v=1r8rmNFycSg>

Empathy 101 Phil Dun-empa-phy (4:25)

Modern Family - a simple way of demonstrating empathy.

<https://www.youtube.com/watch?v=7hFAv8z8xmw>

Jeff Allen - Communication in Marriage (2:05)

Go to [thegrablegroup.com/speaker/jeff-allen/](http://thegrablegroup.com/speaker/jeff-allen/) to learn more about Jeff Allen and The Grable Group

[https://www.youtube.com/watch?v=wJyFepRacIA&list=PLO3HAiKMUMbKloK7Ny802VHscNjg\\_0b8W&index=27](https://www.youtube.com/watch?v=wJyFepRacIA&list=PLO3HAiKMUMbKloK7Ny802VHscNjg_0b8W&index=27)

Don't Make Assumptions, Road Trip (1:15)

<https://www.youtube.com/watch?v=9sAUNhGPK0>

Communication - It's all in how you say it! (2:39)

The Andy Griffith Show

[https://www.youtube.com/watch?v=SSVEh1GQ9FE&index=39&list=PLO3HAIKMUMbKloK7Ny802VHscNjg\\_0b8W](https://www.youtube.com/watch?v=SSVEh1GQ9FE&index=39&list=PLO3HAIKMUMbKloK7Ny802VHscNjg_0b8W)

Older Version - Active Listening Clip 1 (4:02)

Everybody Loves Raymond

<https://www.youtube.com/watch?v=QotaTsViAzE>

Everybody Loves Raymond Uses Active Listening - from Parent Effectiveness Training (2:58)

Everybody Loves Raymond

<https://www.youtube.com/watch?v=4VOubVB4CTU>

Jerry Seinfeld - Change your Tone of Voice - Gotham 2008 (5:30)

<https://www.youtube.com/watch?v=FtgzaBtypes>

Jerry Seinfeld: Tone of Voice (3:36)

<https://www.youtube.com/watch?v=b44ZL3L1nfo>

## **DE-ESCALATION SKILLS**

Newport News Virginia CIT Officer using CIT skills just after taking the CIT Course (5:39)

Newport News police officer Andrew Gohn talks about how he stopped a man who threatened suicide

<http://www.dailypress.com/news/crime/dp-nws-newport-news-officer-suicide-attempt-20141219-story.html>

Boston 24/7 with Principal McAfee (With Captions) (8:23)

High School Principle struggles with trying to facilitate communication between a student and teacher. Why did this child act out? Was he feeling threatened? Which adult in this video clip saw the child in a fear state and acted with love? Which adult only added more stress, by viewing the student as manipulative, rude, and "bad"? What do you think could have been done differently and with what result?

[https://www.youtube.com/watch?v=X9\\_WwuGF4dM](https://www.youtube.com/watch?v=X9_WwuGF4dM)

Approach with a calm demeanor. Anxiety and fear are contagious. Threat causes fear based reactions. Have some "barnyard sense" on how to approach a person ( This is how NOT to approach someone)

WOMAN GETS KICKED BY COW YEET!! , BRUH!! (0:14)

<https://www.youtube.com/watch?v=sx-pMSmeYwM>

Law Enforcement Crisis Intervention De-escalation Steps (4:49)

This video is about Crisis Intervention De-escalation Skills for first responders, especially police officers. It is part of an innovative 4-hour educational class for law enforcement as a prelude to the 40-hour CIT training. The class won the 2014 Arts Wisconsin "Art in the Community" Award and is POST certified in Minnesota

<https://www.youtube.com/watch?v=JERkZoWGLWQ>

Introduction to Crisis Intervention, River Falls PD, Wisconsin

An overview of de-escalation skills for first responders on mental health crisis calls. (6:43)

<https://www.youtube.com/watch?v=-IYCwQ88-LE>

Crisis Intervention Team Officer Training – 2015 (7:04)

Centre County Crisis Intervention Team training video. Centre County has fostered a progressive training model to teach critical crisis intervention tools for First Responders. The de-escalation techniques give better results on scene and put citizens in line for the specific treatment and services they need.

