

Mental Health First Aid Agenda
Sunday, May 19, 2019
Anchorage Marriott
Anchorage, Alaska

8:30-10:00am

- Introduction of MHFA
- Impact of mental health problems in U.S.
- Mental Health First Aid Action Plan
- Depression and Anxiety

10:00-10:15am - BREAK

10:15am-12:00pm

- MHFA for Depression and Anxiety
- LGEE for non-crisis situations

12:00-12:30pm Lunch

12:30 - 2:00pm

- MHFA Action Plan for people experiencing Panic Attack
- MHFA Action Plan for people experiencing traumatic event
- Psychotic Disorders
- MHFA Action Plan for people with symptoms of psychosis

2:00 - 2:15pm Break

2:15-4:30pm

- Risk factors for substance use disorders
- Recognizing and Responding to Opioid Overdose
- MHFA Action Plan for SUD
- Concluding Activity
- First Aider Exam
- Course Evaluation

