

Arizona State University's Center for Applied Behavioral Health Policy (CABHP) and the Pacific Southwest Addiction Technology Transfer Center (PSATTC) offer:

Mental Health First Aid Course- February 22-23, 2010

Mental Health First Aid (MHFA) 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. Like CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone who may be developing a mental health problem or experiencing a mental health crisis. Participants will receive a certificate valid for **3 years**. The certificate indicates, much like CPR and First Aid that they have taken the course and are proficient in Mental Health First Aid. **Total cost for both days: \$99** includes handbook and certificate.

The evidence behind Mental Health First Aid demonstrates that it 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.

Mental Health First Aid certification:

- Knowledge of the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety and trauma, psychosis and psychotic disorders, eating disorders, substance use disorders, and self-injury
- 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
- Understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- 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

Participants are given a Training Manual to keep and use as a resource. Content areas include:

Psychosis	Overview of Mental Disorders
Substance Use Disorder	Depression
Eating Disorders	Anxiety Disorders
Self-Injury	

An important component of the program is the 5-step Action Plan that is used when responding to others. An easy-to-remember acronym is taught – ALGEE. The steps of the MHFA Action Plan are:

- A**ssess for risk of suicide or harm
- L**isten non-judgmentally
- G**ive reassurance and information
- E**ncourage the person to get appropriate professional or other help
- E**ncourage self-help strategies and supports

Each section of the program is organized similarly, using the following format:

- Definition of the mental health problem, with descriptions and/or statistics
- Signs and symptoms of the problem
- Possible causes and risk factors for the problem
- Effective treatments that are available
- Application of the MHFA Action Plan (ALGEE) to the problem

Some sections also include **Crisis Action Plans** to address very specific situations, including suicidal risk, panic attack, acute stress reactions to traumatic events, acute psychosis with threatening behavior, and substance overdose.

Teaching methods used in the program include:

- PowerPoint slide presentation
- Training Manual with additional handouts/brochures
- Video presentations
- Pre-Test/Post-Test and worksheets
- Small and large group discussion and discovery
- Role-Plays

The Mental Health First Aid Training will be held at Arizona State University Downtown campus, at the Nursing and Health Innovation Building I (NHI 1), 500 N. Third St., Suite 200, Phoenix, AZ 85004.

To register contact Linda Williamson at 602-496-1483 or linda.williamson@asu.edu

Space is very limited so don't delay!

CABHP Training Event Registration

Mental Health First Aid

Monday and Tuesday, February 22-23, 2010, 9AM to 3:00PM
Arizona State University's, Center for Applied Behavioral Health Policy (CABHP)
500 N. Third Street, Suite 200, Phoenix, AZ 85004
(602) 496-1483

Participant Information

Name	
Name (2)	
Name (3)	
Name (4)	
Agency	
Address	
City, State, Zip	
Main Contact	
E-Mail	
Phone	
Special Needs	

Payment Information

Number attending _____ x \$99 = Amount due of \$ _____

_____ Check enclosed -CABHP _____ Bill to credit card (Visa or MasterCard only), provide information:

Type of Card: ___ Visa ___ MasterCard Name as it appears on card: _____

Card Number: _____ Month/year expiration of card _____ (data no secure)

Billing address _____ City _____ State _____ ZIP _____

Mail checks to: CABHP, Linda Williamson, 500 N. Third St., MC: 3220, NHI 1, Suite 200, Phoenix, AZ 85004-2135

Payment is due prior to arrival at training. No cancellation upon registration. Questions: Contact Linda Williamson, 602-496-1483 or by e-mail at linda.williamson@asu.edu