

# Mental Health First Aid Training

Originally designed in Australia, this 8-hour course teaches you a five-step action plan to help someone who may be experiencing a mental health or substance use challenge. Similar to traditional physical First Aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.

The training helps you to (1) assess a situation, (2) offer initial help and support, and (3) connect someone to appropriate care if an individual is experiencing a mental health or substance use problem. With a focus on learning risk factors, warning signs, and resources for mental illness and substance use disorders, attendees will be provided with the skills to display calmness, non-judgmental attitude, empathy, and support in order to be a reassuring and encouraging professional in your area of practice.

#### Disclosures:

The speaker declares no conflicts of interest or financial interest in any product or service mentioned in this program, including grants, employment, gifts, stock holdings, and honoraria.



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NCPA is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is accredited by NCPA for 8.0 contact hours (0.8 CEUs) of continuing education credit. ACPE UAN: 0207-9999-18-019-L04-P and 0207-9999-18-019-L04-T. Activity type: Application-Based.

**THURSDAY, July 18, 2019**

**Marriott Cornhusker Hotel. Lincoln, Nebraska**

**7:30 am - 7:50 am** **Members Only Registration** – Limited to the first 50 registered members. Registration is \$60.00 and includes program materials and lunch. Login and register at [www.npharm.org](http://www.npharm.org).

**7:50 am - 8:00 am** **Welcome, NPA CEO, Joni Cover**

**8:00 am - Noon** **Mental Health First Aid**  
Anthony Pudlo, PharmD, MBA, BCACP, Vice President, Iowa Pharmacy Association

**Pharmacist UAN** 0207-9999-18-019-L04-P

**Pharmacy Technician UAN** 0207-9999-18-019-L04-T  
8.0 contact hours (0.8 CEUs)

#### Learning Objectives

Upon completion of this activity, participants will be able to:

1. Discuss the prevalence and impact of mental health problem in the United States.
2. Discuss the barriers to treatment of mental health disorders.
3. Describe the spectrum of mental health interventions, treatments and support.
4. Discuss the core components of recover for people experiencing mental health or substance abuse problems.
5. Describe how the Mental Health First Aid Action Plan fits within the array of interventions available to address mental health problems.
6. Give an overview of the signs, symptoms, and possible risk factors and warning signs of depression and anxiety.
7. Give an overview of the signs, symptoms, and possible risk factors and warning signs of people who are experiencing a panic attack and may be in crisis.
8. Give an overview of the signs, symptoms, and possible risk factors and warning signs of people who are experiencing a traumatic event and may be in crisis.
9. Give an overview of the risk factors and warning signs of psychotic disorders.
10. Give an overview of the risk factors and warning signs of substance use disorders.
11. Demonstrate the Mental Health First Aid Action Plan for someone who may be in a crisis such as a suicide or self-injury.
12. Discuss how to respond to someone who is not in crisis.
13. Provide helpful resources and support groups for people experiencing mental health disorders.

**Noon - 1:00 pm** **Lunch Program sponsored by Janssen**

**1:00 pm - 5:00 pm** **Mental Health First Aid** *(continued)*