

### The Behavioral Health Unit (BHU) News

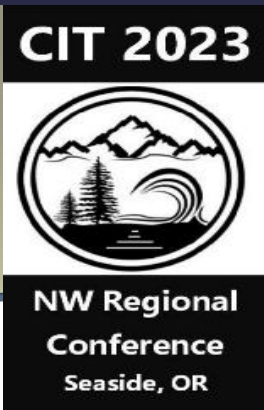
Members of BHU had the opportunity to attend and present at several conferences, trainings and community meetings this quarter. This newsletter will highlight our participation at the NW Regional CIT Conference. We also met with members of the Behavioral Health Resource Center (BHRC) which is located in downtown Portland, the Lents Neighborhood Livability Association, and TriMet to name a just a few of the groups we met. Behavioral Health Response Team officers and clinicians are visiting the precincts they serve during each shifts' roll call. We are also preparing for our ECIT Certification Course which will occur in September 2023 as well as our ECIT In-Service which will occur in early 2024—we will be reaching out to our Precinct command for help on these trainings.

## NW Regional Crisis Intervention Team (CIT) Conference

In May the BHU attended the annual NW Regional Crisis Intervention Team Training Conference hosted by the Washington State Criminal Justice Training Commission in Seaside, OR. This two-day conference was attended by first responders, behavioral health professionals, and consumers from Oregon, Idaho, and Washington. The Portland Police Bureau has included CIT as part of our response to persons in mental health crisis since 1995.

BHU's Officer Amy Youngberg presented a case study regarding a subject who was believed to be an extreme danger to his neighbors and utility workers. Officer Youngberg's case study highlighted the complexities that exist in getting people necessary and appropriate support. Through her persistence and the support of SERT and CNT the subject was eventually taken to a safe and supportive location.

CIT Coordinator Officer Chase Bryson provided a how-to presentation regarding the creation of community safety presentations. Officer Bryson provides BHU's Community Safety presentation to non-governmental organizations and groups throughout Portland with a focus on interactions with persons in behavioral health crisis. The presentations are provided throughout the year.



CIT Coordinator Chase Bryson & Ofc. Amy Youngberg

## BHU Participates in the Annual NAMI Walk

The National Alliance on Mental Illness (NAMI) hosts multiple walks throughout the nation during Mental Health Awareness Month. The Portland area's NAMI Walk takes place at Peninsula Park and is called NAMI Walks Northwest. The walk raises money, spreads awareness, reduces the stigma of mental illness and lets people know they are not alone.

This event encourages community engagement and provides an opportunity for individuals to learn and share about available resources. This year's walk raised over \$200,000.00! 126 teams with just over 1,130 individuals participated.

In addition to the quarter mile walk, there were other activities that included yoga, plant potting, working dogs of OR, tarot readings, hair sparking and one of the most popular attractions—a baby goat pen.



PPB, BHU Members and their Family

The PPB BHU NAMI Walks Northwest was able to raise 250% of our goal thanks to the support of multiple Bureau members. Thanks to all those who donated!

More information on NAMI Walks Northwest can be found here, [www.namiwalks.org](http://www.namiwalks.org)

## BHRT & SCT Coordinate for Success

Just over a year ago, Officer Amy Youngberg and Mental Health Crisis Responder Cindy Hackett began work to stabilize a community member that had been referred to them by a Central Precinct officer. The community member was referred to BHU because the person had generated multiple calls for service most likely due to their declining mental health.

Initially, the person was very hostile and paranoid in relation to police contact. After Officer Youngberg and Clinician Hackett made several phone calls and had conversations with the client at the client's apartment, they were able to build a positive rapport with their client despite the client's resistance to engage.

Through a series of events, the client received assistance at Unity and upon discharge, Officer Youngberg and Clinician Hackett transported their client to City Team Ministries as a bridge to housing. Within a week the team was able to secure their client housing at the Supportive Transitions and Stabilization Program (STS). The client engaged in the program and outpatient treatment. The client continued to address their mental health and addiction throughout their time at STS. The client wanted to build their foundation and since they also met Service Coordination Team (SCT) criteria, they completed STS and moved into Phase II of the SCT program at the Estate. The client completed 80 hours of community service and obtained a 6 month job training through Central City Concern. Ultimately, they were offered a full-time job with Central City Concern due to their motivation and hard work.

