



MENTAL HEALTH FIRST AID

Tulsa June 12, 2014

Purpose

Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand and respond to signs of mental illness.

Target Audience

Mental Health First Aid is intended for a variety of audiences: friends and family of individuals with mental illness or addiction, key professionals (such as police officers, human resource directors and primary care workers), school and college leadership, faith communities, or anyone interested in learning more about mental illness and addiction. The training venues will also vary as Mental Health First Aid program sites reach out to Chambers of Commerce, professional associations, hospitals, nursing homes, Rotary Clubs, parent organizations, social clubs and other groups who make up the fabric of a community. The core program is tailored for response to the general adult population.

Objectives

The aims of Mental Health First Aid are to:

1. Preserve life when a person may be a danger to self or others;
2. Provide help to prevent the problem from becoming more serious;
3. Promote and enhance recovery; and
4. Provide comfort and support.

Facilitators

Pam Champeau, has worked as a Training Specialist with HRD since 1995. Prior to moving to HRD, she worked as the staff development coordinator and in direct care at what was then Oklahoma Youth Center. Pam is an instructor trainer for the CAPE curriculum, and an AHA instructor trainer in CPR and First Aid. Pam is a certified trainer of Mental Health First Aid. She is certified as a trainer in Cultural Competency from The National Multicultural Institute, and is a presenter of Cultural Competency, as well as Stress Management, Time Management, Motivation, and Emotional Intelligence. Pam earned her B.S.E. in English from the University of Oklahoma.

Robert (Bob) Goldsberry, brings thirty years of experience to ODMHSAS Human Resource Development as a Training Specialist. Bob has worked as an educator and trainer during his career. He is a certified AHA instructor trainer in CPR and First Aid and a certified Therapeutic Options trainer. Bob earned his M.Ed. in Educational Technology from the University of Oklahoma.

Dates and Locations

Tulsa – June 12, 2014

This training will be at the OU-Tulsa Schusterman Center, Room 136, located at 4502 E. 41st Street, Tulsa, OK 74135. Phone: (918)660-3599.



Continuing Education Credits

The ODMHSAS Institute for Mental Health and Substance Abuse Education and Training has approved eight (8.00) credit hours through

- The Oklahoma State Board of Licensed Social Workers
- The Licensed Marital and Family Therapist Committee
- The Oklahoma State Board of Licensed Alcohol and Drug Counselors
- The Licensed Professional Counselors Committee
- The Oklahoma State Board of Examiners of Psychologists

Continuing education is also approved for eight (8.00) credit hours for

- Case Managers
- Peer Recovery Support Specialists

How to Receive Your Certificate of Attendance

Certificates of attendance will be distributed at the end of the training. You must complete the entire 1-day training. There is a \$5.00 charge for any reissuing of certificates.

Program Schedule

8:00 – 9:45

9:45 – 10:00 Break

10:00 – 12:00

12:00 – 1:00 Lunch on your own

1:00 – 2:30

2:30 – 2:45 Break

2:45 – 5:00

Please be aware the course content will take the full day; be prepared to start promptly at 8:00 and to be in class until 5:00pm.

Training Fees

Current ODMHSAS employees are admitted at no charge. If registering more than one week prior to the workshop, the early-bird registration for non-ODMHSAS participants is \$45. Late registrations will be charged \$55. *Payment may be made by check, credit card or money order only. No cash please. **There are no refunds.***

Special Accommodations

Sign interpreters and/or other special accommodations required by disabled participants will be available upon advance request (please allow one week's notice). Please indicate on the registration form the type of special accommodations, if any, you require. For requests, call 405-522-8300.

REGISTRATION FORM

Mental Health First Aid (Adults)
Facilitators: Pam Champeau and Robert Goldsberry

HOW TO REGISTER

By Mail:

ODMHSAS, Human Resources Development
2401 NW 23rd Street, Suite 1F
Oklahoma City, OK 73107

By Fax: Faxed registrations are accepted at **405-522-8320**

By Email: Completed forms may be emailed to **Davon.Brown@odmhsas.org**.

REGISTRATION INFORMATION:

Name: _____

Home Phone Number: _____

Occupation or Job Title: _____

Place of Employment: _____

Address: _____

City, State, ZIP: _____

Daytime Phone: _____

E-Mail Address: _____

****Note:** If an e-mail address is included, a confirmation that your registration has been received will be e-mailed to you.

I require special accommodations as follows: _____

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PAYMENT

Please enclose registration payment. If paying by purchase order (PO), please mail or fax a copy of the purchase order with the name of the attendee(s) included on the PO. If paying by check or money order please make payable to ODMHSAS. Please check all boxes that apply. No Refunds.

FORM OF PAYMENT

- Check or Money Order
- Purchase Order # _____
- Credit Card (circle one):
 Visa MasterCard

EARLY BIRD RATE

(by June 5, 2014)

- \$45
- \$45
- \$45

REGULAR RATE

(after June 5, 2014)

- \$55
- \$55
- \$55

Credit card # _____ Expiration Date: _____ Cardholder signature: _____

For information, call Human Resources Development at 405-522-8300.

