

Mental Health First Aid Certification

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid is a 12-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy — helping the public identify, understand and respond to signs of mental illness.

HOW MANY DAYS DOES IT TAKE TO COMPLETE?

The Mental Health First Aid program runs 12 hours. It can be conducted as one two-day seminar, two one day events spaced over a short period of time, or as four 3-hour sessions.

WHAT DO MHFA TRAINING PARTICIPANTS LEARN?

Just as CPR training helps a layperson with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis, such as contemplating suicide. In both situations, the goal is to help support an individual until appropriate professional help arrives. Mental Health First Aiders learn a single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports. The goal of Mental Health First Aid is to increase mental health literacy. Participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of illness on individuals and families; and learn information about evidence-supported treatment and self-help strategies.

WHAT TYPES OF CRISIS INTERVENTIONS ARE COVERED?

Trainees are taught how to apply the 5-step strategy in a variety of situations, such as helping someone through a panic attack, engaging with someone who may be suicidal, or assisting an individual who has overdosed. An important component of the Mental Health First Aid training is the opportunity to practice the intervention strategy rather than to just learn about it. This simple experience can make it easier to actually apply the knowledge in a real-life situation.

UPCOMING MENTAL HEALTH FIRST AID CLASSES

SPRING 2011

February Class Dates: 1, 8, 15, 22 (4-7pm) Tuesdays

March Class Dates: 11, 12 (Weekend class, 10:30-5:30, 1-6pm)

April Class Dates: 5, 12, 19, 26 (5:30-8:30) Tuesdays

June: 6, 13, 20, 27 (4-7pm) Mondays

Classes **cost \$25 per person**; which covers 12-hour instruction, a manual, and snacks.

All classes held at the Center. To sign up for a MHFA class, please email talktobert@bertnash.org.

**This course meets the requirements for approval of 12 CPDUs for Educators, 12 Contact Hours for Nurses, and 12 General Recertification Credit Hours for Professional, Senior and Global-Professional in Human Resources. Participants use the completion certificate and the 'course overview' documents received in class to submit to their appropriate regulatory board for approval of credits.*



WHO SHOULD TAKE MHFA CLASSES?

*Police Officers
HR Personnel
Primary Care Workers
Education Leadership
Faith Communities
Restaurant/Tavern /
Hotel Staff
Community Staff
Non-Profit Staff
Emergency Personnel
Scout Leaders
Parents
Everyone!*

Visit bertnash.org for more information and to listen to a report on MHFA from Kansas Public Radio.

Sign up today by emailing talktobert@bertnash.org

If you have a group of 12 or more people, we can come to you!

Receive a MHFA Certificate upon completion of the course



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Bert Nash
COMMUNITY MENTAL HEALTH CENTER

200 MAINE STREET, SUITE A
LAWRENCE, KS 66044
(785) 843-9192
www.bertnash.org