Sabrina Taylor

- Detective Phoenix Police Department
- Crisis Intervention Team Training Coordinator
- Liaison to the Behavioral Health System
- 15 years in law enforcement
Julie Rake, MSPAS PA-C

- Integrative Medicine, Fountain Hills Pediatrics and Internal Medicine
- Practiced family medicine for 15 years.
- Currently practicing Integrative Medicine.
- Board member for The Brain Injury Alliance of Arizona.
- Clinical provider for “The Sparta Project.”
- Speaker and supporter for police departments since 2016.
- Certified in Applied Suicide Intervention Skills.
- Meditation instructor since 2010.
- Public speaker for patients and medical professionals.
Victor Escoto, MSC, CCISM

- Sr. Director, Emergency Preparedness and Tragedy Support
- 27 year Police Officer, 25 years as a Detective
- Police Reserve; Employee Assistance Unit PPD
- BS, Sociology
- MSC, Clinical Mental Health Counseling
- Adjunct Instructor Glendale Community College
- Campus Safety Director Hillsong Phoenix
- Member: AAETS, ACA, ICISF, IPSA, IAEM, CIT, AZVOAD, AZPLEA
- Instructor: MHFA, PFA, ASIST, CISM, EQ, De-escalation
De-escalation begins with understanding your brain, stress, and emotional intelligence.
Emotional Intelligence
stress...
Emotional Intelligence
Emotional Intelligence and CIT
Emotional Intelligence and CIT
Emotional Intelligence and CIT

Self Awareness
How aware are you of your own emotional state, motivations, biases and key driving forces

Awareness of Others
How aware are you about the emotional state of others and the underlying reasons they feel the way they do

Self Control
How capable are you of regulating your own behaviours as an extension of your awareness about your own emotions

Social Skills
How capable are you to provide someone else the appropriate behaviours to support their current emotional needs
Emotional Intelligence and CIT

Stimulus → Emotion → Filter → Interpret → Behavior
Emotional Intelligence and CIT
Take Away
The Three Brains

- New Brain
- Middle Brain
- Reptilian Brain
AMYGDALA
The Three Brains

NEW BRAIN
MIDDLE BRAIN
REPTILIAN BRAIN
Emotional Valence and the Amygdala
PRE-FRONTAL CORTEX
In normal aging the hippocampus shows up to 25% shrinkage by the age of 80.
HIPPOCAMPUS
De-escalation Through Connection
The Mirror Neuron System
Mirror Neurons

- Discovered by Italian scientists in the 1980’s.
- Activated when the individual performs a motor act and when he or she observes another person engaging in the same act.
- They are also connected with emotions and are active when people experience happiness, pain, disgust, etc., and when they observe another person experience an emotion.
Personal De-escalation

• Your ability to de-escalate a situation is directly related to your ability to deescalate yourself
• The ability to be aware of how stress is affecting you, and the ability to calmly respond to that stress in a way that you can mitigate it
• The ability to put your health & wellness in higher regard than your customer, for the betterment of your community
What Makes Police Work so Dangerous?

- Physical Stress
- Emotional stress
- Psychological Stress
- Anticipatory Stress
- Psycho-Social Stress
- Acute Stress
- Chronic Stress
- Stress Reactivity Response / Fight or Flight
- Hyper vigilance

= Biological Stress
Biological Stress

• According to Gilmartin (2002), the stress that police officer’s experience is biological stress caused by a necessary survival state of hyper vigilance.

• This activation is due to the sudden release of hormones, which stimulates the adrenal glands triggering the release of epinephrine (adrenalin), and norepinephrine causing a heightened state of readiness (Anderson, Litzenberger, & Plecas, 2002).

• Although such actions acutely facilitate essential biological responses to stress and threat, chronic glucocorticoid secretion is associated with a variety of pathogenic processes and disease stats, including major depression, insulin resistance and diabetes, hypertension and atherosclerosis, bone loss, and disorders related to diminished immune functions (Boyce & Ellis, 2005).
Blood Pressure

Normal
systolic: less than 120 mmHg
diastolic: less than 80 mmHg

At Risk (prehypertension)
systolic: 120–139 mmHg
diastolic: 80–89 mmHg

High
systolic: 140 mmHg or higher
diastolic: 90 mmHg or higher
Research on Police Officers and Stress


- Study involved a random sample of 297 general duty officers from 12 municipal police departments.
- A research assistant rode along for 121 ride-a-longs over a 12 month period.
- Using detailed tracking sheets, research assistants documented over 30 different activities officers do at a rate of 9 items per minute.
- Researchers utilized heart rate monitors to capture officers pulse, and compared them to activities that occurred during shifts.
- Officers had an average resting heartrate of 59 beats per minute (bpm), prior to entering briefing.
Research Showed Increase in Heart Rate

- Average increase 22-23 BPM
- 10 hour shift is 600 minutes
- 59 BPM x 600 = 35,400 BPM
- 82 BPM x 600 = 49,200 BPM
  - Increase of 13,800 BPM
  - Biological stress
Anticipatory Stress

- Anticipatory stress describes stress what you may experience concerning the future.
- Sometimes this stress can be focused on a specific event, such as an officer beginning their shift, preparing to do a search warrant, an interview at internal affairs, or administrative stress.
- However, anticipatory stress can also be vague and undefined, such as an overall sense of dread about the future, or a worry that "something will go wrong."
Positive Self-Talk

- I will survive on any call
- I have the training I need
- I know the tactics I need
- I am an expert with my firearm
- I have the will to fight
- I know the laws of my state and the policies of my agency
- Prior to beginning shift read or quote the “Daily Enforcers”.
Psycho-Social Stress

- Psycho-social stress is a function of the individual's *appraisal* and interpretation of one or more events, either real or imagined (Anshel, 2000).
- The *stressfulness* of the situation will *depend* on the person's *assessment* and perception of the *difference* between the demands of the situation and their ability to meet those demands.
- Psycho-social stress is the *response of an individual* to the self-perceived imbalance between the demands of the situation presented, and the resources one has at their disposal to respond successfully (Eden, 1990).
- Research: (Conditioned Response)
Breathing Exercise (4-7-8)

- The practice of deep breathing stimulates our Parasympathetic Nervous System (PNS), responsible for activities that occur when our body is at rest. It functions in an opposite manner to the sympathetic nervous system, which stimulates activities associated with the fight-or-flight response, (Borchard 2015).
- By voluntarily changing the rate, depth, and pattern of breathing, we can change the messages being sent from the body’s respiratory system to the brain. In this way, breathing techniques provide a portal to the autonomic communication network through which we can, by changing our breathing patterns, send specific messages to the brain using the language of the body, a language the brain understands and to which it responds. Messages from the respiratory system have rapid, powerful effects on major brain centers involved in thought, emotion, and behavior, (Borchard 2015).
Things That Kill Us

- Aggravated Assaults
- Accidents
- Heart Attacks
- Suicide
Line of Duty Death vs Suicides

2008 – 159 LODD
2009 – 135 LODD
2012 – 137 LODD
2016 – 143 LODD

2008 - 141 suicides
2009 – 143 suicides
2012 – 126 suicides
2016 - 108 suicides
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