

Event 1 – Police Sciences
Session 30 – Addiction Prevention
LD 1 Leadership, Professionalism and Ethics

Date Revised: 12/21/2019

Course Goal: Provide the recruit officer with an awareness of addiction, the factors contributing to types of addiction and treatment options.

Learning Objective: The recruit officer will learn about addiction and its impact of the officer, officers’ family and the community. No new learning objectives taught.

Session Time: 1.0 Hour

Resources:

- Classroom with tables
- PowerPoint with Projector & Screen
- White Board
- Dry erase markers

Session Summary: In this Session the class will discuss addiction and factors contributing to types of addition that affect police officers. Increased awareness in the welfare of our employees is an important component for the recruit officer to be an effective, ethical and professional leader.

Outline	Instructor Notes
<p>I. OFFICER WELLNESS AS A BASIS FOR LEADERSHIP</p> <p>A. In a previous session, the recruits learned about the Department’s Mission, Vision, and Values (MVV), the Training Triangle, the Law Enforcement Code of Ethics and the tenets of Procedural Justice.</p> <p>B. Application of these concepts help to ensure that as a law enforcement organization, we deliver the best possible police services to the public.</p> <p>C. Fulfilling this duty requires healthy police professionals.</p> <p>D. As leaders we need to cultivate the health and well-being of our fellow employees.</p> <p>E. The police officer profession is a unique occupation where we face a great deal of stress and trauma much more regularly than the public.</p> <p>F. Police officers may resort to substance abuse as a coping mechanism.</p> <p>G. As leaders, we need to recognize when our fellow employees are in distress and intervene to get them the necessary support and help.</p>	<p>Classroom Lecture</p>

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II. CONFIDENTIALITY

- A. Administrative Confidentiality through Professional Services Bureau
- B. Employee must consent to the release of information
 - 1. Exemption – Danger to themselves, or others
 - 2. Suicidal

III. SUBSTANCE ABUSE WITHIN LAPD

- A. Statistics
 - 1. Withdrawal from some substances have severe consequences and may lead to death
 - 2. Suicide
 - 3. Divorce
- B. Behavioral Science Services Survey
 - 1. 33% will abuse substances
 - 2. 10% are dependent on substances in LAPD
 - 3. 90% suicide intoxicated
 - 4. At the time of the survey there was one arrest per week related to alcohol (now decreased to one every three weeks)
- C. Cop culture
 - 1. Reasons for drinking
 - a. Stress
 - 1) Disciplinary Issues
 - 2) Relationship Issues
 - b. Social
 - 1) Celebrations
 - 2) Promotions
 - c. Relationship Issues
 - 2. Types of Drinking
 - a. Social
 - b. Binge
 - c. Dependence (Alcohol Abuse Disorder)
- D. Three Ways to Fail Drunk Driving Test
- E. How much is One Drink?
 - 1. What is a drink? (Perception vs. Reality of a Drink by type – beer, wine, mixed)
- F. When does use become abuse? (if at least 3 out of 8)
 - 1. Failing to fulfill work, home, or academic duties.

FACILITATED DISCUSSION

PowerPoint “Alcohol and Me”

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<ul style="list-style-type: none">2. Driving drunk, disorderly conduct3. Legal problems (DUI)4. Relationship problems<ul style="list-style-type: none">a. Argumentsb. Fights5. Drinking “a lot” at certain times<ul style="list-style-type: none">a. Weekendsb. Days Off6. Binge drinking<ul style="list-style-type: none">a. One drink, leads to two, to three, to loss of control.7. Negative impact on person or other people8. Coping with Stress “take the edge off”G. When does drinking become dependence<ul style="list-style-type: none">1. Tolerance – The need to use greater amounts in order to get “high”2. Withdrawal – physiological symptoms are present when substance is discontinued3. Substance taken in larger amounts or over a longer period of time than intended4. Unsuccessful efforts to cut down or control quantity5. Cravings – a strong need or compulsion to use6. Increase in time spent using or recovering from substance7. Important social, occupational, or recreational activities are given upH. Substance use disorder (Addiction)<ul style="list-style-type: none">1. Loss of Control2. Compulsive Use3. Continued use Despite Negative ConsequencesI. High Functioning Alcoholic<ul style="list-style-type: none">1. Many people in Law Enforcement community who self-identify as having substance use disorder would be described as high functioning2. Most people who are alcoholics are high functioning<ul style="list-style-type: none">a. Have jobs, cars, homesb. Do not understand that they may have Substance Use Disorder (Alcoholism)J. Alcohol and Stress-Related Problems<ul style="list-style-type: none">1. LAPD Manual 1/210.55 – Alcohol and Stress	
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<ul style="list-style-type: none"> a. Self-Referral <ul style="list-style-type: none"> 1) Voluntary 2) Available to sworn and civilian b. Directed referral <ul style="list-style-type: none"> 1) By Commanding Officer 2) Possible Discipline <ul style="list-style-type: none"> a) Alcohol, Prescription medications b) Process Addiction (non-chemical) <ul style="list-style-type: none"> (1) Gambling (2) Eating (3) Sexual <p>K. Treatment Options</p> <ul style="list-style-type: none"> 1. Self-help groups <ul style="list-style-type: none"> a. Alcoholics Anonymous - free 12-step based meetings throughout the community. 2. Fellowship Meetings <ul style="list-style-type: none"> a. Peace Officer’s Fellowship meetings – closed to the general public, open to first responders only 3. Outpatient treatment <ul style="list-style-type: none"> a. Ranges from Partial Hospitalization Plan level to Intensive Outpatient Treatment plans designed to meet the clients’ level of care on an outpatient basis 4. Inpatient treatment <ul style="list-style-type: none"> a. 30-60-90 days residential facility treatment 5. Individual or Group psychotherapy <ul style="list-style-type: none"> a. With a Department Psychologist free of charge (unlimited sessions) to include spouse, significant other, etc. 6. Peer Support <ul style="list-style-type: none"> a. With a database of LAPD employees who have completed a 1-week course to serve in a peer support cadre <p>L. Questions and Answers</p>	<p style="text-align: center;">Facilitated Discussion</p>
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