



Mental Health First Aid USA (How to Help Adults)

Monday, November 18, 2019

8:00 AM - 5:00 PM

Sign in and register at kcmbf.org.

DESCRIPTION

Have you worked with a client or colleague who appears to be struggling with a mental health disorder, yet you are at a loss for how to interact or help? This free eight-hour session will teach you how to identify, understand and respond to signs of mental illnesses and substance use disorders in adults. Nationally, this training has been provided to over 1.5 million people across the United States and has helped take the fear and hesitation out of starting conversations about mental health by improving understanding and providing an action plan.

SCHEDULE

8:00 AM Session I, Part 1

- What is Mental Health First Aid?
- Mental Health Problems in the USA
- The Mental Health First Aid Action Plan
- Understanding Depression
- Understanding Anxiety Disorders

10:00 AM Session I, Part 2

- Crisis First Aid for Suicidal Behavior and Depressive Symptom
- What is Non-Suicidal Self-Injury?
- Noncrisis First Aid for Depression and Anxiety

12:00 PM *Lunch (on your own - KCMBF will provide a list of local establishments)*

1:00 PM Session 2, Part 1

- Crisis First Aid for Panic Attacks
- Crisis First Aid for Traumatic Events
- Understanding Disorders in Which Psychosis May Occur
- Crisis First Aid for Acute Psychosis

3:00 PM Session 2, Part 2

- Understanding Substance Use Disorders
- Crisis First Aid for Overdose
- Crisis First Aid for Withdrawal
- Using Mental Health First Aid
- Exam and Evaluations

5:00 PM *Adjourn*

LOCATION

KCMBA
2300 Main Street, Suite 100
Kansas City, MO 64108

PARKING

Please bring your parking ticket inside to get validated. Parking will be validated at the event.

KCMBA provides complimentary parking to visitors in the 2300 Main parking garage, which is located beneath the building. To access the garage, turn into the circle drive in front of the 2300 Main building, which is located on the west side of Main Street, directly across from the Blue Cross Blue Shield of Kansas City building. Once you have entered the circle drive, take a right to descent the ramp into the parking garage, and take a ticket from the machine at the bottom of the ramp. Once you have parked, take the elevator to the first floor of the building, where our offices are located.