



TRAINING



# ADULT MENTAL HEALTH FIRST AID

**Date: Thursday, January 18, 2018**

**Time: 8:30 AM – 5:00 PM**

**Place: Calhoun Area Career Center**

**475 E. Roosevelt Ave., Battle Creek, MI 49017**

**Please Register by: Wednesday, January 10, 2018**

**Fee: \$75.00**

**Includes training manual and materials,  
Breakfast, lunch and refreshments.**

Just as CPR training helps a layperson with no clinical training to assist an individual following a heart attack, **Mental Health First Aid** training helps a layperson assist someone experiencing a mental health crisis.

In both situations, the goal is to help support an individual until appropriate professional help arrives.

**Mental Health First Aiders** learn a single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports.

Participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experimental activities that build understanding of the impact of illness on individuals and families; and learn about evidence-based treatment and self-help strategies.

FOCUS TRAINING: Our mission is to anticipate and meet the training needs of customers in the fields of health care, behavioral health, business, education, rehabilitation and justice systems.

FOCUS Training  
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**Thursday, January 18, 2018**

8:30 AM-5:00 PM

Registration & Breakfast at 8:15 AM

**Location: Calhoun Area Career Center**

475 E. Roosevelt Ave., Battle Creek, MI 49017

Fee: \$75.00

Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

Email: \_\_\_\_\_

Payment:  Cash    Check    MC/VISA

**Please make all checks payable to: FOCUS**

Credit Card #: \_\_\_\_\_ Security Code: \_\_\_\_\_ Exp: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Registration includes training materials, breakfast, lunch and refreshments.

Please complete the registration form by **Wednesday, January 10, 2018** and send to:

Fax: 269-966-1777

FOCUS, 140 W Michigan Ave, Battle Creek, MI 49017

Email: info@focustraining.org

If you have any questions please contact us:

Phone: 866-412-8767 or email: info@focustraining.org

There will be a 15% handling fee on all cancellations that are not received 5 business days prior to the training event.