

Mental Health First Aid (MHFA) is an 8-hour course that teaches how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps an individual to learn to identify, understand, and respond to signs of mental illness and substance use disorders.

For more information on Mental Health First Aid, visit:  
[www.mentalhealthfirstaid.org/cs/](http://www.mentalhealthfirstaid.org/cs/)

### **Examples of sectors that may want to be trained:**

- Health and human service workers
- Educators and administrators
- Human resource professionals
- Members of faith communities
- Nurses/physician assistants/ primary care workers
- Police, first responders, corrections, and security
- Mental health front line workers
- Homeless shelter workers
- Persons with mental illness and their families
- Caring citizens
- Policymakers
- Substance abuse treatment professional
- Social workers

**Barnstable Town Hall**  
Hearing Room, 2nd Floor  
367 Main Street  
Hyannis, MA 02601

### **Southeast Coast IPMA-HR Chapter Information**

The Chapter's official title is SE COAST Massachusetts and was chartered in 2004 as a local chapter of the International Public Management Association for Human Resources (IPMA-HR). It was established by Public Sector Human Resources Professionals from Southeastern Massachusetts who were looking for an effective method to network, share information, and use a regional approach to provide professional development opportunities for themselves and their organizations.

This chapter represents the Southeastern portion of Massachusetts including the following counties: Barnstable, Bristol, Dukes, Nantucket, Norfolk and Plymouth.



Southeast Coast IPMA-HR  
Town of Dennis  
c/o Anne Clancy  
685 Route 134  
South Dennis, MA 02660

**For chapter and contact information,  
please visit:  
[www.secimpa-hr.org](http://www.secimpa-hr.org)**

**Southeast Coast  
IPMA-HR  
Presents**



**Mental Health  
First Aid Training  
presented by  
Paul Gabriele, Trainer**

**Saturday, March 24, 2018  
8:30 AM to 4:45 PM**

**Barnstable Town Hall  
Hearing Room, 2nd Floor  
367 Main Street  
Hyannis, MA 02601**



# Mental Health First Aid Training

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For more information on Mental Health First Aid visit: [www.mentalhealthfirstaid.org/cs/](http://www.mentalhealthfirstaid.org/cs/)

This training is targeted to individuals who interact with adults.

**Trainer:** Paul Gabriele

**Date:** Saturday, March 24, 2018

**Location:** Barnstable Town Hall

**Time:** 8:30 AM registration  
8:45 AM - 4:45 PM training

**Cost:** \$99/members  
\$129/non-members

Includes lunch, course materials, certificate/certification

**Reservations Required by Tuesday, March 20, 2018.**

**Space is limited to 35 people.**

**Please RSVP to:**

Jacquelyn Shea at (774)352-1261  
or [jshea@town.dennis.ma.us](mailto:jshea@town.dennis.ma.us)

## Mental Health First Aid USA

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. The program also teaches common risk factors and warning signs of specific illnesses like anxiety, depression, substance use, 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).

### Course Details:

Mental Health First Aid teaches participants a five-step action plan. ALGEE, to support someone developing signs and symptoms of a mental illness or experiencing an emotional crisis:

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

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. First Aiders do not diagnose or provide any counseling or therapy. Instead, the program offers concrete tools and answers key questions like: "What do I do?" and, "Where can someone find help?" Certified Mental Health First Aid instructors provide a list of community healthcare providers and national resources, support groups and online tools for mental health and addictions treatment and support. All trainees receive a program manual to complement the course material.



**Yes, sign me up for "Mental Health First Aid Training"!**

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

**Title:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Email address:** \_\_\_\_\_

**Number of Additional Attendees:** \_\_\_\_\_

**Please list Names:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Check Enclosed for \$ \_\_\_\_\_

Please invoice me.

**Invoiced forms may be emailed to [jshea@town.dennis.ma.us](mailto:jshea@town.dennis.ma.us) or faxed to 508-394-0803.**

**Please mail checks to address below.**

**Reservations Required by March 20, 2018.**



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