

# DUTIFUL MINDS

## Information for Ohio's CIT Graduates

It's all about partnerships

Education & Advocacy

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With summer in full swing, it seemed like a good time to share some information on a form of anxiety disorder that is near and dear to many hearts...**phobias**. By definition, a phobia is a disabling and irrational fear of something that poses little or no actual danger. Accompanying the fear is a **strong desire to avoid what you fear** and, in some cases, an inability to function at normal tasks in your job and in social settings. Phobias are among several anxiety disorders, which also include panic disorder, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD) and generalized anxiety disorder. More than 12% of the population experiences a phobia at some point in life.

Phobias are **emotional and physical reactions** to feared objects or situations. Symptoms of a phobia include the following: (1) feelings of panic, dread, horror or terror; (2) recognition that the fear goes beyond normal boundaries and the actual threat of danger; (3) reactions that are automatic and uncontrollable; (4) somatic responses such as rapid heartbeat, shortness of breath, trembling, and an overwhelming desire to flee the situation; and (5) extreme measures taken to avoid the feared object or situation.

Phobias are divided into categories according to the cause of the reaction and avoidance. For example, agoraphobia is the fear of being alone in any place or situation where it seems escape would be difficult or help unavailable should the need arise. People with agoraphobia may avoid being on bridges, busy streets or in crowded stores. Some people with agoraphobia become so disabled they literally will not leave their homes. If they do, it is only with great distress or when accompanied by a friend or family member. Two-thirds of those with agoraphobia are women. Symptoms usually develop between late adolescence and mid 30's. The onset may be sudden or gradual. Most people with agoraphobia develop the disorder after first suffering from one or more spontaneous panic attacks-feelings of intense, overwhelming terror accompanied by symptoms such as sweating, shortness of breath, or faintness. These attacks seem to occur randomly and without warning, making it impossible for a person to predict what situation will trigger such a reaction. The unpredictability of the panic attacks "trains" individuals to anticipate future panic attacks and, therefore, **to fear any situation in which an attack may occur**. As a result, they avoid going into any place or situation where previous panic attacks have occurred. Most simple phobias develop during childhood and eventually disappear. Those that persist into adulthood rarely go away without treatment.

Sources for this issue: NAM – [www.nami.org](http://www.nami.org) Healthy Minds - [www.healthyminds.org](http://www.healthyminds.org) National Institute of Mental Health (NIMH) – [www.nimh.org](http://www.nimh.org); Mayo Clinic – [www.mayoclinic.org](http://www.mayoclinic.org); MedlinePlus – [www.nlm.nih.gov](http://www.nlm.nih.gov) More reading on this topic: "The Anxiety & Phobia Workbook" Edmund J. Bourne, PhD; "Anxiety, Phobias & Panic" Reneau Z. Peurifoy

### 3<sup>rd</sup> NATIONAL CIT CONFERENCE ANNOUNCEMENT

Memphis, Tennessee

When: August 28<sup>th</sup>, 29<sup>th</sup>, & 30<sup>th</sup>

On-line registration available after May 15<sup>th</sup> for an additional fee (\$15), link through [www.cit.memphis.edu](http://www.cit.memphis.edu). For additional convention information, call the CIT Center: 901-678-5523 or email at [cit@memphis.edu](mailto:cit@memphis.edu)

## 2007 ANNUAL FORENSIC CONFERENCE

When: **August 16<sup>th</sup> – 17<sup>th</sup>**

Where: **Roberts Center at the Holiday Inn  
123 Gano Rd.; Wilmington, Ohio**

Day one (16<sup>th</sup>) is dedicated to advancing CIT training with the following topics:

**“Treatment of Sex Offenders** – Steve Levin/Jonathon Rossman, M.D.  
**Simulated Experience** – Karen Woods & Christine Bumgardner  
**“How to Start a CIT Team”** – Joe Krake  
**Panel on Post War Effects/Impact of Comm. M. H. on veterans** – Joe Hill & Sharon Hanger  
**Jail Services** – Kathy Burns  
**Ethics** – Chris Webster  
**“Comprehensive Approach to the Management of Juvenile Sex Offenders & Youth with Sexual Abusive Behavior”** – Kim P. Kehl (ODYS//Bureau of Parole and Comm. Svcs.)  
**DBT** – Georgeann Neusel  
**Tamar Program** – Bonnie Vassey Rutgers  
**HCR – 20**

*For further information and/or to register email Joe Krake at: [KrakeJ@mhmail.mh.state.oh.us](mailto:KrakeJ@mhmail.mh.state.oh.us)*

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### Upcoming CIT Classes Being Offered

Franklin County – week of September 17<sup>th</sup> (contact Lt. Chris Bowling, Columbus P.D.)  
Fairfield County – week of September 17<sup>th</sup> (contact Joel Carter at Fairfield Municipal Court)  
Lucas County – week of October 1<sup>st</sup> (contact Ginger Bass at Lucas County ADAMH Bd.)  
Medina County – week of October 1<sup>st</sup> (contact Lt. Travis Colonius at Medina County Sheriff’s Office)  
Wayne/Holmes County – week of October 22<sup>nd</sup> (contact Amy Anderson at NAMI of Wayne & Holmes County)  
Stark County – week of October 22<sup>nd</sup> (contact Carole Vesely at [carolev@circstark.org](mailto:carolev@circstark.org))  
Mahoning County – week of October 22<sup>nd</sup> (contact Michele Petrello at [mpetrella@mahoningmentalhealth.org](mailto:mpetrella@mahoningmentalhealth.org))  
Coshocton/Noble/Perry/Guernsey/Morgan/Muskingum County – week of October 29<sup>th</sup> (contact Dan Arter at 740-455-0700)

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### CORE OUTCOMES OF CIT

1. Lower incidents of injury to officers and others
2. Fewer repeat calls for service of patrol officers with mental health consumers
3. Enhanced working relationship of patrol officers with county crisis workers
4. Increased involvement of family and friends of the consumer as a crisis response alternative
5. Increased knowledge of community resources available to the consumer and family members which may assist in recovery

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### Need Articles

This is your newsletter. Please send us information of interest to CIT graduates. We would love to have officer success stories, training tips, awards, recognition, news articles, and etc. and/or any other tidbits of information that would benefit our CIT Officers. After all, the program needs “Feeding & Nurturing”. CIT Officers are the “Knights in shining armor” for all those who suffer from mental illness and their loved ones.

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Questions or suggestions can be directed to the editor, Michael S. Woody, CIT Specialist, State of OhioCCoE/CJ 330.896.4001 or [michael.s.woody@earthlink.net](mailto:michael.s.woody@earthlink.net)