

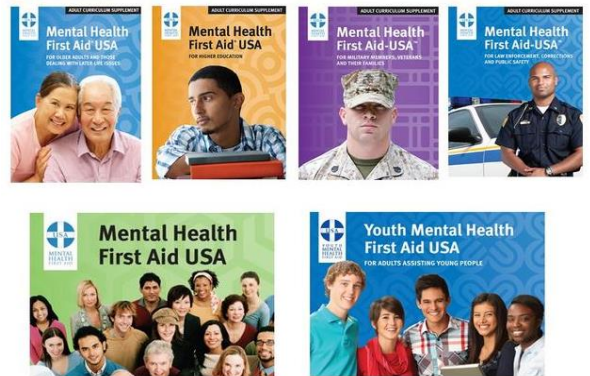
Mental Health First Aid for Public Safety

As a society, we largely remain ignorant about the signs and symptoms of mental illness, and we ignore our role as responsible community members to help people with mental illness. Mental Health First Aid training is an effective tool to help our society combat the negative impacts of mental illness in America. 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.

The course is taught to police, first responders, corrections officers, and other public safety audiences around the country. Mental Health First Aid for Public Safety provides officers with more response options to help them deescalate incidents and better understand mental illnesses so they can respond to mental health related calls appropriately without compromising safety. Approximately 20,000 public safety professionals have taken the course. 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.

WHAT WILL PARTICIPANTS LEARN?

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.



WHAT IS THE DIFFERENCE BETWEEN THE 8 HOUR MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY PROGRAM AND THE 40 HOUR CRISIS INTERVENTION TEAM [CIT] TRAINING?

CIT training is an excellent in-depth program that enjoys widespread adoption across the country, but not every department has the resources to train all officers or staff in the CIT program, nor is every officer or staff member ready for this intensive certification. The goal of most departments is to have at least 25% of their force CIT Certified. Mental Health First Aid for Public Safety is a good compliment to CIT training – **a one day course for the 75% of officers or staff who are not yet CIT certified or may never be.** Also, some police departments use Mental Health First Aid for Public Safety as a complement to their CIT program, training newer officers and those who express interest in joining the CIT team in Mental Health First Aid as a first step.

What Law Enforcement, Corrections and Public Safety organizations are already using Mental Health First Aid for Public Safety?

- City of Philadelphia Fire & Rescue Academy
- State of Rhode Island Police Training Academy
- Pennsylvania Department of Corrections: all staff requirement (16,000 staff)
- Washington, DC Police Academy: Cadet requirement

VSC'S CUSTOM TRAINING SERVICE FOR BSW PUBLIC SAFETY (POLICE OFFICERS, FIRE FIGHTERS, ETC.)

- VSC Will conduct a training session on March 27th
- The training will take place at Methodist Charlton Medical Center
- The training is a one day 8-hour course and will be held from 8 AM to 4 PM
- The session maximum is 80 people. **The BSWP discounted price is \$100 per person & includes materials and lunch (\$170 value). We do have group discounts for groups with 30+ people**
- Please register today before the classes fill up!

WHERE CAN I REGISTER OR LEARN MORE?

To learn more about VSC's Custom Mental Health First Aid training for the BSWP area, or to register for the training, contact Camille Wilson at 214-235-4791 or Roxy Hall at 904-207-1278. You can also visit us today at www.vscmentalhealth.com.