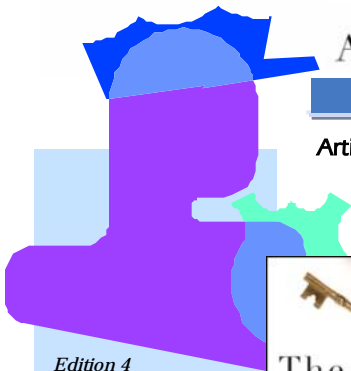


A Publication of **NRI Community Services, Inc.**

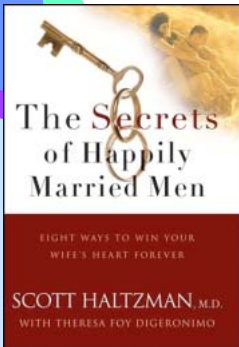
As part of **Technical Assistance Consultation & Training Services (TACTS)**

Articles submitted by **Richard Crino, RN, CTR, / Vice-President Behavioral Health Services**



Edition 4
November 2008

Reaching out for help is a sign of strength, not weakness. If you or one of your family members are in need of mental health or substance abuse treatment, contact one of your peer support counselors or give us a call at **235-7120** for a confidential consultation. We are available 24 hrs. a day/7 days per week.



Forging a Successful Marriage

By **Scott Haltzman, MD / Medical Director**

When my book, *The Secrets of Happily Married Men: Eight Ways to Win Your Wife's Heart Forever*, got published earlier this year, many people asked: "Is it really the kind of book a psychiatrist should be writing?"

Psychiatrists are usually considered practitioners who concern themselves with the biological spectrum of emotional illness. We're known for making medical diagnoses and finding physical cures to heal our patients. So it might not make sense to find a book about relationships penned by a medical doctor. After all, writing a book about marriage is much different than scratching out a prescription for Prozac.

But marriage has more than social, religious and financial implications; it has medical effects as well. I recall a conversation I had with Dr. Henry Izeman, a gerontologist who teaches at Brown University. He told me many years ago that one of the health saving tips he gives to his widowed or divorced patients, particularly the men, is: "Get married!" And it's good advice. On average, married individuals—both men and women—live longer than their un-married peers. They have less chance of heart, liver or lung disease. They recover more quickly from surgery and are less likely to get cancer.

(Continued on page 2)

Excited Delirium

Richard Crino, RN, CTR
Lt. Robin Winslow, Coventry PD

During your career you most likely have encountered individuals who present in highly agitated or confused states. Many times this agitation and confusion is due to the individual being high on stimulant drugs, experiencing an underlying medical condition (seizure disorder, head injury, medication side effect, etc.) or experiencing what is known as a psychotic episode. All of these conditions can be life threatening to both the individual and the responding officers if not handled correctly. Excited Delirium is a term being used to describe a drug, medical or mental illness induced state that has a rapid onset and is characterized by the following signs and symptoms:

(Continued on page 2 Delirium)

Studies Suggest Use of the Taser is Safe

By **Richard Crino, RN, CTR / Vice President of Acute & Critical Incident Services**

A recent study of nationwide use of the Taser suggests that this less lethal option is safe and causes low risk of injuries to both the suspect and the involved officers (Wake Forest University School of Medicine, 2008). Of the 1000 cases of Taser use examined by the researchers, 99.7% of them had either no injuries, or minor injuries! In a second related study by the Wake Forest researchers to measure the effects of taser use on cardiac health, 28 police officers underwent 1, 3 and 5 second exposures to the Taser X-26. The results were impressive! Normal heart rhythm was recorded before and after each exposure. No cardiac abnormalities were detected. Pulse and blood pressure readings were slightly elevated as expected (no health risk). The researchers concluded that the Taser exposure in both studies appeared to be safe with no increased risk to cardiac health in the population tested.



More information on this research can be obtained via the Wake Forest University Medical Center website.

