Police officers encounter many different types of people on a daily basis. It makes our job interesting and challenging. An officer’s ability to “size up” a situation and an individual is key to success, and sometimes, survival.

People with autism can offer very unique challenges to a law enforcement officer. Autism is a neurologically-based disability that affects a person’s ability to communicate, socialize and make life judgments. It can affect the person’s sensory responses to even normal levels of sound, light, touch, odor and taste.

No cause is known for autism. Theories indicate genetics or environment as having an influence. There is no cure. It is four times more prevalent in boys. The latest statistics indicate 1 in 73 children in Missouri will develop autism. Chances are good that you will encounter someone with autism on your beat.

An individual with autism may display some or all of these characteristics:

- Difficulty understanding language, gestures and/or social cues
- Limited or no speech, or verbalizations that repeat or maintain a particular topic
- Limited or no eye contact
- Difficulty relating or participating in a back-and-forth conversation or interaction
- Social awkwardness
- Repetitive behaviors, such as pacing, lining things up, spinning, hand-flapping, rocking
- More or less sensitivity to light, sound, smell, taste or touch than usual
- Abnormal fears and/or lack of appropriate fear of real dangers
- Understanding and retention of concrete concepts, patterns and rules

Another important fact to know is that no two people with autism are alike. All of them have traits unique to their situation. This makes it more of a challenge for law enforcement. Similar to wandering behaviors of those with Alzheimer’s or dementia, those

Cont. on page 2

Police Recognition Luncheon

Date: May, 22, 2013
Time: 11:30 Registration
12:00 Lunch
12:30 Program
Place: Ces & Judy’s
10405 Clayton Road in
Le Chateau Village, west of Lindbergh
Cost: $25 per person
RSVP (314-773-1399) by May 10

Award recipients attend as guests of MHA.
with autism are prone to wandering away from a safe environment. The wandering usually centers on the need to go to a specific place or the need to get away from something, like noise, commotion or bright lights.

One common trait of wandering is the attraction to water. Between 2009 and 2011, accidental drowning accounted for 91% total U.S. deaths reported in children with autism, ages 14 and younger, subsequent to wandering. Another problem is with traffic. Many parents of children with autism report having a “close call” with their kids running into traffic.

Here are some things to keep in mind when responding to a call involving someone with autism who has wandered:

- Treat each call seriously
- Interview and listen to caregivers. They know their children best.
- Ask if the adult/child has a tracking device.
- No matter what the temperature or weather conditions, first search water areas such as lakes, rivers, neighbors’ pools and drainage areas.
- Ask about dangers the person may be attracted to: traffic, highways, construction sites, etc.
- Ask about the person’s likes that may assist search efforts, such as, “Will they be drawn to certain music, favorite characters, fire trucks, etc.?”
- Ask about the person’s dislikes, fears or sensory issues, such as dogs, sirens, aircraft, lights, shouting, etc., that may hinder search efforts

Here are a few more things to keep in mind when dealing with anyone with autism:

- Communication challenges can cover a wide range, both in understanding and speaking, delays in answering, inability to form full sentences, misunderstanding of sarcasm, and body language.
- Most are concrete and literal thinkers. If you ask, “Can I see your license?” they will answer “No” because they know you cannot literally “see” their license at that time.
- Social skills are underdeveloped.
- Anxiety and frustration are common.

On page 6, you’ll find several websites with excellent information about autism, responding to individuals who have the disorder, and interacting with caregivers.

We’ve all experienced people who do not comply with our simple request or question. It’s our challenge to differentiate between someone who has autism and someone who is just being a pain. It’s another one of those things that makes our job so unique.
The part Sgt. Barry Armfield likes most about his new official title is that last word: “Retired.” After serving the citizens of St. Louis County for 39.5 years through the St. Louis County Police Department, a career he loved dearly, Barry has retired in good health. We wish him a healthy, happy, prosperous and long retirement.

Barry’s career included service as a Precinct Supervisor in charge of neighborhood policing and supervision of School Resource Officers and contract municipal officers.

But we know Barry best as our St. Louis area CIT Coordinator, the position he held at retirement. He was assigned to that position full-time in 2005, but his service to CIT dates back to the program’s inception in 2002. Captain (later Major) Robert Trittler, St. Louis County Police Department, had been elected to chair the then-new CIT Coordinating Council. Knowing Barry’s enthusiasm for the program, Cpt. Trittler asked him to lead the all-important committee tasked with planning and implementing a series of 40-hour, POST-certified CIT Training Courses. Barry accepted. The result: He provided direct oversight of 28 training courses in nine years that trained 1,677 police officers and others into the CIT Program, from 51 law enforcement agencies throughout St. Louis County.

