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=youtube

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

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_SityjZ-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

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=wn8vEHbfal

The New Asylums | PBS America (1:00)
https://www.youtube.com/watch?v=1KJUIbfVkJM

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

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

#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=V0B6sUXtNA
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=c3qgNw-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=tpkT7bvpglA

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=nlCPlrULSGA

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

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=NYW_NPJ39iQ

Poetry Slam – Kait Rokowski = “A Good Day” (3:17)  
https://youtu.be/TjjaIwVxfTw
https://www.youtube.com/watch?v=TjjaIwVxfTw&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
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=H WB0wQWJTe w

**SCHIZOPHRENIA**
This Boy is Suicidal at 4 Years Old (3:05)
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=f6CIJLA110Y

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_4O3USCWIs

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=95ovIJ3dsNk

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=CUvFeyGxaalU

Poetry Slam – Kait Rokowski = “A Good Day” (3:17min)
https://youtu.be/TjjaIwVxfTw

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=PYPcKLGJ8dc

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.naminj.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

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

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

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

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=3Lazy26m1Io

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/ to learn more about Jeff Allen and The Grable Group
https://www.youtube.com/watch?v=wJyFepRaclA&list=PLO3HAiKMUmbkIoK7Ny802VHscNjg_Ob8W&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

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=FtgzaBtvpes

Jerry Seinfeld: Tone of Voice (3:36)
https://www.youtube.com/watch?v=b44ZL3L1info

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

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

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=-lYCwQ88-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 Offers 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

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=36l5-4k6H-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=5RbEotf0jqI

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=youtube

DRUG ADDICTION (5:05)
https://www.youtube.com/watch?v=HUngLgGRJpo&feature=youtube

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
★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 brains 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

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=UL5niTwNmAl

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=1E7A84CD015DCCD65A61E7A84CD015DCCD65A61&FORM=VRDGAR
https://www.youtube.com/watch?v=LytKNC405ol

The Bridge Between Suicide and Life (14:13)
Link: 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 of 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=Lpo65ciblA4

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

South Carolina officer talking a man of 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=nI7-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

"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

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://underthesheild.org/ for more info.

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=qMX9axYkJXQ

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=aDajIasb-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=b4s9PkJDAKHA

Code 9 Officer Needs Assistance Documentary Official Movie Trailer (8:08)
Code 9 Project
https://www.youtube.com/watch?v=VqFjvoa6iQ

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

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

[IIL] 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/](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](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](https://www.youtube.com/watch?v=1wuSaNCide4)

Starfish Story (aka The Star Thrower) (1:11) [https://www.youtube.com/watch?v=Z-aVMdJ3Aok](https://www.youtube.com/watch?v=Z-aVMdJ3Aok)

**FUNNY VIDEOS**

CHEERS - A good case of psychoanalysis (1:18) [https://www.youtube.com/watch?v=VkWikN3f7g](https://www.youtube.com/watch?v=VkWikN3f7g)

Cheers - Frasier & Lilith Argue about Freud (2:34) [https://www.youtube.com/watch?v=LbyzC07HLow](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](https://www.youtube.com/watch?v=EbZHPhET1KY)

Charlie with His Therapist (Two And A Half Men) (0:46) [https://www.youtube.com/watch?v=cQKuZGdvEL0](https://www.youtube.com/watch?v=cQKuZGdvEL0)

Analyze This: you are something! (3:15) [https://www.youtube.com/watch?v=k3niB4IrBtU](https://www.youtube.com/watch?v=k3niB4IrBtU)

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](https://www.youtube.com/watch?v=KgN6GNt0C2c)

Officer Fatigue (2:19) [https://www.youtube.com/watch?v=VSpSTIT-YD8](https://www.youtube.com/watch?v=VSpSTIT-YD8)

Frasier: Clown Therapy (2:31) [https://www.youtube.com/watch?v=Fk-Rcsg1H9A](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

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