

Mental Health First Aid and Older Adults and Those with Later-Life Issues

April 14, 2017

Sign-In: 7:30 – 8:00 a.m.

Training: 8:00 a.m. – 5:00 p.m.

Location: Aullwood Audubon Farm
9101 Frederick Pike
Dayton, OH 45414.

Mental illness and aging can often be a double stigma. According to the National Council on Aging, there are more than 6 million Americans 85 and older. That number is expected to more than triple by the year 2050, when the youngest baby boomers turn 86. Older adults and care partners are less likely to identify a problem as a symptom of a mental health disorder. Furthermore, older adults have high rates of late onset mental health disorders (anxiety/depression) and low rates of identification and treatment. There is negative bi-directional impact between mental disorders and health conditions. Even “mild” mental illness symptoms can have catastrophic consequences in vulnerable older adults. ADULT Mental Health First Aid now offers a tailored supplement which builds upon the effectiveness of the standard Mental Health First Aid curriculum by focusing on older adults and the growing population.

Mental Health First Aid is an evidence-based 8 hour training that teaches participants how to recognize and assist someone who is developing a mental health problem and/or experiencing a mental health crisis. Introduced in the U.S. in 2008, the course is offered to a variety of nonprofessionals and professionals that may work in social services, healthcare, education, law enforcement, churches and/or the business community. The training helps participants learn how to identify, understand and respond to signs of mental illness and addictions. Participants are introduced to risk factors and warning signs of mental illness and receive education that builds understanding of their impact and overviews of common support responses. The training teaches participants the common risk factors and warning signs of specific types of illnesses such as anxiety, depression, substance abuse, bipolar disorders, and schizophrenia. Additionally, the issue of stigma is also incorporated into the training. Like CPR, ADULT Mental Health First Aid teaches participants how to interact with a person in crisis and connect that person to follow-up help. Participants that complete a Mental Health First Aid training *do not* diagnose or provide any counseling or therapy. They do, however, become equipped to offer a five-step action plan that teaches them how to: 1) Assess for risk of suicide or harm 2) Listen nonjudgmentally 3) Give reassurance and information 4) Encourage appropriate professional help and 5) Encourage self-help and other support strategies.



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

Questions? Contact crogge@mcadamhs.org or call (937) 443-0416 ext. 127.

Mental Health First Aid USA is coordinated by 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

The cost to attend this training is \$10.00 and includes lunch, thanks to the sponsorship provided by:



Area Agency on Aging, PSA 2

40 W. Second Street, Suite 400
Dayton, OH 45402

This training has been approved for 6 hours of continuing education by The State of Ohio Board of Executives of Long Term Services & Supports (BELTSS) with an approval number of 055-L-17.

Mental Health First Aid training is interactive in its teaching format. Please dress comfortably for the day and in preparation for possible room temperature fluctuations. In addition to receiving 6 hrs. of BELTSS approved continuing education, participants that complete the full 8-hours of training will receive a 3-year Mental Health First Aid certification. Any time beyond 15 minutes of missed training time must be made up in order to secure this certification.

To register, please use the following Eventbrite Link:

<https://www.eventbrite.com/e/april-14-2017-mental-health-first-aid-and-older-adult-and-those-with-later-life-issues-tickets-32062632196>

If you need assistance with registering, contact Carrie Rogge @ crogge@mcadamhs.org or call (937) 443-0416 ext. 127.



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This training is made available by the Alcohol, Drug
Addiction and Mental Health Services Board for
Montgomery County.



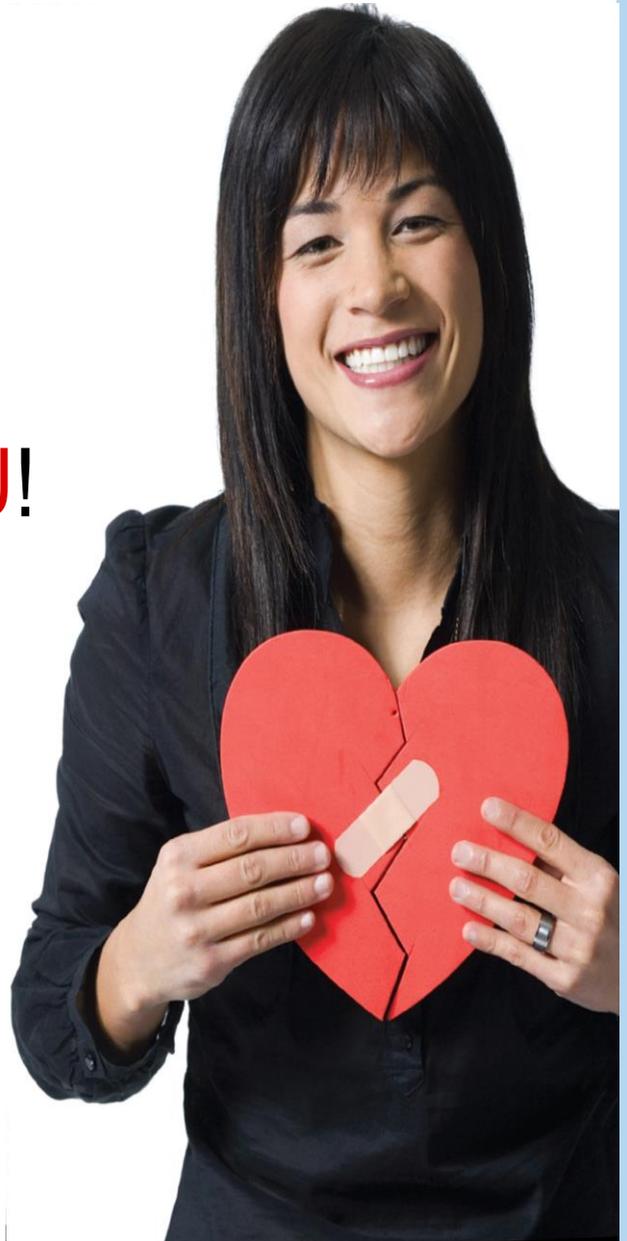
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen your community.



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