

Saginaw County Community Mental Health Authority Presents:

## Mental Health First Aid

Presented by: MHFA Instructors

**See Individual Registration Flyer for Times**

In-Person/Blended and/or Virtual



Continuing Education

### **Who Should Attend**

The class is designed for Beginning and Intermediate Level Social Workers and anyone in the community who would like to learn more about mental illnesses.

### **Continuing Education Credits**

7.5 Social Work Continuing Education credits will be awarded.

### **About This Training**

The goal of Mental Health First Aid is to teach methods of assisting someone who may be in the early stages of developing a mental health problem or in a mental health crisis and provides useful information on how to assist a person who has a history of a mental health disorder or longer-term mental health problems.

### **Learning Objectives**

Through participation, trainees will be able to meet the following objectives:

1. Define and explain mental health and the impact of mental health disorders; Evaluate the spectrum of interventions for mental health problems and evaluate the list of resources for persons with mental health disorders.
2. Memorize the Mental Health First Aid Action Plan.
3. Recognize the definition of depression and other mood disorders.
4. Express helpful resources for depression, suicidal intentions and non-suicidal self-injury.
5. Identify/define anxiety disorders and the types of anxiety disorders; Express helpful resources for anxiety disorders.
6. Define psychosis and identify the causes; List the types of disorders and helpful resources in which psychosis can occur.
7. Define substance use disorders and evaluate the cause of substance use disorders.
8. Summarize the importance of early intervention for: depression, anxiety disorders, psychosis, and substance use disorders.
9. Memorize the Mental Health First Aid Action Plan for: depression, anxiety disorders, psychosis, and substance use disorders.

### **Agenda:**

Sign in  
MHFA course  
Lunch/Long Break  
MHFA Course Continued  
Sign out, Questions, Course Evaluation, Certificates

### **How to Register/Accommodations**

Cost is \$30 for those outside of Saginaw County to attend. **Advance registration is required** as space is limited. Please contact 989-797-3445 to register.

Please advise if you are in need of any special accommodations such as mobility assistance, interpreters, etc. at the time of registration. Every attempt will be made to honor your special needs request.

Please note for in-person training: The HVAC system is designed to maintain an overall average temperature by zone. There may be individual areas that fall outside of that average temperature. For those types of areas, the key is to dress appropriately if cool, and if warm we can provide fans.

**To receive 7.5 Social Work continuing education credits participants must:**

Sign in **before** the start of the training

Complete and submit the Mental Health First Aid Quiz

Be present for the **entire** training

Complete a course evaluation

Commit to SCCMHA Follow Up within 6 mos to a year

Sign out at the end of the training

*\*If virtual: must remain on camera entire time of training. If not on camera or out of the training room more than 15 minutes, CE's will not be issued. This training requires % of time in attendance/participation.*

**Late notice**

The training will begin promptly at the identified time on the registration agenda. Credit will **not** be given for arrivals **any minute** past the start time. There are no exceptions to this.

**Certificates**

Certificates will be awarded within 30 days of the training. Social workers are responsible for manually writing in license numbers. Attendees spending excessive time out of the room or engaging in activities not associated with the training as determined by the instructor or monitor may not receive credit. No partial credit will be given.

**About the Presenter:**

**Matt Nagy**

Matt has twenty two years full-time experience in the Human Services field. He has a Bachelor of Science in Human Services Management as well as an Associate's Degree in Criminal Justice. Matt has ten years of experience working directly with adjudicated youth. He has worked for SCCMHA as a Support Coordinator, Community Liaison and as a Trainer.

**Valerie Toney**

Valerie Toney is a graduate of Michigan State University with a Bachelor of Science Degree in Psychology. Valerie worked for ten years as a Support Coordinator for Individuals with Intellectual Disabilities prior to her current position as Trainer. Valerie also worked as a Recipient Rights Officer and as a School-To-Work Transition Specialist through SVRC and in partnership with Saginaw ISD prior to coming to Saginaw County Community Mental Health Authority in 2006. Valerie is also a Certified BLS Instructor through The American Heart Association.

**Mary Baukus**

Mary is currently the Trauma Informed Care and Evidenced-Based Coordinator, she was previously the Forensic Social Worker for SCCMHA. Mary has an MSW and LMSW. Prior to her current role, Mary was the Wellness Coordinator for SCCMHA. She had over 18 years' experience working in various areas of social work. She has presented numerous clinical and psycho-educational trainings in her previous roles.

**Krysta Flanagin**

Krysta received her Master of Arts degree in counseling from Central Michigan University. She has nearly 10 years of experience in the education field. She has experience working as an Educator in the English Department and currently works as a school counselor. She has been a part of the planning and execution of student leadership conferences in the Great Lakes Bay area.

**Alecia Schabel, LBSW**

Alecia has been in the Social Work field for over 19 years. Her experience ranges from Community Outreach within the Health Department, Case Management and Wraparound Services with Community Mental Health, a Mental Health Specialist with Head Start Preschool and Early Head Start, a Great Start to Quality Trainer and currently is the Continuing Education Supervisor for Saginaw County Community Mental Health Authority. Alecia has been providing professional trainings for over 5 years.

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*Complaints regarding this course or course accommodations should be addressed in writing within 14 days to the Continuing Education Unit at: Alecia Schabel, SCCMHA, 500 Hancock, Saginaw, MI 48602*

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*This organization, Saginaw County Community Mental Health Authority, provider # 1135, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. The Saginaw County Community Mental Health Authority maintains responsibility for the program. ASWB Approval Period: June 14, 2022 – June 14, 2025. Social workers should contact their regulatory board to determine course approval. Social workers will receive seven and one-half (7.5) continuing education clinical clock hours.*

