Mental Health First Aid Certification Course
Lakewood Retirement Community | 1900 Lauderdale Drive | Richmond
February 12, 2020 | 8:30am to 4:30pm | 6.25 CEU Hours

Agenda

Facilitators
Missi Boyer, Director of Nutrition & Wellness, and Kathy Brown, Health & Wellness Coordinator
Senior Connections, The Capital Area Agency on Aging

8:30am-9:00am ~ Registration, Continental Breakfast, Welcome

9am-10:30am ~ Session 1, 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

10:30am-10:45am ~ Break

10:45am-12:15pm ~ Session 1, Part 2
- First Aid for Suicidal Behavior
- What is Non-Suicidal Self-Injury?
- First Aid for Depression and Anxiety

12:15pm-1:00pm ~ Lunch

1:00pm-2:15pm ~ Session 2, Part 1
- First Aid for Panic Attacks
- First Aid for Traumatic Events
- Understanding Disorders in Which Psychosis May Occur
- First Aid for Acute Psychosis

2:15pm-2:30pm ~ Break

2:30pm-4:30pm ~ Session 2, Part 2
- Understanding Substance Use Disorders
- First Aid for Overdose
- First Aid for Withdrawal
- Using Mental Health First Aid
- Exam and Evaluation

4:30pm ~ Adjourn