



Emotional CPR

For law enforcement personnel



What is Emotional CPR (eCPR)? Emotional CPR (eCPR) is a public health education program designed to teach people to assist others through an emotional crisis by three simple steps: C = Connecting, P = emPowering, and R = Revitalizing. eCPR was developed by people who have learned from their own experience how to get through an emotional crisis and integrate the experience into a broader understanding of themselves and others. This approach is based on time-tested, common-sense principles of deep listening and interacting in a respectful manner.

How can eCPR help? Law enforcement personnel are increasingly called upon to respond to situations involving individuals in emotional crisis who may be hearing voices and/or diagnosed with serious mental health problems. These encounters are among the most challenging of all law enforcement interactions; if handled properly, they can be safe and very rewarding. Law enforcement personnel who learn eCPR will be better equipped to efficiently and effectively resolve a crisis call involving people in emotional distress.

Equally important, law enforcement personnel can apply these tools to all law enforcement interactions and be better able to assess and evaluate family or community disputes, and determine facts at the scene. In that respect, law enforcement will find this training cost effective and helpful in reducing time on these calls and ensuring safety to themselves and others while they build community support systems.

eCPR teaches law enforcement officers how to:

- Take their time and stay calm in the presence of a person in distress;
- Use new tools to assess the facts and circumstances surrounding these situations;
- Engage effectively and safely with individuals so they can resolve the immediate concern;
- Develop an awareness of available, accessible community based resources; and
- Interact with Courtesy, Professionalism and Respect in challenging situations.

eCPR practice teaches law enforcement personnel to better understand the meaning of unusual behavior in individuals. This behavior typically serves as a self-protective mechanism. By using these tools (asking questions, making supportive connections and empowering the person in emotional crisis), law enforcement can help people to feel safe, to calm down, to think more clearly, and to resume meaningful roles in the community. Responding officers who use eCPR will be more likely to report successful interventions by learning how to:

- Take action or refrain from taking action;
- Help individuals connect with recovery-oriented community resources, treatment, and supports; and
- Assist someone through emotional crisis, thereby avoiding potential escalation, harm, or injury.

These simple techniques can be applied to all law enforcement encounters and help improve performance and positive outcomes. By practicing the techniques of eCPR, law enforcement can provide a life-saving service that helps someone survive great distress and pain, and regain a valued place in the community.

For more information eCPR training comes in a variety of formats to best fit the needs of an organization or community, and can be adapted to suit the needs of diverse audiences.

Contact us: www.emotional-cpr.org Email: info@emotional-cpr.org Tel: 877-246-9058

Emotional CPR is a program of the National Coalition for Mental Health Recovery: www.ncmhr.org