

**SPRINT offers
alternative to police
for mental health
crises
Hotline:
(800) 937-8097**



What would you do if you were to see a person

behaving in an erratic manner in public? What would you do if a family member or friend has made suicidal comments? What would you do if a friend's mental state were visibly deteriorating due to substance abuse? What would you do if your child were having a serious, severe emotional emergency? Where would you turn?

Often, people call the police, and that is sometimes a very appropriate response if the person is behaving in a dangerous manner.

However, in the absence of danger there is an alternative. SPRINT (**Specialized Psychiatric Rapid Intervention Team**) is a group of trained professionals who work to intervene on behalf of families, friends and the general public in these non-threatening situations. They work under the vast umbrella of services offered by Beaumont-based Spindletop MHMR (Mental Health, Mental Retardation).

"Often, people don't know what to do when things are going VERY badly and they believe a person they see or someone they care about needs help," said Garrett Craver, clinical administrator for Intake and Admissions at MHMR. "We actually send people out to where you are to help the person you're concerned about. It's an alternative to calling the police, which can cause the situation to escalate if the person is frightened by a uniformed officer."

Janna Fulbright, public relations director for MHMR, says that SPRINT is here to help, but there are times when law

enforcement or other options are right for the situation.

"If the person is a threat to himself or others, SPRINT may not be able to intervene," said Fulbright. "If the location or the situation is one where the team feels they'd be in danger, they can't respond; that's what our first-responders are trained to handle.

"Our area police are known to do a good job when dealing with people in mental health crises," said Carver, "But not all situations require their attention. They have enough on their plates as it is. If we can help, that's a win-win for the community and the people dealing with these distressing situations."

Do you have a family member or friend who needs crisis intervention? Are you worried that they just won't go for help or have dropped out of treatment? Specialized Psychiatric Rapid Intervention Team (SPRINT) is available for situations in the community that require immediate on-site clinical intervention. When safe to do so, trained mental health professionals will travel to your home or place of business to assess and help individuals or families in severe emotional, psychiatric or trauma-stress related emergencies. This service is currently available 24 hours a day, 7 days a week. **Call (800) 937-8097** to consult with one of our mental health professionals to see if the SPRINT Team can be of assistance to you or your family.