



## MENTAL HEALTH FIRST AID TRAININGS IN THE BARRINGTON AREA

SPONSORED BY THE BARRINGTON AREA COMMUNITY FOUNDATION  
PROVIDED BY SAMARITAN COUNSELING CENTER

**ADULT MENTAL HEALTH FIRST AID** is an in-depth training ideal for anyone who deals with the public on a regular basis. It was developed because mental health diagnoses such as depression, anxiety, impulse control and misuse of alcohol and other drugs are shockingly common in the United States. In fact, more than 1 in 4 American adults will have a mental health challenge in any given year. The National Council on Community Behavioral Healthcare has begun working with community advocates to implement MHFA that equips the public with skills to help individuals developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative data demonstrates that this program helps the public better identify, understand and respond to signs of mental illness, thus improving outcomes for individuals with these illnesses. The training is for **anyone interested in learning more** about symptoms of mental illness and how to respond to someone in a mental health crisis. It is open to the community.

**YOUTH MENTAL HEALTH FIRST AID** is an in-depth training designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. YMHA is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. This training is **designed for adults who regularly interact with adolescents** (teachers, school staff, coaches, youth group leaders, parents, etc.) and is open to the general community.

**9:00 am - 5 pm (Bring Your Own Lunch)**

**Cost: FREE thanks to the Barrington Area Community Foundation**

*All attendees receive a certificate of attendance for completing the 8-hour course.*

### **ADULT MENTAL HEALTH FIRST AID TRAININGS**

**Saturday, September 18, 2018**

Barrington Area Library  
505 N. Northwest Hwy, Barrington, IL 60010

### **YOUTH MENTAL HEALTH FIRST AID TRAININGS**

**Saturday, October 13, 2018**

Barrington Park District  
235 Lions Dr., John Sullivan Room, Barrington, IL 60010

**To register:** Email Christine Guerra at [Admin@sccnw.org](mailto:Admin@sccnw.org) Include your name, address, phone number and email.  
Or register online at [sccnw.org/newevents/](http://sccnw.org/newevents/)

Facilitators: Rev. Kerry Dueholm, LCPC, MDiv, is a seasoned MHFA trainer, and counselor with Samaritan Counseling Center with specialties in children, families and couples.

Elisha Mairet, LCSW, is a certified MHFA trainer, and counselor at the Greater Elgin Family Care Center specializing in depression, anxiety and traumatic brain injury, working with all ages.