



South Dakota Network  
Against Family Violence and Sexual Assault

P.O. Box 90453 ~ Sioux Falls, South Dakota 57109  
(605) 731-0041 ~ Fax (605) 977-4742 ~ www.sdnafvsa.com

## Mental Health First Aid Certification Training

**Kami Kessler  
Certified Trainer**

& Director of Missouri Shores DV Center, Pierre



View Thirty Four  
4251 East Highway 34

**Tuesday, January 24, 2012**  
**10 a.m. to 6 p.m.**

and

**Wednesday, January 25, 2012**  
**10 a.m.—3 p.m.**

(Lunch will be on your own both days)

See enclosed sheet for additional information regarding this training.

**Fee: \$15 per booklet**

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### REGISTRATION FORM

**Name:** \_\_\_\_\_ **Agency:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Fee:** Each participant or Agency will need one booklet for the training. Booklets are \$15 each.

\_\_\_\_\_ # of booklets needed

(Make checks payable to The Network)

Please return this form by **December 22, 2011 with payment to:**

SDNAFVSA

PO Box 94053

Sioux Falls, SD 57109-0453

# MENTAL HEALTH FIRST AID INSTRUCTOR TRAINING COURSE

## 12 Hour Course Agenda

<p><b><u>SESSION 1</u></b></p> <p><b>Part 1</b> What is <a href="#">Mental Health First Aid</a>? Mental Health Problems in the USA The <a href="#">Mental Health First Aid</a> Action Plan</p> <p><b>Part 2</b> Understanding <a href="#">Depression</a> Crisis First Aid for Suicidal Behavior &amp; Depressive symptoms</p>	<p><b><u>SESSION 3</u></b></p> <p><b>Part 1</b> Understanding <a href="#">Psychotic Disorders</a> Crisis First Aid for Acute Psychosis, Aggressive Behavior, and Psychotic Symptoms</p> <p><b>Part 2</b> Understanding <a href="#">Substance Use Disorder</a> Crisis First Aid for Overdose Crisis First Aid for Withdrawal</p>
<p><b><u>SESSION 2</u></b></p> <p><b>Part 1</b> What is Non-Suicidal Self-Injury? Understanding <a href="#">Anxiety Disorders</a> Crisis First Aid for Panic Attacks</p> <p><b>Part 2</b> Crisis First Aid for Traumatic events Crisis First Aid for Acute Stress Reaction</p>	<p><b><u>SESSION 4</u></b></p> <p><b>Part 1</b> Understanding <a href="#">Eating Disorders</a> Crisis First Aid for Eating Disorders</p> <p><b>Part 2</b> Using Mental Health First Aid</p>

## About the Program: Background

Mental Health First Aid was created by Professor Anthony Jorm, a respected mental health literacy professor, and Betty Kitchener, a nurse specializing in health education. The program is auspiced at the ORYGEN Research Center at the University of Melbourne, Australia.

The National Council for Community Behavioral Healthcare, the Maryland State Department of Health and Mental Hygiene, and the Missouri Department of Mental Health worked with the program's founders to bring Mental Health First Aid to the U.S.

Mental Health First Aid has a strong evidence base. Four detailed studies have been completed and nearly a dozen journal articles published on Mental Health First Aid impact on the public. One trial of 301 randomized participants found that those who trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes. The study also found that Mental Health First Aid improved the mental health of the participants themselves. Findings from the other studies have echoed these outcomes.

To date, Mental Health First Aid has been replicated in 14 countries, including: England, Scotland, Finland, Canada, Cambodia, Hong Kong, Ireland, Wales and Singapore. In the US, we truly value the supporting evidence and strive to achieve fidelity to the original Mental Health First Aid program developed in Australia. In the next decade, we expect Mental Health First Aid in the US will become as common as CPR and First Aid. It has the potential to reduce stigma, improve mental health literacy, and empower individuals – the benefits are limitless!

# About the Program: What You Learn

## About the Course

The Mental Health First Aid program is an interactive session which runs 12 hours. It can be conducted as one two-day seminar, two one day events spaced over a short period of time or as four 3-hour sessions. Mental Health First Aid certification must be renewed every three years, and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

Specifically, participants learn:

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, eating disorders, substance use disorders, and self-injury
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care
- The evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid USA is managed, operated, and disseminated by three national authorities — the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Mental Health First Aid is offered in the form of an [interactive 12-hour course](#) that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 12-hour course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

The 12-hour Mental Health First Aid USA course has benefited a variety of audiences and key professions, including: primary care professionals, employers and business leaders, faith communities, school personnel and educators, state police and corrections officers, nursing home staff, mental health authorities, state policymakers, volunteers, young people, families and the general public.

Website is [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)