

Youth Mental Health First Aid

February 23, 2017

8:00 a.m. to 4:00 p.m. (CST)

Workshop #081-17

GRREC Office & Training Facility • 230 Technology Way • Bowling Green 42101



Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and provides overview of common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and/or self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, such as anxiety, depression, substance abuse, bipolar disorder, eating disorders, and schizophrenia. Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP).

Learning Targets:

- Learn a five-step action plan to help youth with mental health or substance use problems.
- Understand how to provide help to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves through an approach similar to traditional First Aid and CPR.
- Enhance knowledge of mental health and substance use problems and how to connect people with appropriate care, using Mental Health First Aid as an evidence-based prevention tool.

Audience: All School Staff, Mental Health Professionals and Community Members

Presenters: Kathy Maciel and Lisa Loague

Location: GRREC Office & Training Facility • 230 Technology Way • Bowling Green, KY

Time: 8:00 AM to 4:00 PM Registration and breakfast will begin at 7:30 AM (CST)

Cost: \$25.00 per person Breakfast and lunch will be provided each day

EILA Credit: 8 Hours

*****Limited to 30 Participants*****

Registration

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Please Print:

Name of Participant: _____ Position _____

District: _____ School/Agency: _____

Cell #: _____ Email: _____

P.O. # _____ OR Check # Enclosed _____

Note: School districts (or schools) will be billed following the activity based upon registration. Cancellations must be made within five (5) working days of the activity to avoid being billed for fee. Substitutions will be allowed.

Registration Deadline: February 13, 2017

[Click Here to Register Online](#)

or

Fax or mail this completed form to GRREC by February 13th

Sponsored by

Green River Regional Education Cooperative
230 Technology Way • Bowling Green, KY • 42101
Phone: (270) 563-2113 FAX: (270) 563-2208

For information or questions, contact Kathy Maciel or Lisa Loague
by phone at 270-563-2113 or e-mail kathy.maciel@grrec.org, lisa.loague@grrec.org