

Santa Cruz County Sheriff's Office

NaphCare Mental Health Update

2 Hours

<u>Course Title:</u>	NaphCare Mental Health Update
<u>Course Goal:</u>	This course is designed to educate jail staff on the critical role of mental health teams, common mental health diagnoses in jail settings, suicide prevention strategies, and compassion fatigue management. The presentation highlights the essential need for staff awareness and involvement in maintaining inmate mental health while protecting their own well-being
<u>Audience:</u>	Correctional Officers & Correctional Supervisors
<u>Dates:</u>	09-11-2024 & 09-19-2024
<u>Total Hours of Instruction:</u>	2 Hours
<u>Location:</u>	90 Rountree Ln, Watsonville, Ca, 95076
<u>Instructor:</u>	Pam Stevens
<u>Mandated Training:</u>	Yes
<u>Method of Presentation:</u>	Power Point
<u>STC Certification #:</u>	07739390

Outline:

- 1. Introduction (Slide 1)**
 - Title: *Understanding Mental Health in Jail Settings*
 - Purpose: Introduce the topics of mental health team roles, suicide prevention, and compassion fatigue in jail environments.
- 2. The Role of Mental Health Teams (Slide 2)**
 - Key Points:
 - Initial screening of mental health at intake
 - Crisis intervention and ongoing care
 - Collaboration between mental health teams and jail staff
- 3. Common Mental Health Diagnoses in Jail Settings (Slide 3)**
 - Key Diagnoses Discussed:

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- Depression, anxiety disorders, PTSD, substance use disorders, schizophrenia, and bipolar disorder
- Emphasis on how these affect inmates in a jail environment.
- 4. **Suicide Risk and Prevention (Slides 4-6)**
 - Key Statistics:
 - High risk of suicide in the first 24 hours
 - Isolation and intoxication as major risk factors
 - Prevention Strategies:
 - Screening, monitoring, reducing isolation, and staff training
- 5. **Compassion Fatigue in Jail Staff (Slides 7-8)**
 - Definition and symptoms of compassion fatigue.
 - Strategies for reducing compassion fatigue, including self-care, peer support, and professional help.
- 6. **Conclusion (Slide 9)**
 - Key Takeaways:
 - Importance of mental health teams, vigilance in suicide prevention, and protecting staff well-being through compassion fatigue awareness.
- 7. **Resources (Slide 10)**
 - List of national helplines and local support services for both inmates and staff.