

# **POST - In-Service Training Course Descriptions**

v070121

## **Arrest Control**

An approved course addresses key elements of proper and safe arrest control techniques. The key elements include, but are not limited to: searching and cuffing, ground tactics, and tactical retreat. After instruction, the officer will understand the proper procedure of placing a person into handcuffs and proper searching techniques while giving clear verbal instructions. A key element to arrest control is the ability to engage in ground tactics as needed. The officer will also understand the value of engaging in only the minimal force necessary to effectuate the arrest by refamiliarizing the officer with the exercises that reinforce arrest and control techniques, with an emphasis on weapon retention.

## **De-Escalation**

An approved course addresses the key elements of de-escalating an encounter that resolves conflict. The key elements include, but are not limited to: command presence, verbal persuasion, tactical repositioning, and enabling compliance. The officer will be given instruction on mutual respect and sanctity of life as foundational principles of de-escalation. The officer will also be given instruction on and demonstrate through practical exercises how to successfully communicate through clear verbal instructions, reading and reacting to body language, and effective position of interview. The course will also familiarize the officer with tools and techniques to enable the subject to comply with lawful orders by establishing influence with the subject through communication. The course will also instruct officers that containment and control must exist to establish this communication, and it takes two parties, the officer and the suspect, to allow de-escalation work. Lastly, the course will familiarize the officer on the advantages of tactical retreat, which creates time and distance to allow for continued dialogue.

## **Mental Health / Critical Incident Response**

An approved course provides the officer with best practices on how to approach and interact safely with a person who has a mental disorder or is experiencing a mental crisis. Components of the C.I.T program meet this requirement. Completion of the Autism course also fulfills this requirement.

## **Autism Spectrum Disorder**

An approved course addresses an understanding of what Autism Spectrum Disorder (ASD) is, how to recognize symptoms, and how to respond appropriately. Through instruction, the officer will understand the significant challenges in the areas of social interaction, communication, and behaviors that ASD causes and how these symptoms can often be confused with criminal activity. To aid the officer in understanding ASD, topics of instruction include, but are not limited to: sensory overload, communication, behaviors, social skills, suicide, stimming, and wandering. The officer will be given practical tools on how to effectively communicate and de-escalate a situation with a person who has ASD.