When the benefits of CIT became clear to neighboring counties, Barry helped expand the program into the City of St. Louis (2005) and helped establish new CIT Councils for St. Charles/Lincoln/Warren Counties (2007), Jefferson County (2010) and Franklin County (2011). By the time Barry retired, CIT was accepted in 75 law enforcement agencies serving seven Missouri counties in the St. Louis metropolitan area. A total of 2,947 police officers, sheriff’s deputies, probation officers and others were trained, and those CIT officers responded to over 10,000 documented mental health crisis incidents in those seven counties during the nine years of Barry’s service. Not stopping there, he also advised in the establishment of the Mid-Missouri CIT Program in Boone County and lectured at its CIT Training Courses.

And that’s still not all. Barry helped plan and implement multiple 8-hour CIT Officer In-service Education Classes each year. He introduced a 24-hour, 3-day course on CIT Response to Mental Health Crises of Children and Adolescents. The fourth annual course will be delivered for School Resource Officers this summer. He chaired the CIT Banquet Committee which organized eight annual CIT Officer Appreciation Banquets through 2011.

In the fall of 2004, Barry brought his years of policing experience and understanding of CIT to the Advisory Committee of this Street Talk newsletter. He penned dozens of articles, updating officers and departments on the status, successes and value of CIT. Barry used his vast circle of contacts to help Street Talk identify experts in law enforcement and social services who could provide quality articles for its readers.

Barry’s commitment and hard work has been recognized by several community organizations. He has received the John J. McAtee award from Mental Health America of Eastern Missouri, the Annual Service Award from NAMI St. Louis, and a Commendation from St. Louis County Police Department. In 2006, Barry received the National CIT Coordinator of the Year award at the annual conference in Orlando, Florida.

Sgt. Armfield leaves us, greatly appreciated, with a strong program highly regarded, and with the comfort of knowing he did good, well.
A lot has been happening with the CIT program:

- Sgt. Armfield recently retired (see article on page 3)
- Sgt. Romo has taken over as CIT Coordinator
- The various CIT Training Committees have scheduled several course offerings for 2013 (see list of trainings on page 5).

**New CIT Coordinator**

Sgt. Jeremy Romo is now the CIT Coordinator for St. Louis County. He has been with the St. Louis County Police Department for 14 years. From 1999 to 2004, he served as a patrol officer in the 1st and 2nd Precincts. For the next seven years, he worked in the Tactical Operations Unit. In 2011, he was promoted to Sergeant, serving in the Central Precinct. Sgt. Romo’s years of experience, training as a CIT officer, and commitment to the CIT program make him an excellent choice for this position.

Jeremy will also join the Street Talk Advisory Committee, and everyone is looking forward to working with him on this project.

*Congratulations, Jeremy, on your new assignment!*

**MENTAL HEALTH DIRECTORY**

<table>
<thead>
<tr>
<th>Department of Mental Health Administrative Agents</th>
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<tbody>
<tr>
<td>BJC Behavioral Health (St. Louis County and south St. Louis City)</td>
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<tr>
<td>Comtreas, Inc. (Jefferson County)</td>
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<tr>
<td>Crider Health Center (Franklin, Lincoln, St. Charles, Warren Co.)</td>
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<tr>
<td>Hopewell Center (north St. Louis City)</td>
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<tr>
<th>Community Mental Health Resources</th>
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<tbody>
<tr>
<td>BHR (Behavioral Health Response) 24-Hour Crisis Line</td>
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<tr>
<td>Life Crisis Services, Inc. 24-Hour Crisis line</td>
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<tr>
<td>Mental Health America of Eastern MO (Education, Information, Referral)</td>
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<tr>
<td>NAMI-St. Louis (Education and Support for Families)</td>
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Visit These Websites For FACT SHEETS and Other Mental Health Resource Information

- [www.mha-em.org](http://www.mha-em.org)
- [www.nmha.org](http://www.nmha.org)
- [www.bhrworldwide.com](http://www.bhrworldwide.com)
# 40-Hour Basic CIT Training

<table>
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<tr>
<th>Departments</th>
<th>Date</th>
<th>Location</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>St. Louis Co. &amp; Municipalities</td>
<td>July 15-19</td>
<td>St. Louis County &amp; Municipal Academy (CMPA)</td>
<td>Sgt. Jeremy Romo <a href="mailto:jfromo@stlouisco.com">jfromo@stlouisco.com</a></td>
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<tr>
<td></td>
<td>Fall - TBD</td>
<td></td>
<td>314-628-5509 office 314-581-5459 cell</td>
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<tr>
<td>Jefferson County</td>
<td>Oct. 28-Nov. 1</td>
<td>Jefferson College Law Enforcement Academy</td>
<td>Departmental CIT Coordinator</td>
</tr>
<tr>
<td>St. Louis City</td>
<td>April 8-12 Dec. 9-13</td>
<td>CMPA</td>
<td>Departmental CIT Coordinator</td>
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<tr>
<td>St. Charles, Lincoln, Warren Counties</td>
<td>Sept. 23-27</td>
<td>Eastern MO Law Enforcement Academy/St. Charles Community College</td>
<td>Departmental CIT Coordinator</td>
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## Advanced CIT In-service training

