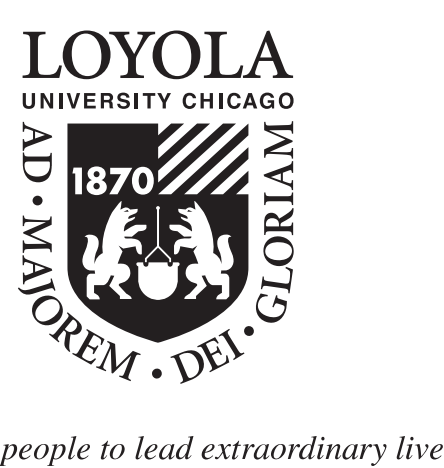


INTERNSHIP WITH POLICE CRISIS SERVICES AT ARLINGTON HEIGHTS POLICE DEPARTMENT



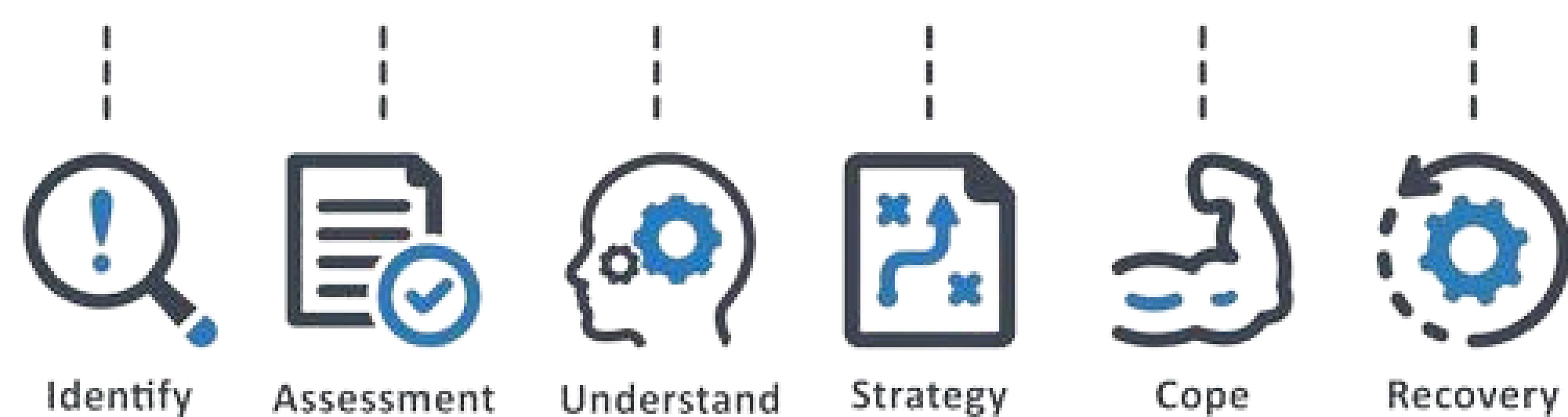
DARIA KOMEZA, PSYC 390

INTRODUCTION.

My name is Daria Komezka and I am a junior at Loyola University Chicago majoring in Psychology and minoring in Psychology of Crime and Justice. I have been at my internship at Arlington Heights Police department with their Crisis Services Unit since January of 2023, and previously September to October 2022 .

I will be graduating with my BA in Psychology in December 2023.

CRISIS MANAGEMENT



LESSONS LEARNED.

- Quick and efficient thinking and communication.
- Appropriate ways to approach and conduct conversation with individuals facing mental illness or crisis.
- Stand out symptoms of mental illnesses such as schizophrenia, substance use, dementia, and autism.
- Which resources to look for based on individuals needs such as housing, food, or financial instability.
- De-escalation techniques.

ACCORDING TO THE AMERICAN PSYCHOLOGY ASSOCIATION, AT LEAST 20% OF 911 CALLS ARE MENTAL HEALTH OR SUBSTANCE ABUSE RELATED



WHAT IS A CRISIS?

An acute emotional upset; it is manifested in an inability to cope emotionally, cognitively, or behaviorally and to solve problems as usual.



ACKNOWLEDGEMENTS.

I would like to thank Jeanette Alksnis, my supervisor, for being extremely supportive, helpful, and encouraging throughout my entire time in and out of the internship. Thank you to Commander Tim Jasper for making sure that I was getting the most out of my experience. Finally, thank you to all of the afternoon officers that were willing to take me on a ride along, and made sure that we were safe when out on call.

CAREER GOALS.

This internship experience was a huge help in guiding my path towards my future career. I always knew that I wanted to work at the intersection between psychology and criminal justice, which I now know is called crisis/victim services. I plan on furthering my education come Fall 2024, majoring in Forensic Psychology in a graduate program, whether that be a Masters or Psy.D program. I intend on working with law enforcement, either police departments or federal agencies, and doing crisis/victim services for my long-term career.



RESPONSIBILITIES.

- Respond to 911 calls or when called out by Officers.
- Arrive on scene to assess situation.
- Determine next level of care needed.
- Provide support to individuals experiencing crisis.
- Facilitating individuals seeking treatment.
- Find resources for individuals.
- Following up with victims or individuals who faced trauma.