

BURBANK POLICE
DEPARTMENT
MENTAL HEALTH
EVALUATION TEAM (BMHET)

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Overview of BMHET



- **Department History Involving Individuals with Mental Illness**
- **Inception of the Mental Health Team**
- **Employed Model**
- **Core Functions**
- **High Utilization Case Study**

History

- A work study of 5150 WIC and mental health interventions in Burbank indicated an increase from 293 interventions in 2008 to 567 in 2012.
 - ▣ This equated to a 153% increase during the period.
- Further research indicated these trends are common for the entire Southern California region and do not appear to be subsiding.

Inception



- In an effort to provide mental health services to this growing number in need, and positively affect the community, the Burbank Police Department (BPD) partnered with the Los Angeles County Department of Mental Health (LACDMH) to create BMET.
- On May 1, 2012, the Burbank Police Department launched the Burbank Mental Health Evaluation Team (BMET) to address the growing need for mental health services in our community.

Our Model

- BMHET employs a co-response model, that includes a Licensed Clinical Psychologist, provided by LACDMH, and an officer, provided by the Burbank Police Department, who respond as a specialized unit to calls in the community.
- This partnership has created a synergistic team that combines the expertise and resources of both agencies to provide services that were previously unavailable to the Burbank community.

Core Functions

- BMET core responsibilities are three-fold:
 - to provide crisis support during calls for service
 - to provide on-going case management support to other divisions regarding persons who would benefit from intensive case management/linkage
 - to provide training to city departments and other community groups/forums

High Utilization Case Study

- Mr. W (60 y.o. Transient Male) would encounter first responders across jurisdictions and was often transported to the local hospital emergency room for treatment.
- Over 7 years, he had hundreds of contacts with first responders totaling over **\$6 million dollars** in emergency services.

Case Study (con'd)

- Mr. W reported multiple losses (relationships and family business) resulted in depression, poor decision-making, and self-medicating through alcohol.
- His highest blood alcohol level to date was 0.43 (over five times the legal limit).

Case Study (con'd)

- A plan to assist Mr. W was created through the coordinated and collaborative efforts of:
 - local hospital staff (emergency department, social work, and risk management)
 - Burbank Police Department
 - Burbank Fire Department
 - Los Angeles Fire Department

Case Study (con'd)

- If any member encountered Mr. W, the entire cross agency team would activate the safety plan/protocol for integrated care
- The intervention included advocacy for court appointed conservatorship through Los Angeles County Superior Court Department 95.
- In October 2014, he was placed under LPS Conservatorship
- Currently, Mr. W is still conserved, making progress toward independence, building a relationship with his estranged daughter, and maintaining his health and sobriety in treatment.

Additional Resources Available to the Community

Burbank City Resources

BMHET

1-818-238-3391

Police Dispatch

1-818-238-3000

LA County Resources

24 Hour Access

1-800-854-7771

Suicide Hotline

1-800-727-4747