As with any medical condition (heart disease, diabetes, mental illness), individuals diagnosed with a medical condition have not chosen such, nor do they intentionally choose to display behaviors that cause stress for themselves or others. It’s important to remember this when responding to youth with mental health challenges; they are not typically behaving with purposeful, ill intentions. Their behaviors may be a product of their mental health diagnosis, and from time to time, they and their caregivers may struggle with managing their mental health symptoms. It’s also important to remember that persons with a mental health diagnosis are typically doing the best they can, and have the best of intentions, but like everyone else, some days are better than others.

The approach used and manner in which officers respond to a house call or to arrest a parent when children are present can minimize the trauma and can have a positive effect on community perceptions of law enforcement. Law enforcement is in a unique position to limit harm and reduce trauma. When a crisis arises, a great deal of collaboration has to occur. Officers can collaborate with Community Mental Health Liaisons (CMHLs), social workers and child advocates to connect youth and families to the services they need. CMHLs can help families get supportive services, as well as help reduce repeat calls to law enforcement. Officers can get additional training in responding to persons with mental health challenges through CIT training, advanced CIT training, and POST trainings available through your CMHL.

Here are some basic and advanced strategies that I hope you find useful.

**Basic Engagement Strategies**

- **Respect personal space.** This communicates respect and demonstrates non-threatening body language.
- **Establish verbal contact.** When making the connection, be aware of the tone and volume of your voice.
- **Identify why you are there.** You are there to maintain safety. Even if you have to arrest a parent, communicate that his/her safety is your number one concern, and you want the youth to be safe.
- **Repeat your message that safety is a priority until the youth hears it.** When in distress, the brain has a hard time listening and using logic. Use clear and concrete wording with youth. Be patient and...
repeat the safety message. If you are calm, young people will be able to de-escalate more quickly.

- **Use active listening.** Make a conscious effort to understand what the person is really saying. Young people often feel dismissed and unimportant; they want to be heard.

- **Establish boundaries.** Let them know limits without threatening them; **do not engage in power struggles!** Example: “Yes, I do care about your lost dog, but first I need to make sure your mom is safe.”

- **Offer choices and optimism.** A choice can be a powerful tool. Offering choices will limit chaos, as well as help de-escalate the youth. Example: “Do you want to talk on the porch or in the kitchen?”

- **Debrief.** Allow parents to comfort their child, or if the parent is arrested, you might be the one who assures the child that you are making sure he/she is safe, that the parent’s arrest is not the child’s fault, and that a family member or familiar caregiver is coming to take care of him/her.

### Advanced Strategies

- **Help the youth calm down by engaging them in a grounding exercise.** Here’s one example:
  - Name 4 things you see, 3 things you hear, 2 things you smell, and 1 thing you can taste. This will help redirect the brain to the present moment.

- **Praise the positive.** If they sit calmly, tell them you appreciate their cooperation. Youth are more likely to repeat actions that receive praise.

- **Not getting through?** Try changing the scene. Do something different to bring about different feelings and thoughts. Sometimes just changing the location of a conversation can make a difference!

- **Offer positive solutions.** If you want positive outcomes, the types of choices you offer need to match the outcome you are seeking.

- **Ask about their household pet or their interests.** Asking about a pet (if they have one), Pokemon, or the Cardinals can be a great way to help the youth use their “thinking brain” and allow the “emotional brain” to rest and reset.

- **Be aware of emotional reactions out of proportion with the situation.** This type of response could indicate that the situation is a trigger of trauma. Do not diminish their reactions; instead, acknowledge the reaction and reassure them they are safe.
Remember, law enforcement have a unique position to limit harm and reduce trauma when interacting and responding to youth with mental health challenges. Always try to be aware of your verbal and non-verbal communication when interacting with them.

Laura Modica, MA, LPC, serves as the Youth Behavioral Health Liaison for St. Charles, Lincoln, Warren, and Franklin Counties. As part of this work, she runs a pilot program through Crider Health Center to demonstrate that a youth-focused Community Mental Health Liaison initiative is beneficial to our communities. Laura has worked for Crider Health Center for four years, providing mental health services in schools and in community-based positions. She is a Licensed Professional Counselor with certifications in EMDR (a specialized technique for treating trauma) and SOS (suicide prevention). Her professional career is dedicated to serving youth and their families who struggle with mental health challenges. For more information or to speak with Laura, contact her at 636-443-3503 or LModica@CriderCenter.org.

