



You may know CPR and the Heimlich maneuver. You can call 911. But can you administer first aid in a mental health crisis?

It's easy to tell when someone is having a heart attack, is choking, or can't breathe. But what does depression look like? Or anxiety? What would you say to a person you know who says they are thinking about suicide? How can you help in a panic attack?

**Mental Health First Aid** is an 8-hour training course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. People across the country - in all 50 states and the District of Columbia - are trained in Mental Health First Aid. They know how to identify, understand, and respond to signs of mental illnesses and addictions.

This course is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet certification requirements.



# YOU COULD BE THE HELP SOMEONE NEEDS. GET TRAINED.

## MENTAL HEALTH FIRST AID IN The Berkshires

**When:** Friday, June 26, 2015

**Where:** Crowne Plaza, Top of Plaza  
One West Street, Pittsfield

**Registration:** 7:30 – 8:00 a.m.

**Training:** 8 – 5 p.m.

**Credits/Contact/Clock Hours:** 8  
LMHC, SW, RN, LMFT, Rehabilitation &  
Substance Abuse Counselors

**Cost:** Free, includes: Light breakfast & lunch.

**To Register,** visit [www.berkshireahec.org](http://www.berkshireahec.org)

**Sponsored by:**

- Berkshire AHEC, Inc.
- Berkshire Coalition for Suicide Prevention
- NAMI
- Berkshire Medical Center
- The Brien Center

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



**Berkshire  
AHEC**

**Area Health Education Center  
Pittsfield, Massachusetts**



# MENTAL HEALTH FIRST AID™







## COURSE TYPES



**ADULT:** The adult Mental Health First Aid course is appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern. The course is available in English and Spanish.

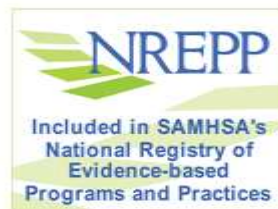


**YOUTH:** Youth Mental Health First Aid reviews the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It emphasizes the importance of early intervention and covers how to help an adolescent in crisis or experiencing a mental health challenge. The youth course is intended for anyone 16 years or older to learn how to help young people.

## MENTAL HEALTH FIRST AID TEACHES

- Risk factors and warning signs of mental health concerns.
- Information on depression, anxiety, trauma, psychosis, and substance use.
- A 5-step action plan to help someone developing a mental health concern or in crisis.
- Available evidence-based professional, peer, and self-help resources.

Mental Health First Aid is listed in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices. Studies show that individuals trained in the program increase their knowledge of signs, symptoms and risk factors of mental illnesses and addictions; can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction; increase their confidence in and likelihood to help an individual in distress; and show reduced social distance to individuals with mental illnesses.



## 4 REASONS TO BECOME A MENTAL HEALTH FIRST AIDER

1. **To be prepared:** Just as you learn CPR, learn how to help in a mental health crisis
2. **Mental illnesses are common:** 1 in 5 adults in any given year
3. **You care:** be there for a friend, family member, or colleague
4. **You can help:** people with mental illnesses often suffer alone



ALGEE the koala is the Mental Health First Aid mascot

## WHO TAKES THE COURSE?

The course helps anyone who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis. The course gives people tools to help friends, family members, colleagues, or others in their community.

- College/university leaders
- Educators/school administrators
- Human resources professionals
- Nurses/physician assistants/primary care workers
- Public safety personnel
- Members of faith communities
- Social services staff and volunteers
- Policymakers
- Substance abuse professionals
- Social workers

YOU COULD BE THE HELP SOMEONE NEEDS. TAKE A COURSE.

Register @ [www.berkshireahec.org](http://www.berkshireahec.org)

## Accreditation/Approval:

**LMHC:** Berkshire AHEC is an NBCC-Approved Continuing Education Provider (ACEP) and a cosponsor of this program. Berkshire AHEC may award NBCC-approved clock hours for programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event.

**Substance Abuse Counselors:** Berkshire AHEC, provider #762, is an approved education provider of the National Association of Alcoholism and Drug Abuse Counselors (NAADAC). Attendees earn continuing education credits for this course.

**Social Work:** This program has been approved for 8 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D 70336-1.

**Nursing:** This program meets the requirements for nursing contact hours as specified by the Massachusetts Board of Registration in Nursing - 244 CMR 5.04.

**LMFT:** Application has been submitted to Family Development Associates for certification of continuing education hours for LMFT's.

**Rehabilitation Counselor:** This program is approved for 8 clock hours by the Commission on Rehabilitation Counselor Certification (CRCC)

## Policy:

### Successful Completion Requirements:

Participants are expected to sign in and out, attend the entire program, and complete an evaluation. Certificates will be distributed to participants at the end of the program.

**Special Requests:** If you are hearing impaired, or are differently abled and require accommodations, please contact Berkshire AHEC 15 days prior to the training.

**Cancellation:** Berkshire AHEC reserves the right to cancel a program due to low registration, speaker illness, cancellation or other uncontrollable circumstances. Notice of cancellation will be provided to registrants by phone, as soon as Berkshire AHEC becomes aware of the need to cancel and will also be recorded on the agency website and telephone message.

**Disclosure Policy:** It is the policy of Berkshire AHEC to ensure balance, independence, objectivity, and scientific rigor in all its individually and jointly sponsored programs. All faculty participating in Berkshire AHEC programs are expected to disclose any conflicts of interest that they or their spouse/partner may have that have a direct bearing on the content of the continuing education program.

**Grievance Procedure:** it is the policy of Berkshire AHEC to provide a complaint resolution procedure that is timely and responsive to consumers of our services. Individuals wishing to register a grievance should contact the Executive Director at Berkshire AHEC at (413) 447-2417, as a first step in the procedure for resolution  
**Berkshire AHEC**

### For More Information:

Phone: (413) 447-2417  
Fax: (413) 499-0370

Please refer to our website at [www.berkshireahec.org](http://www.berkshireahec.org) to register and also for directions, parking information.

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**This program is supported by:**  
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