



## Identify. Understand. Respond.

Approximately 1 in 5 Americans experience a mental health or addiction disorder each year. The World Health Organization estimates that 15% of adults aged 60 and older have a mental disorder. The Mental Health First Aid (MHFA) course is an internationally acclaimed and evidence-based, accredited training program that empowers and equips caregivers, employers, and families with the knowledge, skills and confidence needed to support a resident, family member or co-worker experiencing a mental health or substance abuse problem or experiencing a crisis such as being suicidal.

Mental Health First Aid will help with early detection of mental health needs and build capacity of staff to respond and manage those needs including how to communicate effectively with those who need help, how to discern the difference between talking about death and suicidal ideation, and the difference between psychosis, dementia, and delirium. It will also help enhance care related to past trauma, better equipping staff to respond to the trauma-informed care requirements in the requirements of participation. Additionally, MHFA will better equip staff to identify issues and provide specialized services enhancing the quality of care delivered and intended by the PASRR requirements.

Participants will learn a 5-step ALGEE action plan that can be used to help those in need:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Participants will learn how to apply the action plan in a variety of situations including when someone is experiencing panic attacks, suicidal thoughts or behaviors, non-suicidal self-injury, acute psychosis, overdose or withdrawal from alcohol or drugs, and reaction to a traumatic event. The training includes opportunities to practice which makes it easier to apply these skills in real-life situations.

Learning Objectives:

- Introduce Mental Health First Aid and the role of a Mental Health First Aider.
- Describe and overview of the prevalence and impact of mental health problems in the United States.
- Recall signs, symptoms, and possible risk factors and warning signs of the major mental health disorder.
- Apply the Mental Health First Aid Action Plan and practice it within the array of interventions available to address mental health problems.

## Who Should Attend

Long-term care staff including administrators, nurses, social workers, CNAs, activities personnel, clergy/chaplains, and others who have the capacity to become a mental health first aider and engage with residents and other team members. The CMP grant covers training costs for SNF/NF staff only.

Individuals should sign up for ONLY one (1) cohort. Group registration is not available because each registration must have individual names and email addresses to receive the pre-work and certification. There is no limit to the number of individuals that a LTC community can have participate in this training.

## Calendar of Events



Training Dates: Participants should only register for one cohort. First-come, first-served. Seats are limited. Dates and locations for all trainings included in the grant are listed below.

Cohort	Session 1 12:15 - 4:30 p.m. (a 15-minute break will be scheduled)	Session 2 8 a.m. - 12:15 p.m. (a 15-minute break will be scheduled)	Location
1	Tuesday, January 24, 2023	Wednesday, January 25, 2023	NewAldaya Lifescapes Cedar Falls
2	Monday, February 27, 2023	Tuesday, February 28, 2023	Edgewater West Des Moines
3	Monday, March 13, 2023	Tuesday, March 14, 2023	Gracewell, An Eventide Community Denison
4	Thursday, April 13, 2023	Friday, April 14, 2023	Luther Manor Communities - Hillcrest Campus Dubuque
5	<b>New Dates for this Cohort:</b> Tuesday, May 23, 2023	Wednesday, May 24, 2023	Brio WesleyLife Johnston
6	Tuesday, June 13, 2023	Wednesday, June 14, 2023	The Summit of Bettendorf Bettendorf
7	Monday, August 7, 2023	Tuesday, August 8, 2023	Oaknoll Retirement Retirement Iowa City
8	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Friendship Haven Fort Dodge
9	Wednesday, October 11, 2023	Thursday, October 12, 2023	Bartels Lutheran Retirement Community Waverly
10	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Stonehill Communities Dubuque
11	<b>Cancelled</b> Tuesday, January 9, 2024	<b>Cancelled</b> Wednesday, January 10, 2024	Highland Ridge Senior Living Community Williamsburg
12	Wednesday, February 7, 2024	Thursday, February 8, 2024	Fieldstone of DeWitt DeWitt
11	Tuesday, February 13, 2024	Wednesday, February 14, 2024	Aurora Training Center, Urbandale

**Optional Next Step Once the Cohort is complete:** Upon completion of the 8-hour Mental Health First Aid Certification training, participants will be eligible to complete the 30-32 hour Adult Mental Health First Aid Instructor Certification course, covered by the CMP grant. Having certified Mental Health First Aid Instructors on your team will extend the benefits of the grant and allow the instructor to teach others within your community into the future.