FOR YOUR HEALTH: ZAP HEADACHES, STRESS AND MORE

By Colleen Rossomanno, MS

For this article, I will share four yoga poses and six stretches. These are simple, yet effective activities you can easily incorporate into your daily routine.

If exercise isn’t already part of daily life, be sure to consult with your physician before beginning an exercise program.

Yoga for Health

You might already know how beneficial yoga is for improving flexibility, reducing stress, and increasing concentration and focus. In addition, these poses are designed to help diminish four conditions.

Headaches

Seated Forward Bend helps relax the upper body and releases tension in the shoulders and neck.

How to do it: Sit on the floor with legs extended, feet between a chair’s legs. Inhaling and sitting up straight, feel your torso lift up from the base of your spine. Exhaling, bend forward, rest your forehead in your cradled arms on the chair’s seat. Stay here for at least 3 minutes.

Helpful hint: If you have tight hamstrings, add a pillow to your chair seat.

Chest Cold

When you elevate your hips in Legs-up-the-wall, you’ll increase blood flow to the lungs, easing every breath.

How to do it: Sit on the floor with left knee bent and right leg extended, left foot on floor as close as possible to right inner thigh. Place left hand behind body. Turn your abdomen, ribs, chest, shoulders, and head to the left while pressing the right elbow against the left leg. Remain here for 10 to 20 seconds, then unwind, switch legs, and twist to the opposite side.

Indigestion

Seated Twist is one of several twisting poses that improve circulation throughout the digestive tract by squeezing and massaging the intestines, liver and spleen.

How to do it: Sit on the floor with left knee bent and right leg extended, left foot on floor as close as possible to right inner thigh. Place left hand behind body. Turn your abdomen, ribs, chest, shoulders, and head to the left while pressing the right elbow against the left leg. Remain here for 10 to 20 seconds, then unwind, switch legs, and twist to the opposite side.

Helpful hint: If you have tight hamstrings, scoot back a little bit from the wall.

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Anxiety/Stress

Downward-facing Dog is an energizing move that uses almost every muscle in your body. It diverts stressful thoughts and forces you to breathe deeply and concentrate on what you’re doing.

How to do it: Begin on your hands and knees. Tuck toes under and raise the hips so your body makes an inverted V. Straighten your legs and arm, contract your quads, and draw your chest toward your thighs. Focus on pressing into the floor with the hands and feet. Lower your heels toward the floor. Remain here for at least 1 minute.

Helpful hint: Think of drawing your breath to any muscles that feel tense.

Anti-stress Stretches

Here are six anti-stress stretches you can do every day, even at work, to help relieve tense muscles and to lift some of life's pressure off of your back.

1. Finger Fan: Extend your arms straight out in front of you, palms up and elbows locked. Spread your fingers as far apart as possible. Hold for 5 seconds.

2. Upper Back Stretch: Sit up straight with fingers interlaced behind the head. Keeping shoulders down, lift chest and bring your elbows down, lift your chest and bring your elbows back as far as you can. Hold for 10 seconds.

3. Overhead Reach: Raise arms over the head and interlace your fingers with palms facing up. Keeping your shoulders down, stretch upward. Hold for 20 seconds.

4. Knee Pull: While seated, bring one knee up toward your chest as high as possible. Hold in place with both hands for 10 seconds. Repeat for other knee.

5. Waist Bend: Reach your arms over your head with fingers laced together. Facing forward with shoulders down, bend to one side from the waist. Hold for 20 seconds. Repeat on other side.

6. Ear to Shoulder: Lower your right ear to your right shoulder. Hold for 10 seconds. Repeat on the other side.

In her role as Supervisor of Fitness Programs for the St. Louis Metropolitan Police Academy, Colleen Rossomanno helps recruits and officers maximize their physical health as part of their preparation to meet the demands of the job.

BEHIND THE BADGE: THE EMOTIONAL BANK ACCOUNT

By Sarah Buehner, LCSW

When it comes to stress management, different techniques work for different people. But there is one technique I teach every client I work with, and I use it myself.

This technique can even be taught to children and teens to help them manage their stress levels as well. The technique is called the Emotional Bank Account.

