



Durham Crisis Intervention Team

Observe, listen, create a plan, communicate and connect

Stress, depression and the holidays:

Tips for copings

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Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

By Mayo Clinic staff

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- 1. Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- 2. Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too. **Con't. pg. 6**

Collaborating Agencies:

- Durham County Sheriff's Department
- City of Durham's Police Department
- Veteran's Administration
- Duke University Campus Police
- N.C.C.U. Campus Police
- NAMI
- The Durham Center

Special points of interest:<http://durham.nc.networkofcare.org/mh/>

This site will be up and running soon as a one-stop resource directory to help you locate needed services and supports throughout the Durham community.

Tell us about the great job your officers do every day. We want to know!!
Sgt. Ray

CIT Banquet 2012

Inter-Agency Partnerships at their best!!



On October 25, 2012 the annual CIT Banquet was held. It was held at the VFW Post 2740, 3707 Dearborn Drive, with keynote speaker **Dr. Daniel Bradford**. Dr. Bradford, MD, MPH ("Dan") is presently the Acting National Director of Intensive Case Management Programs in VA Central Office Mental Health Services, a post he will begin on a permanent basis soon. He is also a psychiatrist at the Durham VA Medical Center in Durham, NC, where he has been the founding Director of both the Psychosocial Rehabilitation and Recovery Center and the Interprofessional Fellowship on Psychosocial Rehabilitation and Recovery Oriented Services, as well as the Medical Director of the Mental Health Intensive Case Management program. He is also an Assistant Professor of Psychiatry and Behavioral Sciences at Duke University Medical Center.



DSO CIT Officer of the Year - Staff Sergeant Justin Ellerbee (Detention Officer)

DSO CIT Officer of the Year - Deputy Ryan L LaDuke

NCCU CIT Officer of the Year - Sgt. Lateria Scott

Duke PD CIT Officer of the Year - Inv. James Fickling

VA PD CIT Officer of the Year - Officer Wilbert Fogg

CIT Volunteer of the Year - Vanessa Alston

DPD CIT Officer of the Year - Officer Dakota Beck

CIT Excellence Award - Officer Jackie B Knight of DPD

Heart of the City CIT Award - Capt. Mark Laws DFD and Mike Smith (System Director Durham County EMS)

CIT Certificate of Appreciation - Alanna J Jones Clinical Case Manager



Collaborating Agencies Contact Information

Durham County Sheriff Office:
Captain S. Harris
919-560-0097
SEHarris@durhamsheriff.org

Durham Police Department:
Sgt. L. Ray 919-560-4438 x 29227
lori.ray@durhamnc.gov

Durham County EMS
Director Mike Smith(919)560-8206
msmith@durhamcountync.gov

Duke University Police Department: Captain M. Linton
919-681-4370 or 812-2920;
Michael.linton@duke.edu

North Carolina Central University Police Department: Captain A.J. Carter 919-530-7365;
acarter@nccu.edu

Durham Fire Department
Capt. Mark Law 919-560-4242
x19232 mark.law@duhamnc.gov

Veterans Administration Police: Sgt. J. Fordham 919-286-0411 x 4078

Alliance Behavioral Health 651-8400

jmeade@alliancebhc.org

NAMI Durham Hotline-
919-231-5016 (non-crisis)

Durham Tech: Chief Sara Minnis
Office 919-536-7255, Ext. 5504
minniss@durhamtech.edu

CIT International



CODE 5/ 5R

REMINDER

If a call concerns a mental health concern in any way- please clear the call 10-24, code 5. If the call requires an incident or arrest report- clear 10-24, code 5R. All referrals should be supported with a CIT Report as well.

Hope Films of Japan Visits Durham

In Japan, there is still a lot of work that needs to be done in protecting and preventing children from maltreatment. A Japan film crew is introducing Durham's child welfare system as a model of programs & services which have been effective in reducing the number of child maltreatment cases. Hope film will help raise awareness on this issue, as Durham is resourceful with these type of programs/ services and how they engage the community to participate in prevention and intervention programs.

