

(depression, anxiety, anger, substance abuse, suicide ideology) and often create problems in their personal lives. Law enforcement guest speakers share their personal challenges and experiences.

### Trained CIS Officers

After completing the trainings, CIS Officers will be proficient in:

- Crisis intervention, stabilization and harm education
- Interview and assessment
- Conflict resolution
- Forensic diversion to avoid incarceration and criminalization of the mentally ill
- Referral to appropriate community-based services

CIS officers work with the mental health system to promote stability, to ensure service integration, and to reduce hospitalization and incarceration.

### Other Available Trainings & Supports

Additional trainings, seminars, and workshops are available by request and are tailored to the specific needs of the requesting organization. Topics may include: stress management, peer support, role plays/experiential learning refreshers, cross-system collaboration, and support for families/loved ones. The trainings can vary in length, and when appropriate, CIS Instructors will collaborate with system partners to develop and deliver the curriculum (frequent collaborators include: NAMI, CISM, Mobile Crisis, the Montgomery County Veterans Response Team, and the County Office of Mental Health). In addition, CIS Instructors are available to local law enforcement agencies to provide consultation, connection, and guidance on issues related to the intersection of behavioral health and criminal justice.

### About MCES

Montgomery County Emergency Service, Inc. (MCES) is a non-profit hospital founded in 1974 and is nationally renowned and considered a model program by the United States Department of Justice, LEAA, and the Public Citizen's Research Group.

MCES sets the highest standards for care and continues to develop new and innovative programs to assist law enforcement agencies in dealing with mental health, behavioral and substance abuse issues. MCES is accredited by the Joint Commission (TJC) and licensed by the PA Department of Human Services (DHS).

MCES provides services twenty-four hour a day, seven day a week and services include:

- Crisis Hotline
- Walk-In Services
- Emergency Psychiatric Evaluations
- Inpatient Psychiatric Care
- Crisis Residential Program (CRP)
- Psychiatric Ambulance Services
- Suicide Prevention
- Police school



### Trainers

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Crisis Intervention Specialist

Crisis  
Intervention  
Specialist



**“The Police School”**

**A Crisis Intervention School  
for Law Enforcement and  
Criminal Justice Personnel**

## CIS Police School

MCES provides a CLEE accredited three-day Crisis Intervention Specialist (CIS) School for law enforcement and criminal justice personnel. The CIS School is designed to:

- Train law enforcement and criminal justice personnel on how to assess and interact with individuals in a behavioral health crisis, emphasizing interventions that are empathetic and trauma-informed.
- Assist law enforcement and criminal justice personnel in understanding and dealing more effectively with individuals who are in crisis and suffering from a behavioral health problem (mental illness, developmental disability, substance abuse, etc.)
- Focus on crisis intervention and harm reduction via education, demonstrations, role plays, virtual reality simulations, along with interviews and training with NAMI and Certified Peer Specialists.
- Address mental health law (civil, criminal and competency to stand trial), mental health disorders, developmental disabilities, substance abuse, suicide, medications and terminology.

Guest speakers share their stories and this helps the officers identify when an individual may be experiencing a behavioral health crisis brought on by trauma, mental illness, substance use, or other stressors. Officers learn through these firsthand experiences the appropriate ways to interact and support those individuals who suffer from a disorder, experience addiction, or otherwise find themselves overwhelmed and in crisis.

All workbooks and materials are provided.

## Registration & Information

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## Basic CIS Training

Three days of classroom work with subject matter experts in the fields of behavioral/mental health, developmental disabilities, and substance use, as well as Mobile Crisis, Public Defender and Assistant District Attorney personnel. Topics include:

### Introduction to Forensic Diversion

- Treatment options vs. criminalization
- Forensic Diversion
- County & State options
- Trans-Institutionalization Concept

### Overview of the Mental Health System in PA

- Overview of systems (county & state)
- Accessing systems (BH, MH, DD, D&A)

### Mental Health Law and Treatment Options

- Voluntary treatment options - 201
- Involuntary treatment options - 302
- Competency Evaluation/Common Pleas Orders

### Crisis Intervention

- Verbal & non-verbal de-escalation techniques
- Interaction techniques with individuals in crisis
- Negotiation strategies
- Active listening skills
- Limit setting
- Role Play

### Psychiatric Medication

- Overview of all current psychiatric medications
- Indications for psychiatric medications
- Side-effect understanding and identification

### Mental Illness (“Psych-101”)

- Psychiatric terminology
- Signs & symptoms of mental illness

- Overview of mental illness & behavioral disabilities
- Auditory hallucinations role play and video

### Suicide Awareness

- Suicide statistics
- Risk Factors
- Warning signs
- How to help a suicidal person
- Making appropriate referrals
- Certified Peer Specialist - lecture

### NAMI – In Our Own Voice: Living with Mental Illness

- Guest speakers, direct interaction with students
- Presentation provided to all CIS schools
- NAMI information/material presented

### Virtual Reality Training (©Axon Product)

- Mental Health interactive scenarios

## Advanced CIS Training

Three days of classroom work, including guest lectures by subject matter experts with direct mental health crisis experience. Each Advanced School is tailored to the needs of the class. Topics include:

- Identifying challenges/stressors and developing coping mechanisms
- Crisis incidents and traumatic events and how to access support systems
- Bio-chemical reaction due to hypervigilance
- How to avoid anger/cynicism
- Emotional and physical outcomes if stress is not managed

In addition to these topics, officers are engaged in frank discussions about how the stresses of their occupation can impact their own mental health