<table>
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<tr>
<th>Departments</th>
<th>Date</th>
<th>Topics</th>
<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Open; Officers must have already taken basic 40-hour training</td>
<td>Friday sessions May 17 June 14 Aug. 23 Nov. 1</td>
<td>• Post-Traumatic Stress Disorder</td>
<td>CMPA</td>
<td>Sgt. Jeremy Romo <a href="mailto:jfromo@stlouisco.com">jfromo@stlouisco.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Trauma-Informed Response</td>
<td></td>
<td>314-628-5509 office 314-581-5459 cell</td>
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<tr>
<td></td>
<td></td>
<td>• Alzheimer’s Disease</td>
<td></td>
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<td></td>
<td></td>
<td>• Bipolar Disorder</td>
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<tr>
<td></td>
<td></td>
<td>• Officer Response to Secondary Trauma</td>
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## Advanced CIT training

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<tr>
<th>Departments</th>
<th>Date</th>
<th>Topics</th>
<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Franklin County</td>
<td>Friday, June 7</td>
<td>• Post-Traumatic Stress Disorder</td>
<td>Washington Police Department</td>
<td>Departmental CIT Coordinator</td>
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<tr>
<td></td>
<td></td>
<td>• Children’s Crisis Response</td>
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<td></td>
<td>• Bipolar Disorder</td>
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<td></td>
<td></td>
<td>• Suicide</td>
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## Youth-Focused CIT training

<table>
<thead>
<tr>
<th>Departments</th>
<th>Date</th>
<th>Audience</th>
<th>Location</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Open; Officers must have already taken basic 40-hour training</td>
<td>August 5-7</td>
<td>• CIT officers who work in schools</td>
<td>Parkway Southwest Middle School</td>
<td>Sgt. Jeremy Romo <a href="mailto:jfromo@stlouisco.com">jfromo@stlouisco.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• School Resource Officers</td>
<td></td>
<td>314-628-5509 office 314-581-5459 cell</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Officers who often respond to youth-related calls</td>
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This is the third, and last, in a series of articles concerned with stress. In this article, we look at the effects of stress on you, both physically and emotionally.

Officer Paul Johnson works for a municipal police department. He is in a rut, and cannot seem to get out. Paul is being investigated by his department for a citizen complaint of excessive force. It is the second complaint he has received in 10 months. At home, he is faced with mounting bills that he cannot pay. He lives in an old home that is nickel and diming him to death. Paul’s oldest daughter has asthma issues that require many trips to the doctor and constant visits to the pharmacy for medication. In the last several years, Paul has worked several secondary jobs to try and help with the bills. In the process, he has lost contact with many of his friends, given up his running regimen, and frustrated his wife, who complains Paul is never home.

Many of Officer Johnson’s coworkers have noticed a change in Paul. He has a hard time concentrating on simple tasks, he is constantly complaining about this and that, and he never seems to be in a good mood. He is not the Paul Johnson they knew in the past. They have noticed physical changes, too. The guy who used to run 10K races all the time, has let his health and fitness slide away. He has gained weight, is always battling some kind of ailment, and has taken more sick days than ever. Paul always seems tired. He lets the simple frustrations of the job overtake his mood. The little things most police officers take for granted seem to really irritate Paul.

All of us know a Paul Johnson. He has been overwhelmed with stressful occurrences in his life. That stress has taken over his mental and physical being. He is at the point in his life where his health, relationships and work are negatively affected by his stress.

Everybody has a different tolerance for stress. Several things can influence how you handle stress in your life. Your network of support, self-control, attitude on life, and your ability to deal with your emotions will decide how stress is present in your life.

Think about the situations in your life in the past week that have been stressful. Is there a specific person, place or thing that triggered that stress? If your stress lasts longer than the event itself and/or the event occurs often, your stress could be chronic.

What can Paul do to relieve his stress? Many of the things in Paul’s life are out of his control, but, Paul’s reaction to those things are in his control. Paul needs to take charge of his emotions and figure out a positive way to deal with the stress in his life. He needs to learn how to relax. Getting back to running would be a great stress reliever for Paul. Reconnecting with friends and family could make a big difference. He needs to feed off their support in dealing with his problems. He needs to talk to others who have had success in dealing with stress. If his department has an EAP program, Paul needs to give them a call. These programs are in existence for the Paul’s of the world. C’mon Paul, let’s get your life back.

