

FREE MENTAL HEALTH FIRST AID TRAINING

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Case: Training

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The McHenry County Mental Health Board and NAMI - McHenry County are sponsoring two, free 8-hour Mental Health First Aid courses for first responders. The classes will be held at Cary Fire Protection District Station #1 located at: 400 Cary-Algonquin Road, Cary, Illinois 60013, on the following dates/times:

Friday March 2, 2018 8 a.m. - 4 p.m.

Friday May 11, 2018 8 a.m. - 4 p.m.

Instructors for this course will be Kerry Waller-Dueholm - Licensed Professional Counselor, and Scott Naydenoff - Deputy Chief of Field Operations with the Cary Police Department. Both are certified Mental Health First Aid Instructors.

Participants in the class will receive an extensive manual outlining common mental health diagnoses, and ways first responders can assist people experiencing a mental health crisis. For more information on the Mental Health First Aid program visit www.thenationalcouncil.org. Specific questions about the course can be directed to Scott Naydenoff at (847)474-8043 or snaydenoff@caryillinois.com.

This module is specific to first responders, and covers topics including: Statistical information regarding mental illness, individual wellness and resiliency, depression and anxiety signs and symptoms, PTSD signs and symptoms, psychosis, and substance use disorders.

Each class will be limited to 30 participants. To register please contact:

Phyllis Seyler at NAMI - McHenry County
(815) 308-0851
pseyler@namimchenrycounty.org

When registering, please provide the following information:

Participant's name
Email address
Department/agency name
Phone number
Session you wish to attend

***Due to the funding for this course being McHenry County-Based, at least 50% of registrants must be employed by a McHenry County agency.

Cary Police Department
847-639-2341