

BEHAVIORAL HEALTH

MENTAL HEALTH FIRST AID FOR OLDER ADULTS

Course Content:

Mental Health First Aid for Older Adults is an interactive 8-hour certification program designed to increase mental health literacy and help individuals and communities better understand and respond to mental health emergencies of our growing population of older adults (65+). MHFA is the initial help given to an individual showing symptoms of mental illness or a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors, etc.) until appropriate professional or other help, including peer and family support, can be engaged.

Mental Health First Aid for Older Adults is not a clinical course and is not intended for mental health experts. It is designed to provide educators, administrators, counselors and others in higher education with the knowledge, strategies and tactics they can use to understand, identify and respond to an individual undergoing a mental health crisis.

Course Goal:

At the completion of this course, participants will be able to:

- Recognize the high rate of late onset mental health disorders in older adults (65+) and the low rates of identification and treatment.
- List the potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance use disorder.
- Implement a five-step action plan to support an older adult in crisis and help them connect to professional care.
- Recommend the appropriate professional, peer, social and self-help resources available to help someone with a mental health problem.

Cost: **FREE

Instructors: Jennifer Macioce and Lynn King

Course #	Date:	Time (8 hours)	Location
XGO-415-58301	Wednesday and Thursday May 18 and 19, 2016	9:30AM-2:30PM	CCAC Boyce, North Wing Room N524

PLEASE NOTE: *Class size is limited to 25 students. No one will be permitted to enter the classroom after the start time.*

**** There is no tuition fee for this program. Students will also get a free course manual to use during class and take with them for future reference. The costs associated with this program are being subsidized by Allegheny Health Choices, Inc. (AHC).**

SEATING IS LIMITED. REGISTRATIONS WILL BE ACCEPTED ON A FIRST COME, FIRST SERVED BASIS. WALK-INS WILL NOT BE ADMITTED.

BEHAVIORAL HEALTH

YOUTH MENTAL HEALTH FIRST AID

Course Content:

This 8-hour course is an interactive certification training program designed to increase mental health literacy. Participants will learn the risk factors and warning signs of a variety of mental health challenges common among adolescents (including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders and substance use disorders). Youth Mental Health First Aid is the initial help given to an adolescent showing symptoms of mental illness or a mental health crisis until appropriate professional or other help, including peer and family support, can be engaged.

Youth Mental Health First Aid is not a clinical course and is not intended for mental health experts. It is designed to provide interested people in the community with the knowledge, strategies and tactics they can use to understand, identify and respond to an individual undergoing a mental health crisis.

Course Goal:

At the completion of this course, participants will be able to:

- List the potential risk factors and warning signs of mental health challenges common among adolescents.
- Explain how to assess a mental health crisis, select interventions and provide initial help.
- Implement a five-step action plan to support an adolescent who is exhibiting signs and symptoms of mental illness or is in an emotional crisis.
- Recommend the appropriate professional, peer, social and self-help resources.

Cost: **FREE

Instructors: Jennifer Macioce and Lynn King

Course #	Date:	Time (8 hours)	Location
XGO-417-58301	Wednesday and Thursday May 25 and 26, 2016	9:30AM-2:30PM	CCAC Boyce, North Wing Room N524

PLEASE NOTE: *Class size is limited to 20 students. No one will be permitted to enter the classroom after the start time.*

**** There is no tuition fee for this program. Students will also get a free course manual to use during class and take with them for future reference. The costs associated with this program are being subsidized by Allegheny Health Choices, Inc. (AHC).**

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