



Adult Mental Health First Aid Certification

For Member Care Professionals and Mission Leaders

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Mental Health First Aid teaches about recovery and resiliency – individuals experiencing these challenges can and do get better, and use their strengths to stay well. Learn more: www.mentalhealthfirstaid.org

Topics Covered:

- Trauma
- Depression and anxiety disorders
- Psychosis and mood disorders
- Substance use disorders

WHERE: Calvary Church (2120 Lexington Ave N, Roseville, MN 55113)

WHEN: Friday (February 23, 2024) 8:30 AM to 4:00 PM

COST: \$125 (includes PDF Workbook and MHFA Manual)

DEADLINE: Registration is limited to 30 participants.

PARTICIPANTS: Those involved directly in missionary care, such as mission pastors and church-based volunteers, and member care professionals will benefit.

This special pre-conference training is facilitated by Geoff Whiteman, ThM, LMFT, VALEO Research Institute Director (www.valeo.global/geoff). Valeo provides online clinical care for global workers serving in over 100 countries.





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ABOUT:

Mental Health First Aid¹ is an early intervention public education program. It teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen non judgmentally and give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services.

- Adult Mental Health First Aid consists of 2-hours of self-paced content (pre-work) followed by 5.5 hours of instructor-led training.
- Learn more about MHFA at: www.mentalhealthfirstaid.org

LEARNING OUTCOMES: you will be able to:

1. Describe the purpose of Mental Health First Aid and the role of the Mental Health First Aider; including the principles of safety and privacy for both the Mental Health First Aider and the person receiving first aid.
2. Recognize the signs and symptoms of mental health challenges that may impact adults. Evaluate the impact of early intervention on mental health challenges and explain that recovery from a mental health challenge is possible.
3. Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) when a person shows early signs of a mental health challenge; when a person shows worsening signs of a mental health challenge; and to crisis situations.
4. Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.

CERTIFICATION: become certified in MHFA by successfully:

1. Complete the 2-hour, online course prior to the in-person training;
2. Attend the 5.5 hour in-person training in its entirety; and
3. Complete post-work tasks online and print your certification!

¹ Mental Health First Aid was created in Australia in 2000 by Betty Kitchener, an educator and mental health consumer, and Professor Tony Jorm, a mental health researcher. In 2008, the National Council, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health brought Mental Health First Aid to the United States.