



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

- Better understand mental illness
- Respond to psychiatric emergencies

# Healthy Minds. *Strong Communities.*

# Mental Health First Aid



August 4-5, 2010

Southern Regional Area Health Education Center  
1601 Owen Drive • Across from Cape Fear Valley Hospital

REGISTRATION: 8:30 a.m.

PROGRAM: 9 a.m. – 4:30 p.m.  
both days

Registration Fee: \$190

## Building mental health literacy among

- Parents, families, and school administrators
- Primary Care professionals
- Law Enforcement officers
- Local Business leaders
- Human Resources professionals



IDENTIFY • RESPOND • ACTION PLAN • RECOVERY

Co-sponsored by



In affiliation with Duke University Medical Center  
Part of the NC AHEC Program

## 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.

## CREDITS:

Southern Regional AHEC will award 1.2 CEUs or 12 contact hours to each person who attends 100% of this program.

For more information:

**Evelyn Clemmons (910) 678-7034**

**Evelyn.Clemmons@sr-ahec.org**

Or

**Robert Wilson (910) 678-7032**

**Robert.Wilson@sr-ahec.org**

## 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.

## Substitutes/Refunds/Transfers:

If you register for a program and are not able to attend, you may:

- Cancel 48 hours before the program and obtain a refund for 70% of the registration fee;
- Cancel 48 hours before the program and receive a voucher for 100% of the registration fee for use at one future Southern Regional AHEC Mental Health program; or send a substitute.

Cancellations less than 48 hours before the program are nonrefundable. If you register for a program that you don't attend and don't pay, you will be billed for the full amount of the program registration fee.

## Americans with Disabilities Act:

No individual with a disability is excluded, segregated or otherwise treated differently from any other individual. If you need any of the auxiliary aids or services identified in the Americans With Disabilities Act of 1990 in order to attend any of these programs, please call (910) 678-7241.

## Our Promise to You:

Southern Regional AHEC strives to offer the highest quality educational programming. If, for any reason, these programs do not meet your needs, please let us know. We value your feedback and will resolve the issue to your satisfaction.

## Tobacco-free Policy:

Because we care about your health...Southern Regional AHEC has joined other health care organizations across North Carolina as a tobacco-free campus. We appreciate your cooperation.

## REGISTRATION FORM (may be duplicated)

Phone: 910-678-7226

Fax: 910-323-0674

Online: <http://ahecconnect.com/registration/srahec>

Or, send this form by mail:

SRAHEC, Attention Registrar

1601 Owen Drive, Fayetteville, NC 28304

Mental Health 1st Aid Registration Fee: \$190

CASCE #30785.



Name \_\_\_\_\_

Last 4 digits of Social Security# XXX-XX-\_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home County \_\_\_\_\_

Home Phone \_\_\_\_\_

E-mail \_\_\_\_\_

\_\_\_\_\_ Please do not send me e-mail announcements of upcoming Southern Regional AHEC programs.

Job Title \_\_\_\_\_

Specialty Area \_\_\_\_\_

Employer \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone \_\_\_\_\_

Who is Paying? \_\_\_\_\_ I am \_\_\_\_\_ My Organization

Supervisor Signature \_\_\_\_\_

Supervisor Phone # \_\_\_\_\_

Matcard/Visa # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

## Payment Policy (Requires Initialing)

Southern Regional AHEC requires full payment for all programs prior to the program date. If an organization is paying, a supervisor's written verification of approval or a copy of a purchase order must be presented with the registration form.

\_\_\_\_\_ I have read and understand this statement.

**(Please initial.)**