

## Short Video Clips, Public Service Announcements, Interviews, and Full Videos and Documentaries

At the 2017 CIT International Conference, Thomas von Hemert and Kurt Gawrisch presented on a list of videos that may be useful in a variety of settings to promote cross systems collaboration, cross-training and other related work.

Videos that may be beneficial to Ohio were extracted from that list are included below. The original list can be found on [CIT International's website](#).

*Videos that could not be verified were not included; however, those links can be found on CIT International's website.*

Overview On Mental Illness		
Video Title	Video Length	Description
<i>Pretera Center: Speak Up for Mental Health Be Vocal</i>	4:46	<a href="https://www.youtube.com/watch?v=RHWef5xLZMk&amp;list=PLjp1ftgAUcNdRxKwFnuv_5ityjZ-RL6_&amp;index=5">https://www.youtube.com/watch?v=RHWef5xLZMk&amp;list=PLjp1ftgAUcNdRxKwFnuv_5ityjZ-RL6_&amp;index=5</a> – Video depicts individuals from across the country speaking up for mental health
<i>AJ+: 5 Ways the U.S. Mental Health Care System Is In Crisis</i>	3:46	<a href="https://www.youtube.com/watch?v=XR8zfpUwTrQ">https://www.youtube.com/watch?v=XR8zfpUwTrQ</a> – Video depicts the different ways that the United States mental health care system is in crisis
<i>Last Week Tonight with John Oliver: Mental Health</i>	11:54	<a href="https://www.youtube.com/watch?v=NGY6DqB1HX8">https://www.youtube.com/watch?v=NGY6DqB1HX8</a> – Video depicts John Oliver explaining how our national system of treating mental health operates
<i>WPTZ NewsChannel 5: Mental health crisis impacts Law Enforcement</i>	4:12	<a href="https://www.youtube.com/watch?v=swZL7X6jFEM">https://www.youtube.com/watch?v=swZL7X6jFEM</a> – Video depicts how a shortage of psychiatric beds often means more work for Law Enforcement
<i>SBS VICELAND: Blue on Blue – How police deal with the mentally ill</i>	5:18	<a href="https://www.youtube.com/watch?v=ZDRfB-RJ4Ys">https://www.youtube.com/watch?v=ZDRfB-RJ4Ys</a> – Video depicts how NSW police are trained to treat individuals with mental illness
<i>PBS NewsHour: This is what it's like to be arrested while suffering mental illness</i>	3:10	<a href="https://www.youtube.com/watch?v=36I5-4k6H-A">https://www.youtube.com/watch?v=36I5-4k6H-A</a> – Video depicts how Paton Blough uses his experiences to help train police officers in crisis management when treating individuals with mental illness

Mental Health and Stigma		
Video Title	Video Length	Description
<i>Neinstein Personal Injury Lawyers: Mental Illness: What You See/What You Don't See</i>	2:17	<a href="https://www.youtube.com/watch?v=54sDdNa9vek">https://www.youtube.com/watch?v=54sDdNa9vek</a> – Video depicts raising awareness for individuals with mental illness
<i>IWK Health Centre and the Mental Health Commission of Canada: Stigma and Mental Illness</i>	11:01	<a href="https://www.youtube.com/watch?v=LTIZ_aizyk">https://www.youtube.com/watch?v=LTIZ_aizyk</a> – Video depicts an example of how to combat the stigma attached to mental illness
<i>No Kidding? Me Too: Joe Pantoliano For Mental Wellness – Highlights Reel</i>	3:38	<a href="https://www.youtube.com/watch?v=5CdpFEpzBDE">https://www.youtube.com/watch?v=5CdpFEpzBDE</a> – Video depicts Joe Pantoliano's role in removing the stigma of mental illness

Mental Illness, Violence and Stigma		
Video Title	Video Length	Description
<i>UPMC: Understanding the Link between Violence and Mental Health</i>	2:57	<a href="https://www.youtube.com/watch?v=FA2KJoZhSjw">https://www.youtube.com/watch?v=FA2KJoZhSjw</a> – Video depicts Edward Mulvey, PhD, who explains the nuanced link between mentally ill individuals and violence, and how proper assessment of a patient's specific extenuating factors can help predict the potential for violent behavior

