

# Mental Health First Aid - Adults

August 08, 2023

8:00am - 5:00pm

Registration will begin at 7:45am

**\*\*\*This course does not offer continuing education units/credits/hours\*\*\***

**Instructors: Myeshia Bobo & Michelle Downs**

**Course Information:** Adult MHFA introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. 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. This course is applicable for all support staff peers, nursing staff, and volunteers who work with or may have contact with adults over the age of 18. Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. Upon 8-hour course completion, Participants will receive a 3-year Certification as a Mental Health first Aider

**Objective(s):** Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

**Audience:** RUHS-BH Staff, Contract Providers, and Community Based Organizations

**Seat #:** 20

**Location:** 2085 Rustin Avenue Conference Center, Riverside, CA 92507

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

**Attendance Policy:** Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

**Enrollment/Registration Policy:** RUHS-BH Staff should register for this course via COR Learning Management System (<https://corlearning.sumtotal.host>). The enrollment deadline is three (3) business days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet).

**Cancellation and Refund Policy:** Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

**Grievances:** Please contact training coordinator Taide Arias at [TArias@ruhealth.org](mailto:TArias@ruhealth.org) or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).