



# **SAN JOSE POLICE DEPARTMENT**

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## **TRAINING BULLETIN**

**TO: ALL DEPARTMENT PERSONNEL**

**FROM: Edgardo Garcia**  
Chief of Police

**SUBJECT: CIT Tips – TRAUMATIC BRAIN  
INJURIES**

**DATE: May 21, 2020**

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### **Traumatic Brain Injuries**

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:**

Traumatic brain injury (TBI) is caused by severe trauma to the brain. Per the Centers for Disease Control, TBI can cause a wide range of functional short- or long-term changes affecting:

- **Thinking** (i.e. memory & reasoning)
- **Sensation** (i.e. sight & balance)
- **Language** (i.e. communication, expression, & understanding)
- **Emotion** (i.e. depression, anxiety, personality changes, aggression, & social inappropriateness)

TBI patients can display physical symptoms such as, unequal pupils, confusion, restlessness, and agitation. Be alert not to confuse TBI with intoxication, developmental disability, or mental illness.

#### **DO:**

- Talk slowly and clearly.
- Be patient and give the subject time to think and process what is being communicated.
- Improve understanding by showing your facial expressions and gestures when speaking.

#### **DON'T:**

- Interrupt while they are trying to respond to you.
- Be condescending or talk to the person like a child.
- Don't assume behavioral problems are due to mental health issues and not the brain injury.

#### **RESOURCE CONTACT NUMBER:**

**SERVICES FOR BRAIN INJURY**

Edgardo Garcia  
Chief of Police