

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 illnesses, builds understanding of their impact, and overviews 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 self-help care. The program also teaches the common risk factors and warning signs of specific types of 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 in an emotional crisis:

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage 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 take on the role of professionals — they 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 compliment the course material.

PROGRAM GROWTH

Mental Health First Aid was introduced in the U.S. in 2008 and, to date, more than 100,000 people from all 50 states, the District of Columbia, and Puerto Rico have taken the course. The course is offered to a variety of audiences, including hospital staff, employers and business leaders, faith communities, and law enforcement . In 2012, a Spanish adaptation of the course was released.

In 2012, Youth Mental Health First Aid was introduced to prepare trainees to help youth ages 12-18 that may be developing or experiencing a mental health challenge. The youth course is most appropriate for adults who regularly interact with youth, such as teachers or coaches, but may also be appropriate for youth who are 16 years and older.

To find a course or contact an instructor in your area, visit www.MentalHealthFirstAid.org.

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



McHenry
County

QPR

For Suicide
Prevention

Ask a Question, Save a Life

Please Join Us

Thursday, May 17, 2018

GENERAL EDUCATION

7 pm - Presentation / Q&A to follow
8 pm – Support Group

Question. Persuade. Refer.

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

QPR: Question, Persuade, Refer is an evidence based practice that, like CPR, is an emergency response to someone in crisis. QPR gatekeeper training provides education and awareness of mental health symptoms that have been identified as risk factors and warning signs of suicide, while providing individuals with the language that is needed to provide support to someone who may be in a mental health crisis. QPR also teaches gatekeepers how to offer hope and to know how to get help and save a life.

Our Presenter:

Jennifer Balleto, currently holds the position of Behavioral Health Community Navigator at Centegra Health System where she works in collaboration with various McHenry County community partners to ensure linkage to outpatient services for clients in need of ongoing mental health and substance abuse treatment. She received her Masters of Arts Degree in Clinical Psychology from the Illinois School of Professional Psychology in 2012. Since then Jenn has provided behavioral health support through Crisis Work, Critical Incident Stress Debriefing, Grief/Trauma Support, and Behavioral Health Consultation in the medical setting throughout Centegra. In addition to her current role, Jenn also chairs the McHenry County Suicide Prevention Task Force and facilitates the Survivors of Suicide Loss Support Group.

If you know of someone who would benefit from this presentation, feel free to invite them to join you. These presentations and support groups are open and free to the community. Registration is not required.

SUPPORT WILL BE OFFERED AFTER THE PRESENTATION

If you have an urgent need to meet with someone for support instead of attending the presentation, please let someone at the sign-in desk know and one of our support facilitators will be happy to meet with you immediately.

FOR MORE INFORMATION CONTACT: NAMI McHenry County at 815-308-0851
LOCATION: Community Resource Center, 620 Dakota Street, Crystal Lake, IL 60012