<https://www.youtube.com/watch?v=4SbVP-JvxPk>

Responding to a Mental Health Crisis (8:35)

Bergen County New Jersey Community Health Project (CHIP) that illustrates how individuals, law enforcement, and mental health professionals work together during a mental health crisis. A valuable teaching aid - for individuals, families, communities, law enforcement officials - to recognize and manage the signs and symptoms of mental illness. Features Amie Doyno of CarePlus in Paramus, and PESP (Psychiatric Emergency Screening Program) at Bergen Regional Medical Center.

<https://www.youtube.com/watch?v=fflQf-T155o>

Mental health crisis impacts Law Enforcement (4:12)

Part two of our Focus Five report on what experts call a mental health crisis in Vermont.

A shortage of psychiatric beds often means there's no place for people to go when they're in crisis and now more work for law enforcement officers.

<https://www.youtube.com/watch?v=swZL7X6jFEM>

Blue on Blue - How police deal with the mentally ill (The Feed) (5:18)

"The voices said stand in a shadow the police can't get you, but they could, and they put me in a van and took me away," Andy Park goes behind the scenes to see how NSW police are trained to deal with the mentally ill.

<https://www.youtube.com/watch?v=ZDRfB-RJ4Ys>

Meet Police Officers Trained to Respond to Mental Illness Calls (8:17)

The San Antonio police have plainclothes officers who are experts in what is called Crisis Intervention Training.

<https://www.youtube.com/watch?v=sggp-mpXL4c>

Blue Bloods-Drop It! (1:38)

Jamie and Eddie respond to a call involving a man that they recently saved from an attempted suicide.

[https://www.youtube.com/watch?v=h22Zv\\_M7nT0](https://www.youtube.com/watch?v=h22Zv_M7nT0)

Blue Bloods Series (season 6) (1:49)

Police responding to a mentally ill woman but the call comes out as a domestic altercation.

<https://www.youtube.com/watch?v=ojzSzVXNvrQ>

This is what it's like to be arrested while suffering mental illness (3:10)

Paton Blough has two labels he will have to bear for the rest of his life: "bipolar" and "convicted felon." Having been arrested during his delusional episodes, Blough uses his experiences to help train police officers in crisis management when dealing with the mentally ill.

<https://www.youtube.com/watch?v=36I5-4k6H-A>

Third Watch - Bosco's RMP stolen (4:34)

Third Watch clip from Season 1, Episode 3. Bosco's RMP is stolen.

<https://www.youtube.com/watch?v=ux1Dtd58dyU>

## **SUBSTANCE USE**

Medical Aspects of Substance Use Disorder, Hazelden Betty Ford Foundation (1:22)

Based on the latest research, Medical Aspects of Substance Use Disorders is an educational video that provides information on the neurobiology of addiction, or how alcohol and other drugs affect the brain and central nervous system.

<https://www.youtube.com/watch?v=KWTWB06HkHQ>

Drug use problems and mental health: comorbidity explained (2:25)

The co-existence of a substance use and a mental health disorder in the same person is usually called 'psychiatric comorbidity in substance users' or 'dual diagnosis'.

<https://www.youtube.com/watch?v=5RbEotf0jql>

Addiction: Ryan Rhone at My Tech studios in Hagerstown, Maryland (2:44)

<https://www.youtube.com/watch?v=ROw582DUx9Q>

Youth Poetry Slam – Mental Illness and Drug Abuse (2:18)

<https://www.youtube.com/watch?v=4f-A2wXUDXM&feature=youtu>

DRUG ADDICTION (5:05)

<https://www.youtube.com/watch?v=HUngLgGRJpo&feature=youtu>

DRINK AND DRIVING: Australia video with music by REM Everybody Hurt (graphic)

<https://www.bing.com/videos/search?q=DRINKING+AND+DRIVING%2c+AUSTRALIA%2c+REM+music&&view=detail&mid=16BFE7D510C5D55F103216BFE7D510C5D55F1032&rvsmid=FF12DAF3298D50BBDD71FF12DAF3298D50BBDD71&fsscr=0&FORM=VDQVAP>

Drunk Driving: Song Everybody Hurts by R.E.M. (2:18)

[https://www.youtube.com/watch?v=zxB5i\\_ZasLU](https://www.youtube.com/watch?v=zxB5i_ZasLU)

★FULL DUI Confession - I AM A KILLER - Don't Drink and Drive

<https://www.youtube.com/watch?v=msznp0ZnoVI> (1:53)

<https://www.youtube.com/watch?v=EeolFWLbofk> (4:55)

What is Addiction: (4 min)

The "What is Addiction" 4-minute explainer video illustrates the crisis we face in the United States and explains the brain science of addiction. Using a hijacker metaphor, the video demonstrates how repeated substance use can overpower the brain's hardwiring, causing drug seeking behavior and changes in primary motivations. It also explains how the brain can be repaired over time and the importance of evidence based prevention and treatment.

