



Adult Mental Health First Aid is a groundbreaking public education program

St. George / Cedar City

- ❖ Mental Health First Aid is offered in the form of an interactive 8-hour course that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders.
- ❖ Those who take the 8-hour course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. The 8-hour Mental Health First Aid USA course has benefited a variety of audiences and key professions, including hospitals, employers and business leaders, faith communities, school personnel, police and corrections staff, and nursing homes.
- ❖ Cost is \$35 for the full day course - training materials, lunch, and snacks are included.
- ❖ Course schedule for **Washington & Iron Counties** is as follows:

Date	Location - Southwest Behavioral Health Center	Time
January 8, 2016	St. George Office 474 West 200 North, Rm #206 (2 nd Floor) St. George, UT	8:00 a.m. – 5:00 p.m.
February 5, 2016	Cedar City Office 245 East 680 South (Conf. Rooms B/C) Cedar City, UT	8:00 a.m. – 5:00 p.m.
April 8, 2016	Cedar City Office 245 East 680 South (Conf. Rooms B/C) Cedar City, UT	8:00 a.m. – 5:00 p.m.
May 6, 2016	St. George Office 474 West 200 North, Rm #206 (2 nd Floor) St. George, UT	8:00 a.m. – 5:00 p.m.
September 9, 2016	St. George Office 474 West 200 North, Rm #206 (2 nd Floor) St. George, UT	8:00 a.m. – 5:00 p.m.

If you have a minimum of ten employees who are interested in being trained in Mental Health First Aid, our trainer will come to your facility to conduct the training at a day and time that is convenient for you.

For more information or to register for an Adult Mental Health First Aid training, please contact:

Mona Griffin at Southwest Behavioral Health Center
Phone: 634-5638 - Email: mgriffin@sbhcutah.org





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Kanab / Beaver

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- ❖ Cost is \$35 for the full day course - training materials, lunch, and snacks are included.
- ❖ Course schedule for the **Frontier Counties** is as follows:

Date	Location: Southwest Behavioral Health Center	Time
February 26, 2015	Kanab Office 445 North Main Kanab, UT	8:00 a.m. – 5:00 p.m.
April 29, 2016	Kanab Office 445 North Main Kanab, UT	8:00 a.m. – 5:00 p.m.
May 13, 2016	Beaver Office 85 West 1175 North Beaver, UT	8:00 a.m. – 5:00 p.m.
September 16, 2016	Kanab Office 445 North Main Kanab, UT	8:00 a.m. – 5:00 p.m.

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Youth Mental Health First Aid is a public education program

St. George / Cedar City

- ❖ Youth Mental Health First Aid introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and mostly importantly, teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge.
- ❖ Mental Health First Aid is offered in the form of an interactive 8-hour course
- ❖ Those who take the 8-hour course to certify as Youth Mental Health First Aiders learn a 5-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.
- ❖ The course is designed for adults whom regularly interact with adolescents, but may also be appropriate for older adolescents (16 and older) so as to encourage youth peer-to-peer interaction. This class is not specifically designed for parents of youth with mental health challenges (although parents & families may find the course content useful).
- ❖ Cost is \$35 for the full day course - training materials, lunch, and snacks are included
- ❖ Course schedule is as follows:

Training Date	Location: Southwest Behavioral Health Center	Time
March 18, 2016	St. George Office 474 West 200 North, Room #206 (2 nd Floor) St. George, UT 84770	8:00 a.m. – 5:00 p.m.
August 26, 2016	Cedar City Office 245 East 680 South Cedar City, UT	8:00 a.m. – 5:00 p.m.

If you have a minimum of ten employees who are interested in being trained in Mental Health First Aid, our trainer will come to your facility to conduct the training at a day and time that is convenient for you.

For more information or to register for a Youth Mental Health First Aid training, please contact:

Mona Griffin at Southwest Behavioral Health Center
Phone: 634-5638 - Email: mgriffin@sbhcutah.org

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