



**Inmates in correctional facilities suffering** from psychiatric or substance abuse disorders sometimes display any one of a number of frightening behaviors: verbal outbursts, physical threats and even violence. Correctional officers must deal with such individuals on a frequent basis. In this comprehensive guidebook, Ellis Amdur, with the assistance of a number of subject matter experts, offer correctional officers in prison settings a comprehensive set of strategies to keep themselves and as well as inmates as safe as possible, while functioning at the highest level of professionalism.

The first section is concerned with threat assessment: rather than a mere list of risk factors, the author offers concrete skills on the development of a safety mindset, and further, techniques to develop and hone intuition, that early warning system that warns of danger before your conscious mind is even aware there is something wrong.

In the second section of the book, the author focus on us: what we can do to achieve a state of integrity and powerful calm. Rather than abstract pronouncements, he offers specific strategies, including methods of breathing for the purpose of maintaining one's center in crisis situations.

He then moves on to the heart of the book, discussing specific behaviors ranging from confusion and obsessive concerns to psychosis, mania and acute disorganization. In one very important section, he discusses interactions with opportunistic and manipulative individuals (at worst, those referred to as sociopaths), people who present a danger to the psychological and physical well-being of anyone with whom they come in contact.

This is followed by a detailed section on suicide assessment and intervention as well as responding to para-suicidal (self-mutilating) behaviors.

He then moves on to a discussion of aggression, whether directed at the correctional officer or others. The author discusses how to de-escalate aggressive and chaotic inmates once a crisis is in play. He elucidates the various motivations that drive aggression and further delineate the different types of aggression that result. De-escalation and control tactics are specific—one learns how to immediately recognize what mode of aggression other person is displaying, and then, one can quickly and effectively implement the de-escalation and control tactics that are best suited to deal with it.

Finally, there are two very important appendices, written by Dr. Gary Vilke and Ret. Lieutenant Michael Paulus. The first of these concerns current knowledge on positional and compression asphyxia, and the second is a state-of-the-art comprehensive protocol to prepare prison staff and management to deal with excited delirium cases.

SAFE WITHIN THE WALLS FOR CORRECTIONAL OFFICERS IN PRISON FACILITIES  
Communication, Control, and De-escalation of Mentally Ill and Aggressive Inmates

FOR CORRECTIONAL OFFICERS IN PRISON FACILITIES

# Safe Within the Walls

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*A Comprehensive Guidebook for*

*Correctional Officers in Prison Facilities*