



A 12-hour certification course designed to help communities and frontline professionals

- Better understand mental illness
- Respond to psychiatric emergencies or onset of a mental illness
- Assist someone experiencing a mental health crisis

Healthy Minds *Strong Communities*

Mental Health

First Aid



April 21st & 22nd, 2011

**Community Christian Fellowship Church
525 S. Lincoln, Siloam Springs, AR**

REGISTRATION: 8:00 a.m. on 21st

PROGRAM: 8:30 a.m. – 4:00 p.m. both days

Building mental health literacy among

- Parents, families & school administrators
- Primary care professionals
- First responders
- Social service professionals
- Human resource professionals
- Local business & government leaders



Ozark Guidance
FOCUSED ON YOUR MENTAL HEALTH

Program Description:

Mental Health First Aid is a 12-hour training course designed to give members of the public important skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps an individual assist someone experiencing a mental health crisis. Evidence suggests Mental Health First Aid makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness. Specifically, studies found that those who trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes.

This presentation of Mental Health First Aid has been generously underwritten by **Bridges to Wellness**, a Rural Health Development Network serving Siloam Springs and the surrounding area, and is being offered for only \$19 per person, on a first come first served basis. Class size is limited! Act quickly! Additional registrants may be put on a waiting list and will be contacted if a cancellation occurs. If you register and are unable to attend, please notify the registrar as early as possible so the space can be offered to another.

Objectives:

At the completion of the event, participants will be able to:

- Identify the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, eating disorders, substance use disorders, and self-injury.
- Identify and describe a 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care.
- Discuss the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities.
- Explain the working knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

Who Should Attend?

- Friends and family of individuals with mental illness or addiction
- Primary care professionals
- Foster families
- Social service coordinators
- Human Resource professionals
- Safety professionals
- Dept. Of Behavioral Health employees
- High school/college/university counselors & administrators
- Faith communities
- Nursing home employees
- Police officers and other emergency responders
- A college/university resident assistants

CREDITS:

12 contact hours are awarded to each person who attends 100% of this program. Hours will count for continuing education credit for:
 Nurses (LPN, RN, APN)
 Social workers & counselors
 HR Professionals
 Education professionals
 Safety professionals
 Employee Assistance
 Mental Health paraprofessionals

REGISTRATION FORM (may be duplicated)

To save your seat: Contact Chelsea Collum @
 Phone: (479) 549-3143 or
 Email: ccollum@bridgestowellness.org



Mental Health 1st Aid Registration Fee: ~~\$159~~ \$19

Please bring payment and information to registration
 Checks or cash only please

Job Title _____
 License/credential (e.g. RN, PHR) _____
 Employer _____
 Work Address _____
 City _____ State _____ Zip _____
 Work Phone _____

Name _____
 Home Address _____
 City _____ State _____ Zip _____
 Home County _____
 Home Phone _____
 E-mail _____

Mental Health First Aid USA has been approved by the **Society for Human Resource Management's HR Certification Institute** as a pre-approved provider of 12 general Recertification Credit Hours in Human Resources (GPHR) certifications.



_____ Please send me e-mail announcements of upcoming Mental Health First Aid programs.