<i>Duke Health: Study of 81,000 Adults Examines Mental Illness, Gun Violence and Suicide</i>	2:02	<a href="https://www.youtube.com/watch?v=LQ27q-c2nms">https://www.youtube.com/watch?v=LQ27q-c2nms</a> – Video depicts Jeffrey Swanson, M.D., who explains a study that looked at gun use, violent crime and suicide among 81,704 people diagnosed with schizophrenia, bipolar disorder, or major depressions
<i>Vanderbilt University: Mental Illness is the wrong scapegoat after mass shootings</i>	3:01	<a href="https://www.youtube.com/watch?v=1r4SMnWMTcA">https://www.youtube.com/watch?v=1r4SMnWMTcA</a> – Video depicts Dr. Jonathan Metzel who explains a study that analyzed data and literature linking guns and mental illness over the past 40 years

<b>Anosognosia</b>		
<b>Video Title</b>	<b>Video Length</b>	<b>Description</b>
<i>Treatment Advocacy Center: Anosognosia</i>	4:09	<a href="https://www.youtube.com/watch?v=uj6ozlzA45o">https://www.youtube.com/watch?v=uj6ozlzA45o</a> – Video depicts information about anosognosia, and how it looks and what is needed
<i>Hope for Mental Health: What to Do When a Loved One Has Anosognosia: Lack of Awareness</i>	6:03	<a href="https://www.youtube.com/watch?v=y06oKD4W0k4">https://www.youtube.com/watch?v=y06oKD4W0k4</a> – Video depicts James Fix, PsyD explain what to do when someone you love has anosognosia

<b>Hallucinations and Delusions</b>		
<b>Video Title</b>	<b>Video Length</b>	<b>Description</b>
<i>Experience a psychotic episode (Jassen)</i>	5:46	Video depicts a compilation of what patients experience during a psychotic episode
<i>PBS NewsHour: Young Man on Being Diagnosed With Psychosis</i>	4:35	<a href="https://www.youtube.com/watch?v=Rws1niDxgK8">https://www.youtube.com/watch?v=Rws1niDxgK8</a> – Video depicts Andrew discussing his signs of paranoia and early psychosis
<i>Healthguru: What is Delusional Disorder? (Mental Health Guru)</i>	3:53	<a href="https://www.youtube.com/watch?v=jbwmzcnCF50">https://www.youtube.com/watch?v=jbwmzcnCF50</a> – Video depicts Jeff Gardere, Ph.D., explain delusional disorder

<b>Depression</b>		
<b>Video Title</b>	<b>Video Length</b>	<b>Description</b>
<i>TED-Ed: What is depression? – Helen M. Farrell</i>	4:28	<a href="https://www.youtube.com/watch?v=z-IR48Mb3W0">https://www.youtube.com/watch?v=z-IR48Mb3W0</a> – Video depicts Helen M. Farrell explaining the symptoms and treatments of depression
<i>Fighting Depression</i>	3:54	Video depicts a first person narrative describing one person’s experience with depression and depicts people of various ages dealing with the different symptoms of the illness

<b>Bipolar Disorder</b>		
<b>Video Title</b>	<b>Video Length</b>	<b>Description</b>
<i>My son is mentally ill, so listen up!</i>	6:56	Video depicts Stephanie Escamilla discussing her son who has been hospitalized more than 20 times
<i>Josie Thompson Solomon: Bipolar, Bravery, and Joy: The Story of Josie Thompson</i>	7:09	<a href="https://www.youtube.com/watch?v=Pk9AdVz99fM">https://www.youtube.com/watch?v=Pk9AdVz99fM</a> – Video depicts Josie Thompson and her journey with the 444 Project
<i>CNN: What is bipolar disorder?</i>	2:13	<a href="https://www.youtube.com/watch?v=HWB0wQWJTew">https://www.youtube.com/watch?v=HWB0wQWJTew</a> – Video depicts Dr. Sanjay Gupta explaining bipolar disorder

