

Mental Health First Aid

www.mentalhealthfirstaid.org

Target Audience

- Healthcare professionals
- Health science students
- CE credit available for pharmacists & pharmacy technicians at no cost

Instructors

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Professor, WSU CPPS

Michael Ebinger, PhD

Learning Objectives

Home Study:

- Describe the purpose of Mental Health First Aid and the role of the Mental Health First Aider.
- Identify the impact of mental health and substance use challenges on the wellbeing of American adults.
- Explain that recovery from a mental health or substance use challenge is possible.
- Describe the principles of safety and privacy for both the Mental Health First Aider and the person receiving first aid.
- Explain the 5 steps of the Mental Health First Aid Action Plan (ALGEE).

Live Training:

- Recognize the signs and symptoms of mental health challenges that may impact adults.
- Evaluate the impact of early intervention on mental health and substance use challenges.
- Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) to a non-crisis scenario where a person shows early signs of a mental health or substance use challenge.
- Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) to a non-crisis scenario where a person shows worsening signs of a mental health or substance use challenge.
- Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) to a crisis scenario where a person shows signs of a mental health or substance use crisis.
- Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or noncrisis situation.

Training Date & Location

Saturday, January 27th 8 am – 2 pm

2 hours home study* (online)

- 5 hours live training (in-person, WSU Spokane, SAC 43

*Home study must be completed prior to live training

Registration: Complimentary by QR code or link



[Registration Link](#)



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Home study (0.2 CEU, Knowledge) UAN: 0071-0000-23-020-H99-P and 0071-0000-23-020-H99-T

Live activity (0.5 CEU, Application) UAN: 0071-0000-23-021-L99-P and 0071-0000-23-021-L99-T

For CE, must submit hours and complete evaluation after completing live training

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