The Emotional Bank Account is a self-awareness tool you can use to help identify when stress management is needed. It works like this:

- Your bank account symbolizes your overall level of energy. Just like an actual bank account, your emotional bank account can be positive, nearing zero or negative. This will be talked about more later in this article.

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• Your **bills** represent the stresses in your life. There are obvious stresses, such as work, interpersonal stress, paying **actual** bills, health, etc. But it’s important to note that positive things can be stressful too. If you get a promotion at work, that’s a positive thing, but stresses come along with the new job. Or, if you buy a new house, you may be very excited about moving, but you also know many stresses will come along with the new mortgage. Even something as positive as going from night-shift to day-shift can be positive, but it changes your whole routine and thus creates additional stress.

• Your **paycheck** symbolizes the energy you get from taking care of yourself. To ensure your paycheck will be able to cover all of your bills, it’s a good idea to monitor your sleeping patterns, eating patterns, physical activity, relationship quality, and have a number of activities and interests that help you to de-stress and feel good again. It’s also important to have a network of support, such as family and friends, that you can go to if you need someone to talk to or to simply hang out and not focus on stressful things.

For a healthy emotional bank account, you’re able to take care of your “bills” and still have money left over for enjoying life. So the first step to using this tool is asking yourself the question: “Where is my emotional bank account today?” There are really three answers to this question, positive, nearing zero, and negative. In order to answer this question, pay attention to your overall feelings throughout the day and about your life, as well as your mood, and overall stress levels. Do you feel like you’re thriving (positive), surviving (nearing zero), or drowning (negative)? Once you identify where your bank account is, you can come up with a “financial plan” (Read: self-care plan) if needed.

Here are some more details about the emotional bank account and what you can do once you realize what your account status is.

• **Positive:** If your emotional bank account is positive, that means you are feeling good about life; you might have stresses, but you have enough “money” (Read: energy) to take care of your “bills” (Read: stress/things to deal with). You’re doing a pretty good job managing your stress and taking care of yourself.

• **Nearing zero:** If your bank account is nearing zero, you’re starting to feel the stress of living “paycheck to paycheck.” You might be paying all your bills, but there’s not a lick of money left over to enjoy life. You start to feel that if anything else comes along financially, you won’t be able to deal with it. I also refer to this phase as “surviving, not thriving.” Whereas when your bank account is more positive, you can enjoy life and you feel like you’re actually living versus getting through day-to-day.

• **Negative:** When your emotional bank account is negative, that means that you have emotionally over-drafted! You’re spending more energy than you’re receiving; day-to-day stresses are adding up. Your paycheck isn’t covering it all. When our bank account is negative, it’s kind of like trying to drive a car on an empty gas tank; it doesn’t work. Often when people’s bank account is negative, they feel hopeless about life because they feel like they are in debt. When people’s emotional bank account is negative, they are more prone to unhealthy habits, such as substance use and abuse, over-eating, and other negative ways to cope with the overwhelming feeling of stress.

So here is an example. Let’s say Joe asks himself, “Where is my emotional bank account today?” He thinks about it and realizes his bank account is positive because even though work is stressful, and he has a few personal issues going on, he is managing his stress by getting good sleep, spending time with friends, exercising, and intentionally engaging in hobbies that make him feel good, such as golf and working in the yard.

But let’s say Andrea asks herself, “Where is my emotional bank account today?” She notices she has been a little irritable recently and even though she’s able to get everything done during the day, she notices she just doesn’t feel as good about her life. Her
emotional bank account is nearing zero. She’s able to manage her daily stresses to get through the day, but she’s not enjoying life. Another way to think about Andrea’s situation is that her gas tank is near empty.

And so person number three, Mike, asks himself “Where is my emotional bank account today?” He notices he has been very overwhelmed and has felt pretty hopeless about life. When he goes to work, he is already exhausted. When he comes home, he has no energy to do anything, and he’s resorted to drinking a few beers and watching TV in the evenings. Mike can remember a time when he had more fun and life seemed to be better, but now he’s feeling so overwhelmed that he’s not quite sure what to do. Mike’s bank account is over-drafted.

Another way to use your emotional bank account is to analyze your income and expenses, just like you would with a financial planner. How much emotional energy are you spending each week? And what are you spending it on? If you find you are spending a lot of emotional energy on things that aren’t useful, you can come up with a plan to minimize your expenses. Or, you could even seek help from a “financial planner” (read: counselor/therapist/life coach) on how to manage stress in a better way.