Schizophrenia		
Video Title	Video Length	Description
<i>Health Science Channel: Understanding Schizophrenia</i>	4:10	<a href="https://www.youtube.com/watch?v=ZLhmd2UYEdc">https://www.youtube.com/watch?v=ZLhmd2UYEdc</a> – Video depicts information about schizophrenia and treatments
<i>CNN: Elyn Saks: My struggle with mental illness</i>	2:06	<a href="https://www.youtube.com/watch?v=TKnbCXsaCPo">https://www.youtube.com/watch?v=TKnbCXsaCPo</a> – Video depicts Elyn Saks sharing her personal experience with mental health and how stigma is preventing others from getting help
<i>U.S. Department of Health and Human Services: Stories of Hope and Recovery: Elyn Saks</i>	3:33	<a href="https://www.youtube.com/watch?v=U_4O3U5CWis">https://www.youtube.com/watch?v=U_4O3U5CWis</a> – Video depicts Elyn Saks sharing a personal story of hope and recovery
<i>Carol Ann before and after treatment for schizophrenia</i>	2:31	Video depicts Carol Ann being interviewed while psychotic and untreated and then again when treated
<i>Big Think: Hearing Voices and Paranoid Delusions: Inside a Schizophrenic Brain</i>	4:36	<a href="https://www.youtube.com/watch?v=0q5UexOZAuM">https://www.youtube.com/watch?v=0q5UexOZAuM</a> – Video depicts Dr. Vikaas Sohal discussing what it feels like to be inside a schizophrenic brain

Brain, Neurotransmitters and Medication		
Video Title	Video Length	Description
<i>Health4ever: Neurotransmitters and Their Functions</i>	3:47	<a href="https://www.youtube.com/watch?v=PYPckLGBdc">https://www.youtube.com/watch?v=PYPckLGBdc</a> – Video depicts the various neurotransmitters and their functions
<i>Neuroscientifically Challenged: 2-Minute Neuroscience: Synaptic Transmission</i>	1:51	<a href="https://www.youtube.com/watch?v=WhowH0kb7n0">https://www.youtube.com/watch?v=WhowH0kb7n0</a> – Video depicts synaptic transmission

Autism Spectrum Disorder		
Video Title	Video Length	Description
<i>NAMI of New Jersey: The Community I Serve</i>	1:29	<a href="https://www.naminj.org/programs/lee/the-community-i-serve/">https://www.naminj.org/programs/lee/the-community-i-serve/</a> - Video depicts the trailer to <i>The Community I Serve</i> , which presents the real life experience of Law Enforcement personnel, people with mental illness and their families

Epilepsy		
Video Title	Video Length	Description
<i>Epilepsy Foundation: It Could Be Epilepsy – A Field Guide for Law Enforcement</i>	3:30	<a href="https://www.youtube.com/watch?v=PRQsX2N3Ojs">https://www.youtube.com/watch?v=PRQsX2N3Ojs</a> – Video depicts how Law Enforcement may believe behaviors associated with seizures, interpreting undirected, involuntary and unorganized movements as aggression

Empathy		
Video Title	Video Length	Description
<i>“IF WE COULD SEE INSIDE OTHERS’ HEARTS”:LIFE</i>	4:44	Video depicts the inner lives of people around us as they do their daily tasks

Active Listening		
Video Title	Video Length	Description
<i>Optimal Lifestyle: Active Listening. How to be a great listener</i>	1:41	<a href="https://www.youtube.com/watch?v=z-rNd7h6z8">https://www.youtube.com/watch?v=z-rNd7h6z8</a> – Video depicts skills on how to be a better listener and improve your listening skills
It's not about the nail	1:14	Video depicts a humorous situation about active listening
Jerry Seinfeld – Change your Tone of Voice	5:30	Video depicts Jerry Seinfeld's comedy skit about active listening and tone of voice
<i>Everybody Loves Raymond - Active Listening</i>	4:01	Video depicts active listening skills on <i>Everybody Loves Raymond</i>

