

## What is Mental Health First Aid?

The initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors. . .) until appropriate professional or other help, including peer and family support, can be engaged.

An 8-hour course (formerly was 12 hours) prepares members of the public to provide Mental Health First Aid to those in need. This course is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet other



### You will learn:

- The prevalence of mental illnesses in the U.S. and their emotional and economic cost.
- The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders, and substance use disorders.
- 5-Step Action Plan (ALGEE) is to help an individual in crisis connect to professional care.
- Resources available to help someone with a mental health problem.



812 E. Jolly Rd. Lansing, MI 48910

Please call Customer Service at 877-333-8933 or 517-346-8244 for more information and/or to register for a class.

To learn more about other educational opportunities for the community. Contact Judy Hazle at 517-346-8238.



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[www.facebook.com/ceicmh](http://www.facebook.com/ceicmh)



## Adult Mental Health First Aid (MHFA)

### Upcoming Classes:

**May 22, 2014**

**June 17, 2014**

**August 12, 2014**

**REGISTER EARLY!**



**We also have Youth Mental Health First Aid Classes available.**

## Why Mental Health First Aid?

- Mental health problems are common.
- Stigma is associated with mental health problems.
- Many people are not well informed about mental health problems.
- Professional help is not always on hand.
- People often do not know how to respond.
- People with mental health problems often do not seek help.



For more information about Mental Health First Aid (MHFA) and Youth Mental Health First Aid please visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)



Save lives and build stronger communities.  
Join Mental Health First Aiders across the USA

## Register for a Mental Health First Aid (MHFA) Adult Training 1 day for 8 hours

**Time: 8:30 am to 5:00 pm each day**  
(must attend 8 hours to get certificate)

**Lunch is provided**

**Where: CEI Community Mental Health  
812 E. Jolly Rd. in the Atrium  
Lansing, MI 48910**

**Cost: \*Free**

\*for those who meet the criteria of the MDCH Grant until September 30, 2014. Call to request the cost for training after 9/31/2014.

**Thursday, May 22, 2014**

**Tuesday, June 17, 2014**

**Tuesday, August 12, 2014**

**There is a minimum of 15 and a maximum of 25 seating limit per training.**

**NOTE: There will be a cancellation fee of \$20.00 if you do not give a required 7 days notice and/or if you do not show up for a class you are registered for.**

### Who is eligible to take this training for FREE?

This Training is available at no cost due to a grant awarded by the Michigan Department of Community Health (MDCH), until 9/31/2014. This training targets and trains laypersons that work and/or interact with youth (i.e. parents and foster care givers, educators, faith community/clergy, health care providers, law enforcement, juvenile justice workers, and other interested laypersons in Battle Creek, Clinton, Eaton, Ingham, Genesee, Kalamazoo, Kent, Muskegon and Saginaw counties. **Most everyone meets the criteria if you are in the region listed!**

**THREE WAYS TO REGISTER:**  
**REGISTER ON-LINE at [www.eventbrite.com](http://www.eventbrite.com)**  
and search for the date of the event.

or

call Customer Service at 517-346-8244  
If you have any questions or have issues with registering please contact Julie Barron at 517-346-9600 or Becki West at 517-326-8366.

*After your registration has been confirmed, and if you do not meet the criteria for the grant, please send cash or a check only, payable to "CMHA-CEI" adding in the memo line who is attending and YMHA to:*

CEI Community Mental Health  
c/o Becki West  
812 E. Jolly Rd, Suite G-10, Lansing, MI 48910

### Non-eligible fees:

**\$45.00 for the course**

**\$20.00 for Veterans (discounted price)**

We are offering up to 7.5 Continuing Education Credits for Social Workers, Counselors, and Nurses for free. Teachers may qualify for credits for a very small fee. Please inquire if you would like to receive these.

**Nursing-**Community Mental Health Authority of Clinton-Eaton-Ingham Counties, OH-336 (expires:3/1/2015), is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Nurses participating in MHFA training may receive a maximum of 7.5 CE hours.

**Social Work-**The Michigan Association of Community Mental Health Boards, provider #1140, is approved as a provider for social work continuing education by the Association of Social Work Boards through the ACE program. MACMHB maintains responsibility for the program. ASWB approval period (11/10/13-11/10/16). Social Workers should contact their regulatory board to determine course approval. Social Workers will receive 7.5 continuing education clock hours for participating in this Mental Health First Aid (MHFA) Training.

**Substance Abuse Professionals-** MACMHB is approved by Michigan Certification Board for Addiction Professionals (MCBAP). MACMHB maintains the responsibility for the program and content. Substance Abuse Professionals participating in this Mental Health First Aid (MHFA) Training may receive a maximum of 7.5 "related" educational contact hours.

