



Hello,

Thank you for your ongoing interest in Mental Health First Aid!!!

We are excited to announce that the SE Regional Mental Health Services Coordination Office is offering the Adult and Youth Mental Health First Aid courses online!!

We will be hosting 2021 Adult and Youth VIRTUAL Mental Health First Aid Trainings for Montgomery County.

ADULT - 2/10/2021 (Registration deadline 1/20/2021)

YOUTH - 2/26/2021 (Registration deadline 2/5/2021)

YOUTH - 3/10/2021 (Registration deadline 2/19/2021)

ADULT - 3/26/2021 (Registration deadline 3/5/2021)

YOUTH - 4/14/2021 (Registration deadline 3/26/2021)

ADULT - 4/23/2021 (Registration deadline 4/2/2021)

Interested First Aiders will complete a 2-hour, self-paced class, and then participate in a 5.5 hour, Instructor-led class using videoconferencing technology.

WHO SHOULD TAKE IT!

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

WHAT TO LOOK FORWARD TO!

- Training schedule and easy pre-registration will be posted on <https://fivecountymh.org/mhfa-virtual-trainings-registration.html>
- Two weeks prior to the date of training, registrants receive email confirmation and course materials from the National Council for Behavioral Health.
- During the two weeks between receipt of course materials and date of instructor-led class, participants complete the 2-hour, self-paced portion of the course (completion of this portion of the course is required in order to attend the instructor led virtual class)
- Scheduled DAY of Instructor-led portion of the course - Participants are required to attend the full four hours of curriculum via video and audio-enabled Zoom in order to receive 3 year certification.

WHAT'S EXCITING!

- Your certified instructors have learned to utilize all of the Zoom tools, so we will have breakout rooms for small-group discussions, whiteboards for drawing, a hallway for private talk, chats for sharing thoughts and questions!
- Participants will receive a Process Workbook to use throughout the training; the virtual training is based on new curricula that includes expanded content on trauma, addiction and self-care.
- The Youth MHFA will include new content applicable for adults working with elementary-age children, including content from Child Mind Institute and the impact of social media, trauma and bullying.
- The content is gender neutral and culturally relevant!

NECESSARY TECHNOLOGY!

- Internet access with stable wi-fi or network connection
- Laptop, desktop or tablet with video and audio-enabled Zoom
- Participants are required to attend the full 5.5 hour, instructor-led portion of the course via video and audio-enabled Zoom on a laptop, tablet or desktop computer (participation by phone is not available)
- Interruption-free zone - Participants are encouraged to use a safe, comfortable space that is free from interruptions and is conducive to learning.
- Technical assistance - The course coordinator will be available to offer limited technical support to participants; we encourage participants to familiarize themselves with Zoom prior to the date of the course.

For Information or questions about the upcoming trainings, please contact us at: regional.mh@pmhcc.org or feel free to contact us at 610-313-0924.

Thank You!

SE Regional MH Services Coordination Office, Mental Health First Aid Team
<https://fivecountymh.org/mhfa-virtual-trainings-registration.html>

**SE Regional MH Services Coordination
Office** | www.fivecountymh.org