De-Escalation Skills		
Video Title	Video Length	Description
Law Enforcement Crisis Intervention De-escalation Steps	4:49	Video depicts de-escalation skills learned through CIT training
Introduction to Crisis Intervention	6:43	Video depicts an overview of de-escalation skills for first responders
Crisis Intervention Team Officer Training	7:04	Video depicts the Centre County Crisis Intervention Team training de-escalation techniques
<i>Care Plus NJ Inc.: Responding to a Mental Health Crisis</i>	8:35	<a href="https://www.youtube.com/watch?v=fflQf-T155o">https://www.youtube.com/watch?v=fflQf-T155o</a> – Video depicts how Law Enforcement and mental health professionals work together during a mental health crisis
<i>ABC News: Meet Police Officers Trained to Respond to Mental Illness Calls</i>	8:17	<a href="https://www.youtube.com/watch?v=sggp-mpXL4c">https://www.youtube.com/watch?v=sggp-mpXL4c</a> – Video depicts plainclothes officers trained in CIT

Substance Use Disorders		
Video Title	Video Length	Description
<i>Hazelden Betty Ford Foundation: Medical Aspects of Substance Use Disorder</i>	1:22	<a href="https://www.youtube.com/watch?v=KWTWB06HkHQ">https://www.youtube.com/watch?v=KWTWB06HkHQ</a> – Video depicts the neurobiology of addiction and how alcohol and other drugs affect the brain and central nervous system
<i>EMCDDA: Drug use problems and mental health: comorbidity explained</i>	2:25	<a href="https://www.youtube.com/watch?v=5RbEotf0jql">https://www.youtube.com/watch?v=5RbEotf0jql</a> – Video depicts the link between drug use and mental health problems
<i>Filmbilder: Nuggets</i>	5:05	<a href="https://www.youtube.com/watch?v=HUngLgGRJpo&amp;feature=youtu.be">https://www.youtube.com/watch?v=HUngLgGRJpo&amp;feature=youtu.be</a> – Video depicts an animated metaphor for addiction
<i>Addiction Policy Forum: What is Addiction?</i>	4:00	<a href="https://www.youtube.com/watch?v=qRyeAL9tAVs">https://www.youtube.com/watch?v=qRyeAL9tAVs</a> – Video depicts the science of addiction

Excited Delirium		
Video Title	Video Length	Description
<i>KXLY: Police help man suffering from excited delirium</i>	2:49	<a href="https://www.youtube.com/watch?v=OL_K6XAix6Q">https://www.youtube.com/watch?v=OL_K6XAix6Q</a> – Video depicts a man suffering from excited delirium and how Law Enforcement reacted

Self-Harm		
Video Title	Video Length	Description
<i>Boldly: 12 Confessions Of People Who Self-Harm</i>	1:33	<a href="https://www.youtube.com/watch?v=ZpXw3aWqVLU">https://www.youtube.com/watch?v=ZpXw3aWqVLU</a> – Video depicts confessions of individuals who self-harm
<i>Human Relations Media: Stopping the Pain: Teenage Self-Injury</i>	1:24	<a href="https://www.youtube.com/watch?v=UL5niTwNmAl">https://www.youtube.com/watch?v=UL5niTwNmAl</a> – Video depicts individuals speaking about what led them to self-harm

