

### ***MENTAL HEALTH FIRST AID TRAINING***

Elizabeth Layton Center is excited to offer Mental Health First Aid training! This fun and ground-breaking training course gives people the tools to identify when someone might be struggling with a mental health or substance use problem and how to connect them with appropriate support and resources when necessary.

1 in 5 Americans has a mental illness, but many are reluctant to seek help, or might not know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect. Those in need of mental health services often do not get help until it is too late.

Just as CPR helps those without clinical training to assist an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis. Mental Health First Aid teaches a 5-step action plan that guides through the process of reaching out and offering appropriate support.

Elizabeth Layton Center offers two evidence-based Mental Health First Aid courses, both with an 8-hour curriculum. **Adult Mental Health First Aid** focuses on how to identify and help Adults in crisis. **Youth Mental Health First Aid** teaches how to identify crises in Youth, and how to distinguish mental health crisis from typical adolescent development. Continuing Education Credit available.

“Through [these programs], we hope to take the fear and hesitation out of starting conversations about mental health and substance use problems.” Says Linda Rosenberg President and CEO of the National Council for Behavioral Health, which helped bring Mental Health First Aid to the U.S. in 2008. “When more people are equipped with the tools they need to start a dialogue, more people can get the help they may need.” More than 550,000 people are certified Mental Health First Aiders and that number is growing every day. Visit [www.meantalhealthfirstaid.org](http://www.meantalhealthfirstaid.org) to learn more.

***For more information on Mental Health First Aid (MHFA) training in Paola or Ottawa, contact Loree Love at 913-557-9096 or [llove@laytoncenter.org](mailto:llove@laytoncenter.org). With a limited class size of 25 people, participants must register for each class in advance.***

#### **2017 MHFA Training Dates through Elizabeth Layton Center\***

**April 28<sup>th</sup> – Paola - Adult Mental Health First Aid from 8:30am to 5:30pm**

**May 24<sup>th</sup> – Paola - Youth Mental Health First Aid from 8:30am to 5:30pm**

**July 28<sup>th</sup> – Ottawa - Youth Mental Health First Aid from 8:30am to 5:30pm – sponsored by United Way of FrCo!**

**August 10<sup>th</sup> – Paola - Adult Mental Health First Aid from 8:30am to 5:30pm – sponsored by United Way of MiCo!**

**September 6<sup>th</sup> – Ottawa - Adult Mental Health First Aid from 8:30am to 5:30pm**

**October 12<sup>th</sup> – Paola - Adult Mental Health First Aid from 8:30am to 5:30pm**

\* Ask us about special classes for community organizations