



Youth Mental Health First Aid 8-hour Course

Similar to 'First Aid' and CPR, 'Mental Health First Aid' helps those experiencing mental health problems before they can get professional help and support

Youth Mental Health First Aid is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly – teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis: Assess for risk of suicide or harm; Listen non-judgmentally; Give reassurance and information; Encourage appropriate professional help; Encourage self-help and other support strategies

The course is designed for adults whom regularly interact with adolescents. Anyone who regularly works or interacts with youth – teachers, athletic coaches, mentors, juvenile justice professionals, – may find the course content useful. The core Mental Health First Aid course has been successfully offered to a variety of audiences including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

*Participants 18 years of age or older please.

WHEN: Tuesday, June 12, 2018, 8:30 am-5:00 pm (half hour lunch on your own)
WHERE: **CHANGE OF LOCATION:** Iowa Western Community College, Looft Hall, Room 109
Council Bluffs, IA

WHY: Mental health problems – such as depression, anxiety, impulse control and misuse of alcohol and other drugs – are shockingly common in the United States. In fact, more than one in four American adults will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including Pottawattamie County Community Services to implement Mental Health First Aid to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative evidence behind the program demonstrates that it helps the public better identify, understand and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org

COST: Thanks to the generosity of the Southwest Iowa MHDS Region it is available free of charge!

REGISTER: <https://www.eventbrite.com/e/youth-mental-health-first-aid-tickets-45064916378>



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

Questions? Contact Shelly Hovey at 712-328-5672

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen
your community.