Suicide Awareness		
Video Title	Video Length	Description
<i>Mayo Clinic: Teen Suicide Prevention</i>	3:47	<a href="https://www.youtube.com/watch?v=3BBYqga7bhto">https://www.youtube.com/watch?v=3BBYqga7bhto</a> – Video depicts common signs that a teen may be considering suicide and how to provide encouragement for communicating directly and immediately for support and safety
<i>I Jumped Off The Golden Gate Bridge: Kevin Hines Story</i>	5:07	<a href="https://www.youtube.com/watch?v=WcSUs9iZv-g">https://www.youtube.com/watch?v=WcSUs9iZv-g</a> – Video depicts Kevin Hines telling his story to spread suicide prevention awareness
<i>Suicide The Ripple Effect: The Ripple Effect</i>	5:48	<a href="https://www.youtube.com/watch?v=LytKNC405oi">https://www.youtube.com/watch?v=LytKNC405oi</a> – Video depicts the trailer for the film <i>Suicide: The Ripple Effect</i>
<i>KRQE: Albuquerque PD officers recount convincing man not to jump from overpass</i>	2:29	<a href="https://www.youtube.com/watch?v=Lpo65cibIA4">https://www.youtube.com/watch?v=Lpo65cibIA4</a> – Video depicts two female officers convincing a man to not jump off a Wyoming overpass
<i>USA Today: Talking them back from the brink</i>	3:42	<a href="https://www.youtube.com/watch?v=hMUxQ64fHvE">https://www.youtube.com/watch?v=hMUxQ64fHvE</a> – Video depicts Kevin Briggs discussing his time patrolling the Golden Gate Bridge
<i>KTVU: Man returns to Golden Gate Bridge 10 years after attempting suicide</i>	4:19	<a href="https://www.youtube.com/watch?v=h-gkACVd5Hg">https://www.youtube.com/watch?v=h-gkACVd5Hg</a> – Video depicts Kevin Berthia returning to the Golden Gate Bridge for the first time 10 years after attempting suicide
<i>Boldly: What It's Like To Lose Someone To Suicide</i>	4:34	<a href="https://www.youtube.com/watch?v=Jjh1W_TbUNY">https://www.youtube.com/watch?v=Jjh1W_TbUNY</a> – Video depicts family members/friends discussing what it is like to lose someone to suicide

Military		
Video Title	Video Length	Description
<i>Odyssey Networks: Soul Repair</i>	3:24	<a href="https://www.youtube.com/watch?v=rIVYpRM8xtc">https://www.youtube.com/watch?v=rIVYpRM8xtc</a> – Video depicts Rev. Rita Nakashima Brock discussing PTSD and “moral injury”
<i>No Kidding? Me Too!: Between Iraq and a Hard Place – PTSD and Suicides in Iraq</i>	3:42	<a href="https://www.youtube.com/watch?v=tdux5e-zHRE">https://www.youtube.com/watch?v=tdux5e-zHRE</a> – Video depicts Joe Pantoliano, Lisa Jay and Dr. Bob Irvin’s “Stomp The Stigma” tour in Iraq
<i>Wounded Warrior Homes: Call For Backup – Veterans You Are Not Alone</i>	1:00	<a href="https://www.youtube.com/watch?v=hxg_HZkCNkk">https://www.youtube.com/watch?v=hxg_HZkCNkk</a> – Video depicts an example of PTSD and information about the Suicide Prevention Lifeline
<i>USA Today: Watch service dog calm war vet’s PTSD reaction</i>	2:41	<a href="https://www.youtube.com/watch?v=0y_a_V1QD3U">https://www.youtube.com/watch?v=0y_a_V1QD3U</a> – Video depicts Erick Scott’s service dog’s reaction when Erick becomes agitated
<i>FOX 4 News: Service Dog Helps Veteran with PTSD</i>	7:02	<a href="https://www.youtube.com/watch?v=R6WfDX8KPFU">https://www.youtube.com/watch?v=R6WfDX8KPFU</a> – Video depicts Alan Hill’s battle with PTSD and his dog’s reaction when Alan becomes frozen

Suicide By Cop		
Video Title	Video Length	Description
<i>KXLY</i> : Man who attempted suicide by cop meets officers who saved his life	7:03	<a href="https://www.youtube.com/watch?v=aObLNZWva4Y">https://www.youtube.com/watch?v=aObLNZWva4Y</a> – Video depicts a man’s attempt at suicide by cop and the officers that changed his life
<i>NPR</i> : ‘Suicide By Cop’ Leads Soldier On Chase Of His Life	8:44	<a href="https://www.youtube.com/watch?v=zRwoK9gEHaU">https://www.youtube.com/watch?v=zRwoK9gEHaU</a> – Video depicts five soldiers who suffered TBI’s in Iraq and how one of the soldiers, Brock Savelkoul attempted suicide by cop