Major Dan Fitzgerald is the Assistant Chief of Police for Brentwood. He currently chairs the Street Talk Advisory Committee.

Check out these helpful websites for more information on autism:
- nationalautismassociation.org has lots of information, including a toolkit developed specifically for first responders. To download a free copy for your department, visit the site; click on “Big Red Safety Box;” click “First Responder Toolkit”
- lifeskills-mo.org
- leanonus.org - specifically for law enforcement
On May 22, 2013, Mental Health America of Eastern Missouri will host its 27th Annual Police Recognition Luncheon. Officers who have been nominated for showing compassion, concern and understanding when dealing with persons with mental illness will receive the John J. McAtee Award.

Chief Tim Fitch, St. Louis County Police, will deliver the keynote address. The Honorable Judge David L. Dowd, chairperson, and members of the McAtee family will present the awards.

Nominations are now being accepted. Criteria are:

1. Nominees must be a commissioned officer associated with a police department, sheriff’s office, National Park Service, campus police department or a Missouri State Trooper assigned to or located in the City of St. Louis or the Counties of St. Louis, St. Charles, Lincoln, Warren, Jefferson or Franklin.

2. The act cited must have involved someone with a psychiatric illness and the officer must have gone above and beyond the call of duty, providing outstanding compassion and service in working with the individual.

3. The officer must be nominated by his/her departmental supervisor or by an employee of a mental health agency, hospital emergency room or social service agency.

4. The act must have taken place between April 1, 2012 and March 31, 2013.

5. Nominations are due by April 15, 2012.

6. Nominees DO NOT have to be a CIT-trained officer.

A nomination form is on page 8 of this newsletter. If you would like to receive the form in a Word document, send your request to LaDonna.Haley@mha-em.org. If you have any questions about nomination criteria or the luncheon, please call 314-773-1399.

To submit a nomination, you can:

- Send it via email to LaDonna.Haley@mha-em.org
- Submit online at www.mha-em.org
- Mail it to Mental Health America of Eastern MO, 1905 S. Grand Blvd., St. Louis, MO 63104
- Fax it to 314-773-5930

Feel free to share this nomination form with others as appropriate.

We invite you to join us as we honor your fellow officers.

Police Recognition Luncheon

DATE: May 22, 2013
TIME: 11:30  Registration
12:00  Lunch
12:30  Program

NEW LOCATION:
Ces & Judy’s
10405 Clayton Road in
Le Chateau Village, just west of Lindbergh

COST: $25.00 per person
RSVP required by May 10.

To RSVP and make payment arrangements, call 314-773-1399 or register online.

Award recipients attend as guests of MHA.
I want to nominate the following officer(s):

Nominee Rank and Name:
Dept./Precinct/District:
Mailing Address:
Date of Incident:

Please provide additional contact information so we can alert you and other command staff if your nominee is selected to receive an award.

Your Name/Rank:
Police Dept. or Mental Health Agency:
Mailing Address:
Phone: Email:

Nominee’s Immediate Supervisor:
Mailing Address (if different than Nominee’s)

Nominee’s Chief of Police:
Mailing Address (if different than Nominee’s):

Nominee’s Mayor/City Administrator:
Mailing Address (if different than Nominee’s):

Please be specific in detailing the incident for which you make this nomination. Use additional pages if needed.
For a dispatcher, taking a call for a missing child will bring about procedures that differ from a normal call for service.

When that call concerns a child with autism, there are some key questions to ask that will assist the officers when they arrive. The National Autism Association offers these recommendations for dispatchers:

- Is the child wearing a tracking device? If so, which one and how is location information accessed?
- Is the child attracted to water? Can they swim?
- Is the child attracted to active roadways/highways?
- Does the child have a fascination with vehicles such as trains, heavy equipment, airplanes, or fire trucks?
- Has the child wandered away before? If so, where were they found?
- Does the child have a sibling with special needs? If so, has that child wandered away before? If so, where were they found?
- Where does the child like to go? A favorite place?
- Is the child nonverbal? How will the child react to his name being called?
- Will the child respond to a particular voice? (Parent, caregiver, relative, friend)
- Does the child have a favorite song, toy or character?
- Does the verbal child know his parents names, home address and phone number?
- Does the child have any special likes, dislikes, fears, or behavioral triggers?
- How might the child react to sirens, helicopters, search dogs, people in uniform, or those participating in a search team?
- How does the child respond to pain or injury?
- What is the child response to being touched?
- Does the child wear a medical ID tag?
- Does the child have any sensory, medical, or dietary issues or requirements?
- Does the child rely on any life-sustaining medication?
- Does the child become upset easily? If so, what methods work to calm him down?

These seem like a lot of questions, but we all know that time is your friend. The quicker you can get the answers to these questions, the better chance you will have in finding the child.