

## MENTAL HEALTH FIRST AID TRAININGS

**ADULT MENTAL HEALTH FIRST AID** is an 8-hour training that was developed because mental health diagnoses -- such as depression, anxiety, impulse control and misuse of alcohol and other drugs -- are shockingly common in the United States. In fact, more than 1 in 4 American adults will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including McHenry County Mental Health Board, to implement MHFA to equip the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative evidence behind the program demonstrates that it helps the public better identify, understand, and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses. This training is targeted for individuals interested in learning ways to assist individuals experiencing a mental health crisis and is open to the general community.

**YOUTH MENTAL HEALTH FIRST AID** is an 8-hour training designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. YMFA is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. This training is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.) and is open to the general community.

**8:00 am - 4:30 pm (Breakfast and lunch are provided)**

**Course Fee: No cost, sponsored by the McHenry County Mental Health Board**

*All attendees receive a certificate of attendance for completing the 8-hour course.*

### ADULT MENTAL HEALTH FIRST AID TRAININGS

**Class is full** -- Saturday, February 25, 2017

Advocate Good Shepherd Hospital - Conference Rooms B & C (enter at main entrance)  
450 IL-22, Barrington, IL 60010

Saturday, May 13, 2017

Advocate Sherman Hospital - Medical Office Building 4th Floor (Room 403)  
1425 N Randall Road, Elgin, IL 60123

Saturday, September 16, 2017

Advocate Condell Medical Center - Conference Rooms A & B  
801 S Milwaukee Ave., Libertyville, IL 60048

### YOUTH MENTAL HEALTH FIRST AID TRAININGS

Saturday, April 29, 2017

Advocate Good Shepherd Hospital - Conference Rooms B&C (enter at main entrance)  
450 IL-22, Barrington, IL 60010

Saturday, October 14, 2017

Advocate Sherman Hospital - Medical Office Building 4th Floor (Room 403)  
1425 Randall Road, Elgin, IL 60123

Saturday, November 4, 2017

Advocate Condell Medical Center - Conference Rooms A & B  
801 S. Milwaukee Ave., Libertyville, IL 60048

**To register:** Email Marihelen at [mprideaux@namimchenrycounty.org](mailto:mprideaux@namimchenrycounty.org) and include your name, address, phone number, and email.

*If your organization would like to offer Adult or Youth Mental Health First Aid training onsite or as a group, please call Marihelen Prideaux at 815-308-0851 for more information.*