

# Mental Health First Aid



## DATE + TIME

Wednesday, June 18

9:00 am - 5:00 pm,

Check in @ 8:45 am



## LOCATION

AnMed North Campus

Peggy Dean Conference Room

2000 East Greenville Street

Anderson, SC 29621



## TARGET AUDIENCE

Anyone interested in this topic.



## COURSE PURPOSE

Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual experiencing a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness. Specifically, studies found that those who were trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes.



## LEARNING OUTCOMES

At the conclusion of this program, each participant will be able to:

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.
- Assess their own views and feelings about mental health problems and disorders.



## INSTRUCTOR

**Robyn Ellison, M.Ed.**

Robyn is an Education Coordinator, SC Mental Health Ambassador, on the National Council for the Mental Wellbeing, ACE Master Trainer, and a Mental Health First Aid Instructor for Adults, Youth, Veterans, Public Safety, Higher Education, First Responders, and Older Populations.



## FEES

**\$55 for non-members // Free for Upstate AHEC Members**

To register: <https://www.scahec.net/learn/programs/4191>



## CONTINUING EDUCATION CREDIT

**Others:** This program is approved for **0.8 CEUs (8.0 clock hours)** by Upstate AHEC and meets the SC AHEC Best Practice Standards.

**Successful completion of the program requires verified attendance for 90% percent of the program and a completed online evaluation by the participant within 10 calendar days of the program date. A certificate of completion will not be made available for you if the evaluation is not completed within this timeframe. No partial credit is available.**

**Americans with Disabilities Act (ADA):** Upstate AHEC is committed to equality of educational opportunity and does not discriminate against applicants, students or employees on the basis of race, color, religion, sex, national origin, age, disability or veteran's status. If you require reasonable accommodations for a disability in order to participate fully in a continuing education activity, call 864-349-1160 no later than one week before the date of the activity.

**New Refund Policy:** To cancel a registration for an upcoming in-person or webinar program our new registration system on the AHEC Learning Portal (ALP), visit the My Registrations page, select the program from your Upcoming Registrations listing and press the Cancel Registration button on the registration details page.

Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) and our staff will be in touch with refund details — refunds are typically processed within 10-15 business days after that. Registrations for online modules and on-demand video programs are not eligible for refunds.