

<b>Title:</b>	<b>Mental Health First Aid (Adult)</b>
<b>Offer Competencies Incorporated:</b>	Competencies Incorporated: Recognition of Symptoms of Mental Health Disorders, How to Offer and Provide Initial Help, and How to Guide Individuals to Professional Help.
<b>Course Goals:</b>	To introduce participants to risk factors and warning signs of mental health and substance use-related problems and to build understanding of their impact.  To demonstrate to participants how to offer initial help in a mental health or substance use-related crisis and connect people to the appropriate professional, peer, social and self-help care.
<b>Course Objectives:</b>	Participants will learn: <ul style="list-style-type: none"> <li>• a 5-step plan to assist someone experiencing a mental health or substance use-related crisis</li> <li>• about risk factors and warning signs for mental health and addiction concerns</li> <li>• strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help</li> </ul>
<b>Instructor:</b>	David Brown, Ph.D., LMFT, CFLE. Human Sciences Specialist, Family Life, 515-298-1505, <a href="mailto:dnbrown@iastate.edu">dnbrown@iastate.edu</a>  Anthony Santiago, Ph.D., LMFT, CFLE. HSEO College Projects Specialist, 515-294-7042, <a href="mailto:ads@iastate.edu">ads@iastate.edu</a>
<b>Where:</b>	Programs will be held at the county Extension Offices in these locations from 8:00 am to 5:00 pm (30 minutes for lunch, plus three 10-minute breaks.  Sioux City - Thursday, March 5, 2020 (8am-5pm) Chariton - Thursday, March 26, 2020 (8am-5pm) Dubuque - Thursday, April 16, 2020 (8am-5pm) Urbandale - Thursday, April 30, 2020 (8am-5pm) Spencer - Thursday, May 11, 2020 (8am-5pm) Muscatine - Thursday, May 18, 2020 (8am-5pm) Council Bluffs - Thursday, September 10, 2020 (8am-5pm) Mason City - Thursday, September 24, 2020 (8am-5pm)

<b>Time Requirement:</b>	This course will be offered in an 8-hour format, with lunch, morning and afternoon breaks included.
<b>When:</b>	<p>Programs will be held at county Extension Offices in these locations from 8:00 am to 5:00 pm.</p> <p>Sioux City - Thursday, March 5, 2020 (8am-5pm)            Chariton - Thursday, March 26, 2020 (8am-5pm)            Dubuque - Thursday, April 16, 2020 (8am-5pm)            Urbandale - Thursday, April 30, 2020 (8am-5pm)            Spencer - Thursday, May 11, 2020 (8am-5pm)            Muscatine - Thursday, May 18, 2020 (8am-5pm)            Council Bluffs - Thursday, September 10, 2020 (8am-5pm)            Mason City - Thursday, September 24, 2020 (8am-5pm)</p>
<b>Who Should Attend:</b>	All county and campus-paid staff, and council members are encouraged to attend.
<b>Course Benefits:</b>	This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. The program also teaches common risk factors and warning signs of specific illnesses like anxiety, depression, substance use, bipolar disorder, eating disorders and schizophrenia.
<b>Cost to Participants:</b>	<p><b>Cost:</b> \$50 per person minus \$15 (Related to Grant Funding)            = <b>\$35 per participant</b></p> <p><b>Cost for Agribusiness Professionals \$0 per participant - Use promotional code: ADVOCATE</b></p>
<b>Prerequisites:</b>	There are no prerequisites to participate in this course.
<b>Format:</b>	The course will only be provided in face-to-face format.
<b>Equipment/Materials Needed:</b>	All manuals and materials will be provided to participants.

<b>Maximum Enrollment</b>	The maximum enrollment is 30 participants per course.
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