The length of the documentary is 43 minutes long (no commercials). Interviews were conducted with officer and clinician as part of a ride-along experience.



Tell us about the
great job your
officers do every day.
We want to know!!
Sgt. Ray

Officer Irwin (on 4A) was highly recommended by CCFH stating that. "He has always been one of our favorite officers to ride with. He's incredibly appropriate with families, very sensitive, provides great information, very humble, smart."

The clinician participating was Rose Winchell, who is NCCRI's team's Family Support Specialist. Quote "She is excellent at engaging families, extremely compassionate and skilled, and very knowledgeable about resources in the community."

[www.durhampolice.com/
units/
crisis_intervention_team](http://www.durhampolice.com/units/crisis_intervention_team)

CIT FORMS

OFFICERS, PLEASE MAKE SURE YOU FILL OUT THE ENTIRE CIT FORM, FRONT AND BACK AND SIGN YOUR NAME! WE WANT TO BE ABLE TO KNOW WHO TO MAKE CONTACT WITH IN CASE OF FOLLOW-UP QUESTIONS AS WELL AS GIVING CREDIT TO THE OFFICERS !!



CIT Class Update

Planning for the next CIT class is in full swing.

The next CIT (Crisis Intervention Training) class is set for March 11-15, 2012.

This class will be hosted by Durham Police Department in collaboration with Durham Fire Department. The classes will be from 8 a.m. to 5:00 p.m., at Bethesda Volunteer Fire Company. The location is 1724 S. Miami Blvd. We are looking forward to officers from the Durham Police Department to be a part of the 40-hour class. Please turn in all requests through Training and all proper channels. Thank you.



C.I.T. Class #15

In November, the 15th C.I.T. Class certified 26 law enforcement officers. Durham Tech sponsored the event. In attendance were 11 Durham Police Officers, 2 Duke Police Officers, 12 Durham County Sheriff's Deputies and 1 Durham Tech Police Officer.

Our 16th CIT class will be held March 11-15, 2012. This class will be sponsored by Durham Police and Durham Fire Departments. The classes will be from 08:00am to 5:00pm, at the Bethesda Volunteer Fire Company. The location is 1724 S. Miami Blvd..



Send an email to Cpl. Drinker at Tracy.Drinker@durhamnc.gov if you are interested in attending.

NEXT YEARS CIT SCHEDULE

DPD/DFD Sponsored Dates:

March 11-15, 2013

DUPD/VA Sponsor Dates:

June 10-14, 2013

DCSO/EMS Sponsored Dates:

September 9-13, 2013

Durham Tech/NCCU Sponsored

Dates:

November 4-8 2013

NEW! Come visit our Durham CIT web link at: www.durhampolice.com/units/crisis_intervention_team

SPOTLIGHT RESOURCE:



919.683.5300

Promoting a Healthier Durham

We Care About The World

www.caare-inc.org

CAARE, Inc

Welcome to CAARE, Inc. We Care About The World

CAARE's holistic program has helped decrease a broad range of health disparities that are affecting global health. The top five health disparities - cancer, cardiovascular disease, diabetes, obesity, and HIV/AIDS are CAARE's primary focus areas. CAARE, Inc. currently serves over **1,000** clients per month with this number increasing daily. On behalf of all CAARE constituencies, thank you for your continued support

Supportive Services Include:

HIV Education and Prevention

V.A. Transitional Housing

Mental Health Services

Case Management

HIV Counseling and Testing

Food Pantry

Support Groups

Job Readiness

Alternative Health Services (yoga, mind body spirit, massage therapy)



Located at 214 Broad St. Durham, NC.

Stress, depression and the holidays: Tips for coping

Take control of the holidays Continued from page 1

5. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8. Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

9. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

10. Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.