WHY DO THEY ACT LIKE THAT?
UNDERSTANDING COP CULTURE AS A MENTAL HEALTH PROFESSIONAL
Class Objectives

• Demonstrate understanding of crisis intervention team training provided to law enforcement.

• Identify characteristics of law enforcement culture.

• Identify concepts of the collaborative relationship between law enforcement and behavioral health.

• Illustrate how law enforcement culture training can impact the relationship between law enforcement and behavioral health.
Why are Cops so Weird?
Challenges

- Differences in organizational cultures
- How did you start your training?
- This was how we started ours:
  
  Day 1 in the academy
Cop Culture

• Mixture of warrior and guardian
  • Sheepdog protecting the flock
  • Chose the career to help others
• Instant problem solvers
  • Short attention span
  • Need to find solutions and QUICKLY!
• Addicted to adrenaline and action
  • Drive fast
  • Chase everything that runs
  • Work as many hours as possible
  • Dangerous off-duty activities
  • Constant war stories with other cops
Cop Culture

- Jaded-People lie to us
- Only meet people during bad times
- Tend to isolate-”Us versus them”
- Very solo job compared to similar careers
- Constant exposure to trauma
- Hypervigilant and paranoid
- Need to control our interactions
- Awareness of danger we face- close communications with “be safe.”
Interactions with the Mental Health System

HISTORY OF SOCIETY “DUMPING” EVERYTHING ON THE POLICE.

THE MENTAL HEALTH SYSTEM IS CONFUSING AND NOT AS BLACK AND WHITE AS THE CRIMINAL JUSTICE SYSTEM.

THROUGH UNDERSTANDING EACH OTHER’S ROLES, WE CAN IMPROVE COLLABORATION AND RESULTS FOR THE INDIVIDUAL.
Crisis Intervention Team (CIT) Programs

Created in 1988 in Memphis and in Maricopa County since 2001

• Purpose: To provide mental health education to law enforcement officers to enable them to interact more effectively when they are called to a scene where someone is experiencing a mental health crisis and to provide information on successful navigation of the MH System.