

Mental Health First Aid and Older Adults and Those with Later-Life Issues

June 22 and 23, 2016 or July 13 and 14, 2016

Sign-In: 12:00 – 12:30 p.m.

Training: 12:30 – 5:00 p.m.

Madison Lakes Learning and Conference Center

581 Olive Road Dayton, OH 45417

(Located off of West Third St. - west of Third St. and SR 35 intersection. Turn right at the light at the Shell Station.)

www.mcoho.org/montcnty/madison_lakes/madisonLakes/madisonLakes.htm

Background

Mental illness and aging can often be a double stigma. According to the National Council on Aging, there are more than 6 million Americans 85 and older. That number is expected to more than triple by the year 2050, when the youngest baby boomers turn 86. Older adults and care partners are less likely to identify a problem as a symptom of a mental health disorder. Furthermore, older adults have high rates of late onset mental health disorders (anxiety/depression) and low rates of identification and treatment. There is negative bi-directional impact between mental disorders and health conditions. Even “mild” mental illness symptoms can have catastrophic consequences in vulnerable older adults. ADULT Mental Health First Aid now offers a tailored supplement which builds upon the effectiveness of the standard Mental Health First Aid curriculum by focusing on older adults and the aging population.

Mental Health First Aid is an evidence-based 8 hour training that teaches participants how to recognize and assist someone who is developing a mental health problem and/or experiencing a mental health crisis. Introduced in the U.S. in 2008, the course is offered to a variety of nonprofessionals and professionals that may work in social services, healthcare, education, law enforcement, churches and/or the business community. The training helps participants learn how to identify, understand and respond to signs of mental illness and addictions. Participants are introduced to risk factors and warning signs of mental illness and receive education that builds understanding of their impact and overviews of common support responses. The training teaches participants the common risk factors and warning signs of specific types of illnesses such as anxiety, depression, substance abuse, bipolar disorders, and schizophrenia. Additionally, the issue of stigma is also incorporated into the training. Like CPR, ADULT Mental Health First Aid teaches participants how to interact with a person in crisis and connect that person to follow-up help. Participants that complete a Mental Health First Aid training *do not* diagnose or provide any counseling or therapy. They do, however, become equipped to offer a five-step action plan that teaches them how to: 1) Assess for risk of suicide or harm 2) Listen nonjudgmentally 3) Give reassurance and information 4) Encourage appropriate professional help and 5) Encourage self-help and other support strategies.



ALGEE, the Mental Health First Aid Action Plan

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

Questions? Contact crogge@mcadamhs.org or call (937) 443-0416 ext. 127.

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.



Participants that attend both afternoons and complete the full 8 hours of training will secure a three-year certification in Mental Health First Aid. Any time missed of the 8 hours of training must be made up in order to secure certification. Please plan to arrive on-time and stay the entire training time. There will be two-15 minute breaks during the training. You are more than welcome to bring any food or beverages that you might need during the training. Water and coffee will be provided. Mental Health First Aid training is interactive in its teaching format. Please dress comfortably for the day and in preparation for possible room temperature fluctuations.

Board of Executives of Long Term Services and Support (BELTSS) has approved this training for 6 hours of continuing education.

June 22 and 23 BELTSS approval # 096-L-16

July 13 and 14 BELTSS approval # 097-L-16

Certified Prevention Specialists can receive 8 Recognized Clock Hours for completing the full 8 hours of ADULT Mental Health First Aid training. If you hold a prevention credential thru the Ohio Chemical Dependency Professionals Board; this training meets the requirements for **Foundation 2** RCHs.

Registration is now open to sign up for the ADULT Mental Health First Aid training that is being held at the above date, time and location. **Registration is required** and can be completed by contacting Carrie Rogge at crogge@mcadamhs.org or by calling (937) 443-0416 ext. 127. **The cost of the training is \$20.00 per person. Payment is due the day of the training by check or money order only; made payable to ADAMHS Board for Montgomery County. Cash cannot be accepted.** Facilities may request to be invoiced.



