



MENTAL
HEALTH
FIRST AID

MHFA for Adults

Saturday, September 19th, 2015

Living Waters Church

1808 Miller Road, Crystal Lake, IL 60014

8:30 a.m. - 5:00 p.m. (Lunch will be provided)

Fee: No Cost to Attendee (sponsored by the MCMHB)

Space is limited to 30 participants, so please register early!

Registration closes September 12th, or upon filling the class.

All attendees will receive a certificate of attendance for completing this 8-hour course along with a manual to bring home for further information and resources!

OBJECTIVE/PURPOSE:

This 8-hour training was developed due to the fact that mental health diagnoses – such as depression, anxiety, impulse control and misuse of alcohol and other drugs – are shockingly common in the United States. In fact, more than one in four American adults will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including the McHenry County Mental Health Board, to implement Mental Health First Aid to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative evidence behind the program demonstrates that it helps the public better identify, understand and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses. For more information on Mental Health First Aid, visit www.thenationalcouncil.org.

PRESENTERS:

Rev. Kerry Dueholm MDiv., MA, is a counselor with the Samaritan Counseling Center of the Northwest Suburbs. A graduate of Loyola University Chicago, she focuses on mental health education, couples and premarital counseling, spiritual concerns, parenting resources, and grief and loss.

Heather Diab BS Ed., CRSS, MHFAI, has experienced working in acute psychiatric settings and now for NAMI McHenry County as a Certified Recovery Support Specialist. Heather has a passion and advocates for those with mental illnesses and believes recovery is not only possible....it's expected. Heather is also a certified WRAP facilitator and Certified Mental Health First Aid Instructor for youth, adult and public safety audiences.

Both instructors are certified trainers through the National Council for Community Behavioral Healthcare.

TARGET AUDIENCE:

This training is mainly targeted for individuals who do not have a clinical background in the mental health field and are interested in learning ways to assist individuals experiencing a mental health crisis.

For registration info, please contact Carolyn Frasor at the McHenry County Mental Health Board at 815-788-4392 or via email at cfrasor@mc708.org. For specific questions about the class, please contact Kerry at (773)301-6428 or Heather at (815)308-0854.



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