You can also analyze your overall income; every financial planner will tell you it’s important to “diversify your income sources.” You can apply this concept to your self-care by identifying a multitude of different tools, resources, activities, and lifestyle choices to take care of yourself and manage stress. Again, you can seek help from a “financial planner” (read: counselor/therapist/life coach) to learn new ways to practice self-care and enjoy life.

Sarah Buehner holds a Masters in Social Work and is a Licensed Clinical Social Worker. She is the wife of a police officer, who is also a former military police officer. Sarah provides counseling to individuals, couples, and families at her private practice, Awakened Life Counseling, LLC. One of Sarah’s specializations is working with Law Enforcement and their families.

DO YOU KNOW: 7 SIMPLE DAILY RULES FOR HEALTH AND HAPPINESS

By Cassie Dionne, MS

Today I want to bring you my best tips to help you feel great, both physically and mentally.

You might think simple ideas like these can’t make that big of a difference for your health, movement, injury rate, or your experience of pain. But let me tell you, they really and truly can. Most people need to read and re-read these, and more importantly, apply them in daily life. So take a look, and make an effort to implement these guidelines into your daily practices.

#1 - Laugh Often
I love to laugh, and anyone who knows me can attest to this. You need to laugh every single day. And I mean really laugh. Laughter relaxes the whole body, triggers the release of endorphins, relieves stress, improves mood, and just makes you feel good. And I don’t think I need to discuss how bad stress is for your body, physically and mentally.

#2 - Train With Friends
Working out has countless positive effects on our lives. And as you already know, so does laughing. So meld the two together and work out daily with friends. Go to a gym that is a community, somewhere you love going and being. Make this a priority in your life, and you will feel amazing on a daily basis.

#3 - Break Your Electronic OCD Loop
Have you found yourself checking the same websites over and over, even though you were just on them? Have you noticed that the second your phone makes a noise, you have to grab it and see what’s going on?

Thanks to powerful mobile devices and social media, we live in a super-connected world. I’m the first to admit I couldn’t live without my phone. But when you get in this loop, it can be difficult to have good, productive, consistent thought patterns.
This electronic OCD loop can also lead to fatigue, stress and anxiety. You find you feel “busy” all day, even though you have nothing to show for it. Once you are distracted by something like an email popping up on your phone, it can take up to four or five minutes to refocus on your first task. That’s a lot of time lost if you add up all of the emails you check in a day.

So how can you decrease this stress and become more productive? **The answer is simple, but perhaps not easy if you are in the habit of constantly checking.** Turn off the alerts on your smartphone. All of your emails, Facebook posts and messages will be there waiting for you when you are ready to take a break and read them. Preset email and social media breaks into your workday so these distractions don’t interfere with your productive thoughts while you are working.

**#4 - Stop Sitting So Much**

We’ve all heard the headlines, and heck, I’ve even written on the topic before - sitting is the new smoking. Studies show a huge number of negative physical and mental health effects of extended periods of sitting. Something as simple as sitting less can make you feel better both physically and mentally.

I realize this is easier said than done, especially for those of you who are chained to a desk for long hours each day. Consider these simple, positive steps you can take:

- Use a desk that converts from sitting to standing.
- Get up for frequent breaks.
- Stand during meetings.
- Walk around the office when you talk on the phone.

**#5 - Do Daily Mobility Work**

This one is simple. Grab a foam roller, lacrosse ball, or a piece of PVC pipe you have laying around and spend five minutes a day doing some soft tissue work. If you have problem areas, focus on them. It may feel uncomfortable as you do it, but you usually finish feeling much better than when you started.

**#6 - Get Enough Sleep**

Sleep is critical recovery time, and it also protects you from illness.

While you sleep, your body secretes hormones essential for muscle mass, bone strength, energy, and a strong immune system. This obviously does not happen if you don’t sleep. Think about that again..."While you sleep, your body secretes hormones essential for muscle mass, bone strength, energy, and a strong immune system."

So, how much sleep is enough? There is no straight answer or consensus to this question because everyone is different. It’s generally recommended that adults sleep seven to nine hours every night.

**#7 - Walk Tall**

Not only does good posture have many positive physical effects, but it is also good for your confidence. In fact, research shows that walking tall not only improves your confidence, energy and mood, but also can decrease your sensitivity to pain. Conversely, poor posture can lead to feelings of stress and helplessness. So walk with your head up high.

