

## **The Mobile Crisis Support Team – A Co-response to Mental Health Crisis**

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Stephanie Schilling, LMFT  
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### **Level**

Introductory/Intermediate

### **Track**

Clinical

### **CE**

CPA/BBS/BRN/CJER

### **Bio**

**Jennifer Reiman, LCSW**, is a Licensed Clinical Social Worker with 22 years of experience in providing direct service, supervision and developing programs to serve children, families, adults and older adults experiencing mental health crises. She is passionate about providing a continuum of care for individuals who may need a range of support and services that will allow them to live and thrive independently. Her focus of work has been the nexus between behavior and relational needs together with what it means to provide culturally relevant, individualized care.

**Stephanie Schilling, LMFT**, Mobile Crisis Support Team Program Senior Mental Health Counselor.

**Bryan Spencer**, Sacramento County Sheriff's Department Assigned Mobile Crisis Support Team Deputy.

### **Narrative**

The Sacramento County Mobile Crisis Support Team is a collaboration between Behavioral Health and Law Enforcement that responds to emergency dispatch calls for service for individuals experiencing a mental health crisis. This co-response model is comprised of a Licensed Mental Health Counselor and Law Enforcement Officer who mediates and resolves the immediate crisis while linking individuals experiencing distress to the resources and support needed to further develop and support personal individualized wellness plans. Post mitigation of the immediate crisis, MCST utilizes Peer Specialists with lived experience and community resource expertise to provide follow up engagement and navigation to ongoing mental health services. The primary goal of the program is to increase compassionate care in the midst of crisis and diversion from unnecessary incarceration or hospitalization by providing access to services and support. The co-response model requires building infrastructure and trust to

support scene management and resource navigation in complex high crisis situations and has strengthened cross discipline first responder relationships and emergency response innovations across Sacramento.

### **Learning Objectives**

1. Describe three goals of the Sacramento County Mobile Crisis Support Team
2. Explain the team member role and scope in a co-response model
3. Describe three strategies for building co-response teams
4. Describe three strategies for building trust between Law Enforcement and Mental Health