<https://www.youtube.com/watch?v=qRyeAL9tAVs>

## **EXCITED DELIRIUM**

Police help man suffering from excited delirium (2:49)

Saturday afternoon a man was naked rolling around in the street and not making sense, and an bystander's cellphone captured police officers' efforts to get the man medical attention. KXLY4's Jeff Humphrey reports.

[https://www.youtube.com/watch?v=OL\\_K6XAix6Q](https://www.youtube.com/watch?v=OL_K6XAix6Q)

## **SELF HARM**

12 Confessions Of People Who Self-Harm (1:33)

<https://www.youtube.com/watch?v=ZpXw3aWqVLU>

Stopping the Pain: Teenage Self-Injury (1:24)

HumanRelationsMedia

<https://www.youtube.com/watch?v=UL5niTwNmAI>

Life after self harm 2012 (3:45)

A music and video movie of my experience of self harm

<https://www.youtube.com/watch?v=HtW8MW8br6M>

## **SUICIDE**

Teen Suicide Prevention (3:47)

In this video created by Mayo Clinic, teens describe common signs that a teen is considering suicide and provide encouragement for communicating directly and immediately for support and safety. It also includes suggestions for what to say to a teen who may be at risk for suicide and ways to keep them safe. Things can get better.

<https://www.youtube.com/watch?v=3BBYqa7bhto>

Drew Carrey talks about suicide prevention (2:27)

Drew Carrey suffered from Depression at an early age and attempted suicide while in high school. He got help and changed his attitude to always having a positive approach to things. This has helped him to develop a successful career in comedy and as the new host of the "Price is Right." (Courtesy of the USACHPPM)

<https://www.youtube.com/watch?v=jrGymqRHsm0>

Third watch – Suicide (1:59)

<https://www.youtube.com/watch?v=scHsoXwj7hs>

I Jumped for the Golden Gate Bridge: Kevin Hines Story (5:07)

<http://www.bing.com/videos/search?q=i+jumped+off+the+golden+gate+bridge&view=detail&mid=94815772FF183F70934E94815772FF183F70934E&FORM=VIRE>

<https://www.youtube.com/watch?v=WcSUs9iZv-g>

The Ripple Effect (of Suicide) presented by Kevin Hines (5:48)

<http://www.bing.com/videos/search?q=The+ripple+effect%2c+Kevin+Hines&&view=detail&mid=1E7A84CD015DCCD65A611E7A84CD015DCCD65A61&FORM=VRDGAR>

<https://www.youtube.com/watch?v=LytKNC405oI>

The Bridge Between Suicide and Life (14:13)

“Suicide Video” from the TED talks series by Retired Sgt. Kevin Briggs,  
“The Guardian of the Golden Gate Bridge.”

Link: [https://www.ted.com/talks/kevin\\_briggs\\_the\\_bridge\\_between\\_suicide\\_and\\_life](https://www.ted.com/talks/kevin_briggs_the_bridge_between_suicide_and_life)

<https://www.youtube.com/watch?v=7Clq4mtiamY>

South Carolina officer talking a man off the ledge of a bridge by talking football with him. (3:09)

Police Officer Talks Suicidal Man OFF a BRIDGE with Football Chat

<https://www.youtube.com/watch?v=TxZa6bn9Epo>

Budd Dwyer live suicide (Graphic)

<https://www.youtube.com/watch?v=eVm88MX2Gw4>

Albuquerque PD officers recount convincing man not to jump from overpass (2:29)

<https://www.youtube.com/watch?v=Lpo65cibIA4>

The Bridge (2006 Controversial Documentary) (1:34:18)

The Bridge is a 2006 Documentary that explored the effects of suicide on families that lost loved ones on the Golden Gate Bridge in San Francisco, California. The movie was mired with controversy regarding the directors permit. They lied to the issuing permit's office saying they were filming a nature documentary, but they secretly recorded months of footage including 23 actual suicides.