## Faculty

### **Diane Brecht, MSN, RN, Vice President of Innovation and Clinical Services, AbbeHealth, Cedar Rapids**

Diane Brecht has a Master's of Science degree in Nursing Systems Administration and has more than 40 years of experience working as a nurse and leader in the non-profit world in a variety of leadership roles and currently serves her organization as the Vice President of Innovation and Clinical Services.

In her role, she has been instrumental in the development of and expansion of services for individuals living with brain health conditions, intellectual and developmental disabilities and brain injuries. Diane has been a part of the development and expansion of crisis services in Eastern Iowa which provides a new access point with no wrong door for individuals in a mental health crisis and has helped to reduce barriers to access to services for not only the local communities but across the state. She currently serves on the Iowa Mental Health and Disabilities Services Commission and chairs the East Central Region Advisory Committee.

### **Ashley Wood, LMSW, CADC, Manager of Community Based Services, Abbe Center for Community Mental Health**

Ashley Wood, LMSW, CADC is the Manager of Community Based Services at the Abbe Center for Community Mental Health, overseeing programs that reach Linn, Benton, Jones, Johnson, Fayette, Buchanan, and Delaware Counties for services. Ashley has a passion for working with those that might have a Brain Disorder and/or a Substance Use Disorder. In her 12 years of social work, she has worked with clientele in all facets of life from children to adults and in various treatment modalities including residential care, outpatient treatment, and community programming. Ashley enjoys providing education and teaching community members about their role in helping those with a mental health or substance use disorder and reducing the stigma.

### **Devon Steen, LISW, CADC, Director of Community Based Services, Abbe Center for Community Mental Health**

Devon Steen, LISW, CADC is the Director of Community Based Services at Abbe Center for Community Mental Health, which provides community based services in Linn, Johnson, Iowa, Jones, Buchanan, Benton, and Delaware Counties. Devon has experience working in a Residential Treatment Center, Integrated Health Home, Substance Use Counseling, Therapy, and in Community Based Services for the past three years. Devon is passionate about decreasing mental health stigma and has taught Adult Mental Health First Aid since 2021 and Teen Mental Health First Aid since 2023.

## Registration & Other Information

Register at [www.LeadingAgeIowa.org/MHFA](http://www.LeadingAgeIowa.org/MHFA).

Cost: *FREE*

Advanced registration is requested. **Registration deadline is one week prior to each cohort.** Each participant should register individually in order to receive the pre-work and certification. LeadingAge Iowa is able to offer this free training to skilled nursing facilities through a CMS Civil Money Penalty (CMP) Quality Improvement Initiative grant. [Note that this training will not include snacks or refreshments due to the grant's funding limitations.]

## Continuing Education Information

Nursing Home Administrators – 4 contact hours for each session. Each session is intended to meet the criteria established by the Iowa Board of Examiners for Nursing Home Administrators. You must attend the entire session to receive credit. Retain certificate for four years.

Iowa Board of Nursing Provider #67 – 4 contact hours for each session. Providership regulations do not allow for partial credit to be given for any portion of this program. You must attend the entire session to receive credit. Retain certificate for four years.

Social Workers – 4 contact hours for each session. This program is intended to meet the criteria established by the Iowa Board of Social Work Examiners. If audited, you will be asked to provide your certificate of attendance and program material. You must attend the entire session to receive credit. Retain certificate for four years.

For other long-term support and service provider professionals not listed above: Most licensure boards, credentialing agencies and professional organizations have processes that allow individuals to earn a certain number of CEUs for non-preapproved programs and/or to accommodate self-submission for approval of continuing education hours after the event takes place with proper documentation from the program sponsors. Most also require information objectives, date/time of presentation, agendas, faculty bios, and number of hours earned. If you require information for this purpose, please contact Amy Huisman in advance for assistance.

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515-440-4630 or [www.LeadinAgeIowa.org](http://www.LeadinAgeIowa.org)*