

MJPS NEWSLETTER



November 2010

Fall Conference 2010 "Excited Delirium"

- The brain on cocaine is "not the same"
- Excited Delirium is a medical emergency that can't receive attention until the subject is contained.

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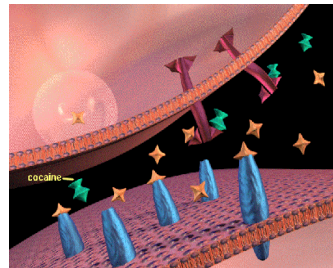
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This year's Fall conference was on October 6th and it was held in Kanabec County. The topic was on Excited Delirium which was presented by Sgt. Steve Wickelgren, MA from Minnesota CIT Officer's Association.

Excited Delirium is a controversial term used to explain the deaths of individuals who are in custody, in which the person being arrested or restrained shows some combination of agitation, violent or bizarre behavior, insensitivity to pain, elevated body temperature and possibly increased strength.¹

Excited Delirium term was first used to describe the behavior changes associated with abuse of stimulant drugs, like Methamphetamine, PCP and cocaine. These individuals are at an increased risk for sudden death. Unfortunately while the cause of these deaths is unknown, their relationship with police and EMS is well known and documented. Therefore, it is imperative

that Police Officers, Correctional Officers, EMS, etc recognize this risk and are prepared to respond to the Excited Delirium emergency.² This is a medical situation that



Cocaine blocks the dopamine transporter (DAT, red plugs in the presynaptic membrane) which leads to an elevation of the neurotransmitter in the synaptic cleft (shown above). An elevation of DA activates postsynaptic receptors (blue plugs in the synaptic membrane) on receiving cells. Pathologic levels of DA in the synapse causes the paranoia, delusions and psychosis. Too much DA in the synapse causes a dysregulation in the centers of the brain that controls temperature. DA is known to be linked to the central command centers in brain that controls the heart. Chaotic DA signaling in the brain underlies the emergence of paranoia and psychosis.

Cocaine-related excited delirium is always seen in chronic abusers. The brain on cocaine is "not the same" and has adapted to a new state. Many neurochemical systems are dysregulated, but the final common pathway is most likely linked to DA. Excited Delirium is characterized as a *hyperdopaminergic state*.³

can't receive attention until the subject is contained, they can't just be left in a cell. As mentioned earlier a person may become aggressive. Some physical signs are shouting, nonsensical speech, hallucinations, paranoia, unexplained strength, profuse diaphoresis. An individual that is suspected of having Excited Delirium must be watched closely, if he/she suddenly becomes quiet make sure to check on the person. When the person is restrained properly vitals should be checked constantly until EMS or medical staffing arrives. Each department should be aware and prepared for an Excited Delirium situation. There is no way of knowing when you will need to be prepared to handle an Excited Delirium individual, however; proper training will help prepare your department for the situation. It is important that you never try and subdue an individual suspected of Excited Delirium by yourself! Wait for backup!

1. Wikipedia 2. "Excited Delirium by Dr. Joe Heck 3. University of Miami: Education, Research and Information

Mark Your Calendars!

MJPS Spring Conference
May 10-12
Sugar Lake Lodge
Grand Rapids, MN

“This is everyone’s conference, so if there is something you are wanting to see or do, let us know.”

Message From MJPS President Miranda Neuwirth

Wow, I can’t believe the end of the year is almost here! Where has the time gone? It was great to see everyone that could make it at the Fall Conference.

We had a really good turnout. Thanks to Kanabec County for hosting us in your new facility and offering us a tour. A big Thanks goes out to Michelle Bell for planning and organizing the conference. You did a great job! This was the first year we extended our conference to 9-2 with a working lunch. I thought it went well and hope we consider the same for next year. If anyone has any thoughts/ideas on this, let the board know.

The Spring Conference is fast approaching! Just a reminder that it will be held at Sugar Lake Lodge in Grand Rapids from May 10-12th. With that in mind, please, please,

please, send any ideas you may have to Mel Hehr, who is in charge of the conference, or to any of the board members. I believe Mel should be contacting those on the committee soon in regards to further planning. This is everyone’s conference, so if there is something you are wanting to see or do, let us know.

We are always looking for more ideas! Along those same lines, the board is also considering options for the 2012 Spring Conference.

We have received quotes from various places such as: Owatonna, St. Cloud, Alexandria, Rochester, and more. The board will be exploring each option a little further and make a decision soon!

Speaking of future conferences, if anyone is interested in hosting the 2011 Fall Conference, please

contact a board member ASAP and let us know you are interested. Likewise, if you have an idea for a speaker, share that information as well!

On a final note, it has been a pleasure thus far being the President of MJPS and I look forward to seeing everyone soon at the Spring Conference. Best of luck to those retiring at the end of this year. I know I won’t remember everyone, but I do know Jack Considine and Marshall Prescott are among those retiring. Also, welcome to the new programmers among us. I am not sure how many new programmers we have, so if you or anyone you know is a new programmer, please send contact information to Mel Hehr so she can update our contact list! Hope to see everyone at the Spring Conference and have a great Holiday Season!!

History of Corrections—Part 2

While searching for information to add to this newsletter I came across a very interesting document on MN Corrections and it's history. Credit must go to the MN Corrections Association which is a non-profit organization formed in 1933. This website link can be located on our MJPS website, if you click on the link; the MCA page will open and on the right-hand side under the 75th Anniversary logo you will find another link to the History of Corrections. I suggest if you have a minute or two to open this link and read all the information pertaining to corrections and probation dating back to 1853. It does focus mainly on the prison system but the information is great. I have also placed some photos in this article that you may find interesting.



Picture Above: Warden and Deputy Warden demonstrating possible use of cameras for security purposes at the State Prison in 1939.



Picture Above: Cell 143 at State Reformatory in 1910.

If you find these photos and miscellaneous information interesting and would like to read and see more stayed tuned for the next MJPS newsletter. In the meantime if you have any photos or stories of your own please feel free to contact me and I will include your information into the newsletter and you will receive the credit of course. I hope everyone finds this information entertaining and feel free to share with fellow officers or friends that may have at one time or are currently working in corrections.



Above: Vocational training became the focus at Willow River Camp in 1972.

In 1891, solitary confinement was the accepted method of punishment. Almost every day, one to four inmates were placed in solitary for offenses including:

- gazing at visitors
- talking
- refusal to work
- tardiness at count
- lapses in cleanliness

Below: Offender work programs were authorized by legislature in 1967.



Stay tuned for the next MJPS newsletter for more on History of Corrections. Contact MJPS Board Member Nikki Krippner with any information or questions regarding The History of Corrections.

MJPS Board Members 2010 - 2011

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Don't Forget To Vote on November 2nd!

Staying Connected

Staying connected is not only important to our jobs but important in our everyday lives as well. We rely on our coworkers, family members, etc to help us out from day to day with miscellaneous tasks. We should also stay connected throughout our MJPS group; networking is the best way to get a job done. From networking you may be able to gain new ideas and new procedures on how to complete a project or even how to start a project.

MJPS has many members and with the technology now days it is simple to get a hold of another programmer by a simple phone call or an email.

Our Spring and Fall Confer-

ences are a great way to network with others that may have a similar set up facility and to gain knowledge of connections throughout the community that may be able to help with programming ideas or procedures. If you know someone who is in programming and in need of networking connections, please pass on the word about MJPS. We are all here to help and should encourage staying connected.

SPEED BUMP / By Dave Coverly

