

CHNA 20 Mental Health First Aid Training(s)



Mental Health First Aid is an 8-hour course that teaches how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps an individual to learn to identify, understand, and respond to signs of mental illness and substance use disorders.

Each set of dates is a 2 day, 4 hour training each day. You will be asked to register for either the March set or April set of training dates.

<u>MARCH TRAINING</u>	<u>APRIL TRAINING</u>
<u>Date:</u> March 12& 13 (Thurs. & Fri.)	<u>Date:</u> April 9 & 10 (Thurs. & Fri.)
<u>Time:</u> 9 am light breakfast & registration 9:30 -1:30 training	<u>Time:</u> 8 am light breakfast & registration 8:30-12:30 training
<u>Place:</u> South Shore Hospital Spine Center 2 Park Pond Rd Hingham	<u>Place:</u> Town of Canton Pequitside Farm (Tavern Room) 79 Pleasant Street Canton
<u>Instructors:</u> -Kathleen Bambrick, LICSW, South Shore Mental Health -Michael Shanahan, M. Div. LMFT Maria Droste Counseling	<u>Instructors:</u> -Melissa Bickler, LMHC, Quincy Jail Diversion Clinician -Paula Duvelson, PhD, LMH New Life Counseling & Wellness

There is no cost for these trainings.

FYI: These trainings are targeted to individuals that interact with adults.

Here are some examples of sectors that may want to be trained:

- Health and human service workers
- Educators and administrators
- Human resource professionals
- Members of faith communities
- Nurses/physician assistants/primary care workers
- Police, first responders, and security
- Social workers
- Mental health front line workers
- Homeless shelter workers
- Persons with mental illness and their families
- Caring citizens
- Policymakers
- Substance abuse treatment professionals

If you have any questions about the training, please contact:

Arlene Goldstein, CHNA 20 Program Manager

agoldstein@baystatecs.org 781-413-5291

To RSVP please go to CHNA20.org (upcoming events tab)