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| <p style="text-align: center;">East Haven Police Department</p>  | Type of Directive: Policies & Procedures | | No. 217.1 |
| | Subject/Title: Behavioral Health Assessment | | Issue Date: June 29, 2021 |
| | Issuing Authority: Honorable Board of Police Commissioners | | Effective Date: July 15, 2021 |
| References/Attachments: Public Act 20-1 of the July Sp. Sess. (House Bill No. 6004) | | Review Date: Annually | |
| | | Rescinds: N/A | |
| | | Amends: N/A | |

I. PURPOSE

- A. The purpose of this directive is to set forth the policies and procedures of the East Haven Police Department (EHPD) regarding participation in behavioral health assessments for its sworn personnel in accordance with CT Public Act 20-01.

II. POLICY

- A. It is the policy of the East Haven Police Department for all sworn personnel to participate in a behavioral health assessment/mental wellness check in accordance with CT Public Act 20-1 of the July Special Session (House Bill No. 6004).

III. GENERAL GUIDELINES AND CONSIDERATIONS

- A. The Department values its sworn personnel and has a vested interest in assisting them with maintaining their health and well-being. As a result, the Department supports initiatives aimed at maintaining and improving the mental, physical, and spiritual health of its sworn personnel.
- B. It is understood that periodic behavioral health assessments seek to remove the stigma associated with treatment for the impacts of critical incidents, acutely stressful events, and adverse experiences associated with the duties of police officers.
- C. In addition to Post-Traumatic Stress Disorder (PTSD), which is a concern for police officers, prevalent data suggest that other issues such as substance abuse, depression and family issues also have an impact on an officer's performance and behavior. As such,

these issues will need to be assessed during the behavioral health assessment/mental health wellness checks.

- D. For the purpose of this written directive, a mental health wellness check shall be synonymous with a behavioral health assessment.

IV. PROCEDURES

A. Behavioral Health Assessments

1. All sworn personnel shall participate in a behavioral health assessment at least once every five (5) years.
 - a. The behavioral health assessment shall consist of an approximately forty-five (45) minute scheduled meeting that will explore the officer's overall mental health wellness.
 - b. The assessment shall identify any issues that may require further treatment and/or evaluation.
 - c. If further treatment and/or evaluation is required, the appropriate referrals will be made and facilitated to relevant resources.
2. In addition to the required behavioral health assessment that shall occur at least once every five (5) years, the Chief of Police may, for good cause, require an officer to submit to an additional behavioral health assessment.
 - a. The Chief of Police shall provide the officer with a written request that explains the basis for requiring the officer to submit to an additional behavioral health assessment.
 - b. Upon receiving such written request, the officer shall, not later than thirty (30) days of the written request, submit to the behavioral health assessment.
 - c. The assessment shall identify any issues that may require further treatment and/or evaluation.
 - d. If further treatment and/or evaluation is required, the appropriate referrals will be made and facilitated to relevant resources.
3. Behavioral health assessments shall be conducted by a state-licensed and board-certified psychologist or psychiatrist, who has experience diagnosing and treating post-traumatic stress disorder.
4. Appointments for a behavioral health assessment shall be made through the Office of the Chief of Police.

B. Reporting and Confidentiality

1. Upon completion of a behavioral health assessment, the psychologist or psychiatrist who performed the assessment will prepare a report, which will be made available to the Chief of Police and the participating officer.

- a. The report shall include information pertaining to the officer's attendance and participation in the behavioral health assessment.
 - b. The report shall not contain any diagnosis or clinical information.
2. Mental health services are normally confidential, and the Department will not normally be notified if an officer seeks voluntary treatment beyond the scope of the behavioral health assessment, but some exceptions to confidentiality exist.
- a. These exceptions include, but are not limited to, expressions of an intent to hurt one's self, expression of an intent to hurt another person, elder or child abuse, involvement in criminal activity, or other information divulged that would require a fitness for duty evaluation.
 - b. In the event the psychologist or psychiatrist determines that an officer is a danger to himself/herself or the public, a report will be immediately sent to the Chief of Police stating those concerns.
 - 1) In those instances, the Chief of Police shall make a determination as to whether a comprehensive fitness for duty evaluation shall be performed and what measures, if any, will be taken to place the officer in a modified duty assignment.