<https://www.youtube.com/watch?v=u10VsLsWPc4>



THE SUICIDE EXPERIMENT! FouseyTube (7:09)

<https://www.youtube.com/watch?v=E6bS8sOZTqw>

Talking them back from the brink (3:42)

Retired California Highway Patrol officer Kevin Briggs spent 20 years patrolling the Golden Gate Bridge, which has been the site of about 1,600 suicides since it opened.

<https://www.youtube.com/watch?v=hMUxQ64fHvE>

I Jumped Off The Golden Gate Bridge (5:07)

Kevin is using his story to spread suicide prevention awareness with his film, Suicide: The Ripple Effect, found at suicidetherippleeffect.com.

<https://www.youtube.com/watch?v=WcSUs9iZv-g>

Full Frame: Kevin Briggs on the leap not taken (7:35)

After the Nanjing Yangtze River Bridge in China, the Golden Gate Bridge, in San Francisco, is the second-most used suicide site in the world. But retired California Highway Patrol Sergeant Kevin Briggs is responsible for saving hundreds from taking that leap.

<https://www.youtube.com/watch?v=63WQo5ca63w>

Man returns to Golden Gate Bridge 10 years after attempting suicide (4:19)

On March 11, 2005, a CHP sergeant convinced a suicidal man that life was worth living. 10 years later, that man, Kevin Berthia, returns to the Golden Gate Bridge for the first time. He reflects on that painful day and share his hopes and dreams for the future.

<https://www.youtube.com/watch?v=h-gkACVd5Hg>

What It's Like To Lose Someone To Suicide (4:34)

"It made me realize how important it is to reach out."

[https://www.youtube.com/watch?v=Jjh1W\\_TbUNY](https://www.youtube.com/watch?v=Jjh1W_TbUNY)

South Carolina officer talking a man off the ledge of a bridge by talking football with him. (3:09 min)

<https://www.youtube.com/watch?v=TxZa6bn9Epo>

## **MILITARY**

Soul Repair (3:24)

"Moral injury" can cause guilt and grief, or in its severest form, it can destroy the will to live. To combat the effects of moral injury, the Rev. Rita Nakashima Brock founded the Soul Repair Center at Brite Divinity School to religious leaders to support returning veterans.

<https://www.youtube.com/watch?v=rIVYpRM8xtc>

Between Iraq and a Hard Place - PTSD and Suicides in Iraq (3:42)

In August of 2009, No Kidding, Me Too!, Joe Pantoliano, Lisa Jay, and Dr. Bob Irvin from McLean Hospital went on the "Stomp The Stigma" tour for ten days in Iraq. They screened Joey's documentary "No Kidding, Me 2!", spoke about their experience with mental illness, and interviewed troops about the growing problem of suicides and P.T.S.D. (Post Traumatic Stress Disorder) as a result of the Iraq and Afghanistan wars.

<https://www.youtube.com/watch?v=tdux5e-zHRE>

Combat PTSD - What OIF & OEF Veteran Families Need to Know (4:00)

A video about Combat PTSD to help the loved ones of OIF & OEF Veterans understand the "why" behind Combat-related Post Traumatic Stress Disorder. Also includes information about symptoms, treatments, & more.

<https://www.youtube.com/watch?v=nl7-fsgs8oQ>

WARTORN: 1861-2010, PTSD, WWII (10:04)

HBO Documentary Films Special on Post-Traumatic Stress Disorder of World War II Soldiers.

"Fifty years after World War II veterans began to be diagnosed with PTSD. These men are telling their stories for the first time."

<https://www.youtube.com/watch?v=wDN4TzRtbvA>

George Carlin Shell Shock/PTSD (2:40)

<https://www.youtube.com/watch?v=hSp8IyaKCs0>

Call For Backup - Veterans You Are Not Alone (1:00) (graphic)

Wounded Warrior Homes

[https://www.youtube.com/watch?v=hxg\\_HZkCNkk](https://www.youtube.com/watch?v=hxg_HZkCNkk)

"Now, After" (PTSD From A Soldier's POV) [contains graphic imagery] (13:45)

I went to film school at USC after returning from Iraq. This is what life was like for me then, and this is 100% a true story. Hopefully others - especially those who've lived it - can get something out of this film. It was one of the first I ever made...

