



SAN JOSE POLICE DEPARTMENT

TRAINING BULLETIN

TO: ALL DEPARTMENT PERSONNEL

FROM: Edgardo Garcia
Chief of Police

SUBJECT: CIT Tips – SCHIZOPHRENIA

DATE: March 13, 2020

BULLETIN #2020-003

Schizophrenia

The majority of officers and communications personnel have attended the Crisis Intervention Training (CIT) Academy. Since some personnel have yet to attend and others have not attended recently, the Department is providing periodic information on various mental health conditions. This Training Bulletin is being published in accordance with the 2017 IPA recommendations.

REMEMBER:

Schizophrenia is a mental disorder where people interpret reality abnormally. It may be accompanied by a combination of hallucinations and delusions in which patients do not experience things as they really are. Delusions are false beliefs. Hallucinations are incorrect perceptions of objects or events involving their senses that cannot not be verified by others. If untreated, schizophrenia can interfere with daily functioning and become disabling to the patient. Some common medicines prescribed to people who suffer from schizophrenia are: Abilify, Risperdal, and Seroquel.

DO:

- Speak slowly and simply.
- Help them focus on what is real.
- If possible, help them avoid what they fear.

DON'T:

- Be judgmental or argumentative about their condition
- Using a cell phone or whispering in their presence may worsen their paranoia.
- Don't focus on medication or diagnosis.

RESOURCE CONTACT NUMBERS:

NAMI (National Alliance for the Mentally Ill) 800-950-6464	County MH Services Call Center "CORE" (To Connect to Available Services) 800-704-0900	Mobile Crisis Response Team (L/E only Number) [REDACTED]
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Edgardo Garcia
Chief of Police

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