Officer Mental Health and Awareness		
Video Title	Video Length	Description
<i>CCX Media</i> : Former police officer discusses job’s mental toll	1:53	<a href="https://www.youtube.com/watch?v=N2Fj2otkeo4">https://www.youtube.com/watch?v=N2Fj2otkeo4</a> – Video depicts the stress involved with police work
Blue in Blue – Police depression and stress	3:43	Video depicts the stress involved with police work
Stress, Secrets, Suicide Cops Keep Mental Illness Silent	5:27	Video depicts an officer who is diagnosed with bipolar depression disorder and loses his job
<i>Officer.com</i> : Emotional Survival Officer Survival Tip	4:03	<a href="https://www.youtube.com/watch?v=aDajlasb-Dc">https://www.youtube.com/watch?v=aDajlasb-Dc</a> – Video depicts Lt. Dave Smith (ret) discussing emotional survival in the Law Enforcement profession
Police One: One Cop’s Struggle with PTSD	5:21	Video depicts an officer’s struggle with PTSD

### Full Videos and Documentaries

Introduction To CIT		
Video Title	Video Length	Description
<i>CJ CCoE</i> : Ohio Crisis Intervention Team (CIT) Initiative	14:00	<a href="https://mediaweb.neomed.edu/Mediasite/Play/52815724395d44baa812151afed34f7d1d">https://mediaweb.neomed.edu/Mediasite/Play/52815724395d44baa812151afed34f7d1d</a> - Video depicts an overview of CIT and the Criminal Justice Coordinating Center of Excellence (CJ CCoE) and can be used as a brief introduction of CIT

Overview On Mental Illness		
Video Title	Video Length	Description
<i>CIT &amp; CIP Wisconsin</i> : Unbreakable Minds	52:33	<a href="https://www.youtube.com/watch?v=W5Sa-1r_emU">https://www.youtube.com/watch?v=W5Sa-1r_emU</a> – Documentary depicts three families through their journey with mental illness
<i>Be Vocal</i> : Speak Up for Mental Health	29:15	<a href="http://www.bevocalspeakup.com/documentary.html">http://www.bevocalspeakup.com/documentary.html</a> - Documentary depicts three different people whose lives have been transformed by speaking up for mental health

Bipolar Disorder		
Video Title	Video Length	Description
<i>HappiLeeErin</i> : Bipolar Testimony: My Struggle with Bipolar Disorder	15:32	<a href="https://www.youtube.com/watch?v=HKtOUNLnS88">https://www.youtube.com/watch?v=HKtOUNLnS88</a> – Video depicts an individual discussing their struggle with Bipolar Disorder

Schizophrenia		
Video Title	Video Length	Description
<i>TED</i> : A tale of mental illness: Elyn Saks	14:52	<a href="https://www.youtube.com/watch?v=f6CIIJA110Y">https://www.youtube.com/watch?v=f6CIIJA110Y</a> – Video depicts Elyn Saks discussing her own story of schizophrenia, controlled by drugs and therapy but ever-present

### Autism Spectrum Disorder

Video Title	Video Length	Description
<i>Clear Horizons Academy: Law Enforcement &amp; Autism</i>	13:08	<a href="https://www.youtube.com/watch?v=NHRFqGVAMu4">https://www.youtube.com/watch?v=NHRFqGVAMu4</a> – Video depicts a possible encounter with an individual with Autism Spectrum Disorder and is meant to be a resource for Law Enforcement

### Suicide Awareness

Video Title	Video Length	Description
TED: The bridge between suicide and life: Kevin Briggs	14:13	<a href="https://www.youtube.com/watch?v=7Clq4mtiamY">https://www.youtube.com/watch?v=7Clq4mtiamY</a> – Video depicts Sgt. Kevin Briggs sharing stories from those he’s spoken – and listened – to standing on the edge of life

### Military

Video Title	Video Length	Description
WARTORN: 1861-2010, PTSD, WWII	10:04	Video depicts stories of Post-Traumatic Stress Disorder of World War II soldiers
<i>Blue Three Productions: “Now, After”</i>	13:45	<a href="https://www.youtube.com/watch?v=NkWwZ9ZtPEI">https://www.youtube.com/watch?v=NkWwZ9ZtPEI</a> – Video depicts a young soldier recently returned from war in Iraq who is re-adjusting to his former life as a college student