

In the News

"The program is helping neighbors look out for one another, increase their knowledge about mental illness and reducing stigma."

Mental Health Weekly (Sep. 28, 2009)



Mental Health First Aid USA

Past Participants Say...

"The training was great and we were given real life scenarios so that we could practice our response."

"It was an interesting course that I will be able to put into practice at my job and elsewhere in my life."

"After this training, I now feel comfortable applying the 5 steps & using what I've learned."

"It took the fear out of me of what to do or say to a person in a mental health crisis."

Presented by
Jefferson Center for Mental Health & Jefferson County Public Health



Jefferson Center for Mental Health is the community nonprofit mental health center serving Jefferson, Gilpin and

Clear Creek counties. With over 52 years, Jefferson Center offers a full continuum of specialized behavioral health services for every age, with expertise in numerous areas including children and family issues, adults with serious mental illness, suicide prevention, early intervention, juvenile justice, trauma treatment, and wellness.



Jefferson County Public Health is committed to promoting health and preventing injury and disease for the residents of Jefferson County. For 50 years our programs have worked to prevent and control contagious diseases and epidemics, link people to health care services, investigate health and safety hazards, protect our environment, prevent food borne illness, provide substance abuse counseling, promote healthy living and healthy eating, and advocate and enforce laws that protect the health and safety of everyone.



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Mental Health First Aid

Jefferson Center for Mental Health and Jefferson County Public Health have partnered together to offer an innovative, evidence-based training on how to identify and assist individuals with mental health issues. Staff from both organizations have been certified as national trainers in the highly acclaimed model, Mental Health First Aid (MHFA).

What is Mental Health First Aid?

It is the help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolves.

Mental Health First Aid does not teach people to be therapists, rather it teaches lay people how to assist someone who may be in the early stages of developing a mental health problem or in a mental health crisis.

Who Can Be A Mental Health First Aider?

- ◆ Educators/School administrators
- ◆ Employers
- ◆ Faith communities
- ◆ Homeless shelters
- ◆ Hospitals and primary care health centers
- ◆ Law enforcement/other first responders
- ◆ Nursing homes
- ◆ Policymakers
- ◆ Substance abuse professionals
- ◆ Families and caring citizens

You!

Mental Health First Aid Background

MHFA is an evidence-based, 12-hour curriculum developed in Australia in 2001. Four published randomized control trials and a qualitative study showed that MHFA: 1. *Increases mental health literacy*, 2. *Expands individuals' knowledge of how to help someone in crisis*, 3. *Connects individuals to needed services*, 4. *Reduces stigma*

MHFA-USA was developed through collaboration between Maryland Mental Health Transformation Office, Missouri Mental Health Office of Transformation, and the National Council for Community Behavioral Healthcare and maintains fidelity to the original evidence based curriculum.



Curriculum Highlights

This interactive 12-hour program can be conducted as one 2-day seminar, two 1-day events, or four 3-hour sessions. In this interactive training, participants will learn to...

- Identify the warning signs and risk factors for a range of mental health problems including: Depression, self-harm, Bipolar disorder, Anxiety disorders, panic attacks, psychosis and psychotic disorders (including schizophrenia), substance use disorders, eating disorders.
- Use a 5-step action plan to recognize symptoms of mental health problems, how to offer and provide initial help, and how to guide a person to appropriate treatments and other supportive help.
- Dispel myths about mental illness and understand the prevalence of mental illness.

Bringing Mental Health First Aid to You

Trainers from Jefferson Center and Jeffco Public Health will come to you at your place of work, study, or other place you designate and will adapt the exercises to meet your needs.

The average cost of the 12-hour training is \$50 plus a materials fee, however the cost to an organization will depend upon the number of people who attend from your organization and format selected. Give us a call to bring this valuable training to you.

Contact Us

To schedule a Mental Health First Aid training, contact
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For questions about the content of this training contact
Lisa Gardner at (303) 432-5147 or LisaG@jcmh.org