<https://www.youtube.com/watch?v=NkWwZ9ZtPEI>

## **VETERANS & SERVICE ANIMALS**

Watch service dog calm war vet's PTSD reaction (2:41)

Erick Scott knows first-hand what it's like to suffer from PTSD. He was paired with a special service dog to help him combat his anxiety. He was amazed to see how his dog, Gumbo, reacted when he became agitated.

[https://www.youtube.com/watch?v=0y\\_a\\_V1QD3U](https://www.youtube.com/watch?v=0y_a_V1QD3U)

Service Dog Helps Veteran with PTSD (7:02)

<https://www.youtube.com/watch?v=R6WfDX8KPFU>

## **SUICIDE BY COP**

Man who attempted suicide by cop meets officers who saved his life (7:03)

On a day a Spokane man hoped to die, police weren't going to let that happen. Now, he wants you to hear his amazing story in his own words.

<https://www.youtube.com/watch?v=aObLNZWva4Y>

'Suicide By Cop' Leads Soldier On Chase Of His Life

In the fall of 2010, NPR and ProPublica published an investigation about five soldiers who suffered traumatic brain injuries from the same explosion in Iraq. The report also explored the cognitive and emotional problems they've been having ever since. Twelve days later, one of the soldiers, Brock Savelkoul, piled an armload of guns and semi-automatic weapons into his pickup and led police on a high-speed chase across North Dakota.

<https://www.youtube.com/watch?v=zRwoK9qEHaU>

## **OFFICER MENTAL HEALTH & AWARENESS**

Former police officer discusses job's mental toll (1:53)

Attention to the unpredictable nature of police work and the stress involved with the job.

<https://www.youtube.com/watch?v=N2Fj2otkeo4>

Police Officers Stressors are like Garbage in a Garbage Can (2:17)

Married to a DEA agent for 20 years, Susan Lewis Simons, has a firm grasp on what officers bring home and what they take to work. Visit <http://undertheshield.org/> for more info.

[https://www.youtube.com/watch?v=rtnHv8\\_bHCM](https://www.youtube.com/watch?v=rtnHv8_bHCM)

Blue in Blue- Police depression and stress. (3:43)

BLUE IN BLUE - Police depression and stress

Originally released May 2001 on Kiro 710 news radio, Seattle, WA

<https://www.youtube.com/watch?v=TB0kr1pG-vo>

Stress, Secrets, Suicide Cops Keep Mental Illness Silent (5:27)

"If I go to this hospital, I lose my gun, if I lose my gun, I lose my job," said Prochut. "I remember crying that day, going, I don't belong here. I send people here. I have failed at my life. I failed at my job."...

<https://www.youtube.com/watch?v=qMX9axYkXQ>

Emotional Survival Officer Survival Tip (4:03)

Lt. Dave Smith (ret), aka JD Buck Savage discusses, emotional survival in the law enforcement profession.

<https://www.youtube.com/watch?v=aDajlasb-Dc>

Kevin Gilmartin (Emotional Survival) Channel 9 NEWS (1:52)

<https://www.youtube.com/watch?v=3e3ttBrd7E4>

CJ-Jessica\_How do police officers manage the stress associated with their jobs? (1:18)  
Seattle University

<https://www.youtube.com/watch?v=GZ60PvcXS7Q>

PTSD what officers can do (6:35)

<https://www.youtube.com/watch?v=9gsIL8rRLz0>

Police One: One Cop's Struggle with PTSD (5:21)

<https://www.youtube.com/watch?v=PB8egsPAWeQ>

PTSD Short Film (2:30)

<https://www.youtube.com/watch?v=b4s9PkDAKHA>

Code 9 Officer Needs Assistance Documentary Official Movie Trailer (8:08)

Code 9 Project

<https://www.youtube.com/watch?v=VkgFjvoa6iQ>

## **LAW ENFORCEMENT FAMILY STRESS**

Law enforcement families feel the pressure of the job (1:54)

Law enforcement agencies across the country are feeling the stress in the wake of recent shootings in Baton Rouge and Dallas, but there's also another section of the law enforcement community that is under pressure. The friends and families of those officers. KXLY4's Aaron Luna reports.