For information regarding in custody deaths in cases of taser usage visit this NIJ site:

<http://www.ncjrs.gov/pdffiles1/nij/222981.pdf>

Peer support counselors are specially trained police officers who provide support and assistance to colleagues during personal and professional crisis.

Training Police Officers Throughout New England



NRI Community Services is an accredited, progressive, non-profit, community agency providing mental health, substance abuse, and elder case management, education and training, employment, and housing services. NRICS has received national recognition for many of its programs based on client outcomes.

www.NRICommunityServices.org



(Marriage Continued)

The medical beneficial effects of marriage might be enough to explain my enthusiasm for the institution, but the mental health benefits also explain why psychiatrists ought to pay attention to marital status. Research shows that married individuals are happier than separated or divorced folks. Suicide rates are lower in married individuals, and there is a better recovery rate from depression. In contrast, a dissolving marriage is frequently the precipitant for psychiatric hospitalization.

In addition to being good for the mental health of adults, children also benefit from marriage of their parents. Having parents divorce can increase the risk of behavioral problems in children 250%.

No, medical intervention may not be the first thing that comes to mind when you think of a crumbling marriage, but, in reality, helping someone stay in a healthy committed relationship has all the health benefits of quitting cigarettes. Think about that the next time you think of calling your divorce lawyer.

Of course, people don't just want marriage; they want a good marriage. My book is directed toward

men, but in it are many lessons that couples can use to help keep marriage thriving. If you want the great relationship you deserve, and wish to let your partner know you're in it for the long haul, try these tips:

♥ When you discuss things, make your top priority trying to understand your partners' point of view, not making sure your partner understands yours.



♥ Give. Marriage is not 50/50. Each of you should be putting 100 percent of your energies into giving, NOT giving part way and then waiting around to get what you think you deserve.

♥ Broaden your bandwidth. Communication doesn't equal talk. Remember that people communicate in many ways, from their looks to their actions or inactions. Be aware that just because your partner may not be having a heart-to-heart, deep conversation with you, he or

she may still be trying to communicate very powerfully with you.

♥ Understand that sex is a part of establishing closeness in a marriage. It's not merely some add-on to marriage when other things are going smoothly. Couples should recognize that having a healthy marriage includes regularly engaging in conversations and regularly engaging in sex. Both are powerful tools in keeping a couple close.



♥ Fight fair. Couples who are happily married don't fight less than couples who divorce – they fight better. Knowing how to start a discussion gently, and then being sure to work to heal things when you're not pumped up with adrenaline, can help a couple find greater happiness in their union.

(Delirium Continued)

- ⇒ Individual is naked or disrobing. A state of Delirium can cause an elevated body temperature which can cause the feeling of "burning up".
- ⇒ Highly agitated and aggressive.
- ⇒ Making grunting sounds or unusual verbalizations.
- ⇒ Making bizarre statements not based in reality. This might be in the form of paranoia or delusional statements involving government plots (FBI), religion, (devil/god) electronics (radio is communicating with him), etc.
- ⇒ Increased strength! It is believed that this is due to the high levels of adrenalin released in the body. This may translate into a highly unpredictable and dangerous restraint. This is why it is a good idea to hold off on restraining the suspect unless it is a life threatening situation.
- ⇒ High pain threshold. This may be due to increased amounts of the body's natural pain relievers being discharged during a state of delirium.
- ⇒ Incontinent of urine or feces.

If you encounter an individual in an excited delirium state the following is recommended:

- ⇒ If possible wait for back up before approaching the suspect.
- ⇒ Establish a safe perimeter. Keep onlookers at a safe distance.
- ⇒ Request rescue personnel respond to the scene. Individuals experiencing an excited delirium episode may go into cardiac arrest or respiratory collapse during and after a restraint.
- ⇒ Call for a certified taser operator to respond if not already on scene.
- ⇒ Avoid use of OC spray. OC spray may increase the individual's state of agitation and cause more of a risk to responding officers. Other less lethal options should be at the ready if available.
- ⇒ Transport by rescue only! Cases of delirium must be viewed as a medical emergency!