If you read through these ideas and feel like there’s nothing revolutionary there, you’re right. **But how many of them do you genuinely put into practice on a day-to-day basis?** Every one of these points will improve your athletic performance, movement, productivity, and most importantly, your happiness.

Reprinted with permission from Cassie Dionne from http://breakingmuscle.com; photo courtesy of Michael Brian.

**Cassie is the lead physiotherapist at Taylored Training Fitness Studio in Kingston, Ontario, Canada. She received her Masters of Science in Physical Therapy and her Bachelor of Physical and Health Education from Queen’s University in Kingston, Ontario.**
On May 25, more than 230 people were on hand at the Missouri Athletic Club in downtown St. Louis to honor 45 officers as they received the 2016 John J. McAtee Police Recognition Award.

Demonstrating understanding, care and compassion, these officers not only intervened, but also went “above and beyond” to assist individuals or families who were in psychiatric crisis.

Whether encountering a total stranger or someone well-known to the police, these officers made a difference in the life of a person in crisis. Here are a few examples of why this year’s recipients were nominated by their department or a mental health agency.

More than a dozen helped save the life a someone who was suicidal, including, talking adults and teenagers off bridges, cutting the noose from the neck of a man in the process of hanging himself, and refusing to use lethal means in situations clearly meant to induce a “suicide by cop” outcome.

Three officers spent months gathering information, completing paperwork and searching for a homeless woman in the dead of winter to make sure she received the treatment she needed.

Numerous worked tirelessly with social service agencies, schools or Community Mental Health Liaisons to create long-lasting solutions for people with a history of mental illness.

Several officers’ commitment to making a difference resulted in them becoming positive role models for youth in their jurisdictions.

An officer who interrupted a mother physically assaulting her young daughter who had a psychiatric disorder, demonstrated her commitment to the girl by staying with her during hospital admission, brought clothing and other items throughout her stay, and facilitated ongoing assistance through the Division of Family Services.

Officers who stay in touch with individuals long after the initial incident so they can offer encouragement and ensure appropriate resources continue in order to minimize the likelihood of a future crisis.

The award is named after the late Honorable John J. McAtee. His tenure as a judge strengthened his belief that individuals with mental illness deserve appropriate treatment rather than automatic incarceration, where the illness might not be addressed properly. Each year, the McAtee family continues to be engaged in their father’s tradition of honoring officers.

Mental Health America of Eastern Missouri presents the award each May, and 2016 marks the 30th anniversary of the John J. McAtee Police Recognition Award.

See page 9 for the names of this year’s award recipients.
Congratulations and Thank You to this year’s award recipients

Officer Chris Voland
Troy

Officer Bryan Harr
Officer Michael Doerge
O'Fallon

Officer Dan Allen
Officer Paul Yadlosky
St. Charles

Assistant Chief Wayne Mueller
Hawk Point

Officer Mike Joyce
Captain Kyle Kitcher
Union

Officer Joe Stevens
Cpl. Mike Zuniga
Clayton

Officer Joseph Jordan
Cpl. David Dinges
Overland

Deputy Tyson Jones
Deputy Scott Duck
Franklin County Sheriff

Officer Anthony Bigogno
Officer DeWight Meeks
Officer Jarrod Henderson
Officer Terri Owens
Officer Scott Rose
Officer Christopher Chamblin
Officer Larry Purley
Officer Lucas Brockmeyer
Officer Gus Karagiannis
Officer Larry Dampier
Officer Christopher Seger
Officer Michael Biggs
Officer William Stevenson
St. Louis Metropolitan

Corporal Scott Poe
Detective Mike Price
Cpl. John Kozel
Deputy Randy Duncan
Deputy Trevor Zugmaier
Jefferson County Sheriff

Officer Scott Krohn
Officer Kyle Embrey
Officer Dave Edwards
Officer Sean Burbach
Officer Joya Jordan
Officer Chris Gilyon
Officer Matthew Kappler
St. Louis County

Detective Bri Selsvold
St. Charles County

Sgt. David Weiss
Chesterfield

Officer William Ingrassia
Wright City

Officer Kevin Swofford
Warrenton

Officer Jason Davis
Wentzville

Chief Brian Jefferies
Elsberry