[https://www.youtube.com/watch?v=r\\_bhZ06x820](https://www.youtube.com/watch?v=r_bhZ06x820)

## **POLICE SUICIDE**

Dr. Ron Rufo (Retired CPD) discusses the rate of suicides among police (2:09)

Ron Rufo, a recently retired Chicago Police Department officer and volunteer peer counselor, recently published "Police Suicide: Is Police Culture Killing Our Officers?"

<https://www.youtube.com/watch?v=6FcCzdzl6jk>

Chicago Police Officer Commits Suicide Because City Too Violent (2:24)

Erin Healy Ross recalls her brother, 38-year-old police officer Ryan Healy.

<https://www.youtube.com/watch?v=tKQSPk-Egc4>

[IL] Losing Officer Rappley, and helping stop police suicide (4:06)

Widow campaigns to help cops cope, December 2007

If anyone were going to see it coming, it would have been her. But nothing could have prepared Char Rappley for what she read in a note she found hanging casually from her family's kitchen cabinet in December 2006.

<https://www.youtube.com/watch?v=PXMaopbb8ik>

Code 9 - Officer Needs Assistance Trailer (8:37)

Code 9 Project

This award winning powerful documentary (available on <http://www.thecode9film.com/>) explores the darker side of law enforcement as it tells the stories of police officers and their families who are now suffering the mental anguish of the careers they chose. Code 9 explores the impacts of the stress and trauma the job causes and if left untreated can result in PTSD.

<https://www.youtube.com/watch?v=jO01Qeg15KU&t=52s>

## **MAKING A DIFFERENCE**

Star Fish Story - Making a Difference Every Day (2:15)

<https://www.youtube.com/watch?v=1wuSaNCIde4>

Starfish Story (aka The Star Thrower) (1:11)

<https://www.youtube.com/watch?v=Z-aVMdJ3Aok>

## **FUNNY VIDEOS**

CHEERS - A good case of psychoanalysis (1:18)

<https://www.youtube.com/watch?v=VkWIKN3fl7g>

Cheers - Frasier & Lilith Argue about Freud (2:34)

<https://www.youtube.com/watch?v=LbyzC07HLow>

Woody from Cheers - should I talk about my problem? Talking therapy (0:35)

<https://www.youtube.com/watch?v=EbZHPHET1KY>

Charlie with His Therapist (Two And A Half Men) (0:46)

<https://www.youtube.com/watch?v=cQKuZGdvELO>

Analyze This: you are something! (3:15)

<https://www.youtube.com/watch?v=k3niB4lrBtU>

Skit Guys - Tell Her

No good conversation ever began with the words, "Those jeans make you look like your mom."

Communicating love is key to a good relationship.

<https://www.youtube.com/watch?v=KgN6GNt0C2c>

Officer Fatigue (2:19)

<https://www.youtube.com/watch?v=VSpSTIT-YD8>

Frasier: Clown Therapy (2:31)

<https://www.youtube.com/watch?v=Fk-Rcsg1H9A>

Save Miranda! (2:06)

Where's the little girl?

<https://www.youtube.com/watch?v=L6FTWv7abjU>

Abbott and Costello – Handcuffs (5:26)

<https://www.youtube.com/watch?v=XPQ4bCLybSE>

Abbott And Costello Show S01E25 Police Rookies (25:31)

[https://www.youtube.com/watch?v=YRRaos\\_FKng](https://www.youtube.com/watch?v=YRRaos_FKng)

Police are here to help clip from The Abbott and Costello Show S01E25 Police Rookies (1:44)

<https://www.youtube.com/watch?v=y7AvV0MeXI>

Suburban Auto Group Trunk Monkey #3 - Want a Donut? (0:30)

<https://www.youtube.com/watch?v=XOvKmUeLvVY>

Cultural – Misunderstandings (2:34)

Cultural diversity - prejudging/miscommunication

<https://www.youtube.com/watch?v=9T3X0hRbTek>

A little look into the mind of a person struggling (especially youth)

Key and Peele video: (2:05 min)

<http://www.youtube.com/watch?v=CUvFeyGxaaU>