The client recently moved into permanent housing and, with the help of our Housing Specialist, furnished their new place!

## The BHU and ECIT Story by the Numbers

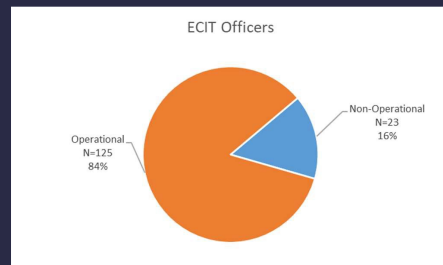
The Enhanced Crisis Intervention Team (ECIT) is comprised of Bureau members who have received 40 additional hours of crisis intervention training in comparison to their non-ECIT-certified counterparts. ECIT officers are dispatched to calls with a mental health component and involve one or more of the following:

- A community member or responding officer requests an ECIT certified member to the call,
- The subject of the call is threatening or attempting suicide,
- The subject is violent,
- The subject has a weapon,
- The subject's behavior is escalating the risk of harm to self or others, and/or
- The call is at a designated mental health facility.

The training ECIT officers receive to become ECIT certified members helps them recognize risks during a behavioral crisis, as well as identify the appropriate crisis communication techniques that may best help deescalate a person in crisis. ECIT certified members also receive additional training on community resources. Below is a summary regarding the number of ECIT calls for service since the beginning of 2023.

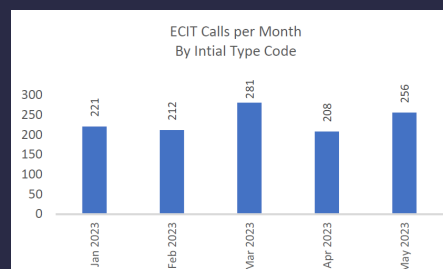
### ECIT OFFICERS:

As of the end of May 2023, there were 148 ECIT officers, with 84% being operational. Operational is defined as a member with job duties, responsibilities, and activities completed in the field (i.e., patrol officers)



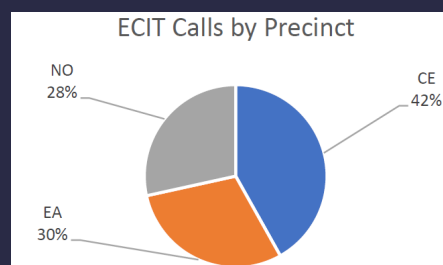
### ECIT CALLS FOR SERVICE:

Through the end of May 2023, there have been 1,178 ECIT dispatched calls for service. This is an average of 235.6 calls per month.



### ECIT CALLS FOR SERVICE:

From January 2023 to the end of May 2023, approximately 42% of all ECIT calls have occurred in Central Precinct, 30% in East Precinct, and 28% in North Precinct.





## Behavioral Health Unit Moving to the Penumbra Kelly Building

The Behavioral Health Unit is in the midst of packing up our office on the 11th floor in the Justice Center. We are headed to our new office in the freshly renovated Penumbra Kelly Building, located at the intersection of E Burnside St. and NE 47th Ave.

The Penumbra Kelly Building is well situated for the BHU which is excited to be more accessible to our many community partners. The Kelly Building is on the TriMet number 20 bus route, has ample parking, is ADA accessible and has a community room.

We look forward to the central location of the Kelly Building and the ability to host more accessible in-person meetings. We plan to hold our Behavioral Health Advisory Committee, ECIT Advisory Council and other community partnership meetings in the community room. We are also hopeful patrol officers will stop by and use the area for report writing and to meet with us regarding incidents involving persons they refer to our Behavioral Health Response Teams.

We plan to be moved into the Penumbra Kelly Building by July 20, 2023.



Penumbra Kelly Building