ADULT Mental Health First Aid: 2- Half Day Format
June 22 and 23, 2016 or July 13 and 14, 2016
Sign-In: 12:00 – 12:30 p.m.
Training: 12:30 - 5:00 p.m. both days
Madison Lakes Learning and Conference Center
581 Olive Road
Dayton, OH 45417

This training is made available by the Alcohol, Drug
Addiction and Mental Health Services Board for
Montgomery County.



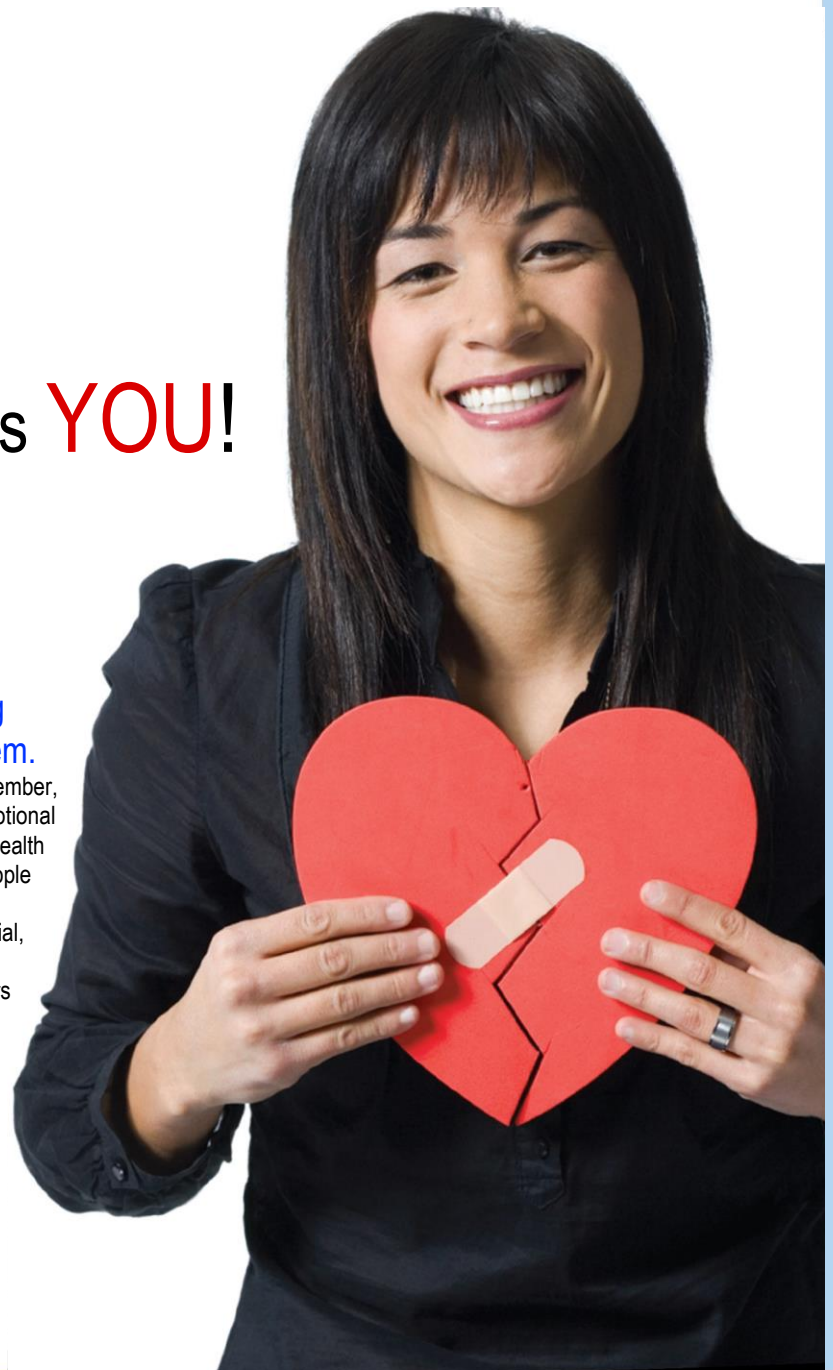
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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.



ALGEE, the Mental Health First Aid Action Plan

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

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