



Adult Mental Health First Aid

WHAT IS MENTAL HEALTH FIRST AID? (MHFA)

Most of us would know how to help if we saw someone having a heart attack - we'd start CPR, or at the very least, call 9-1-1. But too few of us know how to respond if we saw someone having a panic attack or were concerned if a friend or co-worker might be showing signs of depression or substance use.

Mental Health First Aid, Adult version, is a skills-based training that teaches people how to identify, understand, and respond to signs and symptoms of a mental health or substance use challenge in adults ages 18 and over. The evidence behind the program demonstrates that it builds mental health literacy, and provides an action plan to teach people to safely and responsibly identify and approach a potential mental health or substance use challenge. The intent of Mental Health First Aid is for the general public to receive a general overview mental health, de-stigmatize some common diagnoses, and to expand the safety net of help within communities.

Trainers: MHFA-certified instructors from Crisis Support Services of Alameda County (CSS).

What will I learn? The MHFA curriculum includes:

- ❖ Risk factors and warning signs for mental health & addiction concerns
- ❖ Strategies for discussing signs and symptoms
- ❖ Basic information on depression, anxiety, trauma, psychosis, and addiction disorders
- ❖ ALGEE; the five-step action plan to help someone developing a mental health problem or is in crisis
- ❖ Resources - Where to turn for help; professional, peer, and self-help resources

Target Audience: ALL staff of Alameda County Behavioral Health, contracted CBOs, and contracted providers who are interested in learning how to assist an adult in a potential mental health or substance use crisis. NOTE: While clinicians are welcome to attend, no CE credits are available.

Other Details – Things to be aware of:

- MHFA is a national certification. Participants who complete the pre-requisite work AND attend the in-person portion will receive a certificate from the Mental Health First Aid organization, good for 3 years.
- The first portion of the course consists of a 2-hour, self-paced online module, to be completed *before* being admitted into the live training.
- As the national standards set a small class size of 20, please register with the intent to complete the pre-course work and attend on the day of training.

If you have an accommodation request or would like to report a grievance about an ACBH-hosted training, please contact the ACBH Training Unit:

Training.Unit@acgov.org; ph: 510-567-8113

Date: Thurs, May 25, 2022

Time: 9am- 4pm*

Location: Virtual (online)

*(*plus 2-hour commitment to complete online pre-course work,*

DUE BY Thurs. MAY 11th at 12pm)*

Register at:

[MAY 25 MHFA Adult](#)

- ❖ *Because class size is limited, please sign up only if you can complete the pre-course work by May 11th @ 12pm. If all spaces are filled, CSS will notify you regarding placement on the waitlist. Thank you!*

IMPORTANT NOTES/REMINDERS:

- ❖ *After signing up, you will receive a confirmation email and an invitation link create a user profile on the "MHFA Connect" website.*
- ❖ *You will also receive information on how to receive access to your Pre-Course work.*

For any questions or if you don't receive a confirmation within 1-3 business days,

please contact:

communityeducation@crisis-support.org