



# ADULT Mental Health First Aid

8-hour Course cost is \$20 class size limited CEU's available

## Circle One

Monday, Dec. 5 & Tuesday, Dec. 6, 2016 Lead/Deadwood Regional Hospital 8 am – 12:30 pm each day

Wednesday, January 4, 2017 Spearfish Regional Hospital 8 am – 5:30 pm



Classes taught by Behavior Management Systems' Certified Instructors: Carrie Werlinger, Kim McNemar, Teri Corrigan & Debbie Siemonsma

To register, please email the information below to [Debbie@BMSCares.org](mailto:Debbie@BMSCares.org) . If you do not have access to email, call Debbie @ 605-721-5742 or mail this completed form and your check made payable to Behavior Management Systems for \$20 to:

Behavior Management Systems, Attn: Debbie, 350 Elk Street, Rapid City, SD 57701. Please call Debbie if you would like to use a credit card.

Questions? Call 721-5742 or email [Debbie@BMSCares.org](mailto:Debbie@BMSCares.org)

Name \_\_\_\_\_

Phone number \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

We want to thank our classroom sponsors:  
Lead/Deadwood Regional Hospital & Spearfish Regional Hospital



Helping Patients and Communities Live Well



### ALGEE, the Mental Health First Aid Action Plan

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

Questions? Contact [Debbie@BMSCares.org](mailto:Debbie@BMSCares.org) or call Debbie @ 605-721-5742.

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing  
a mental illness or crisis. You can help them.

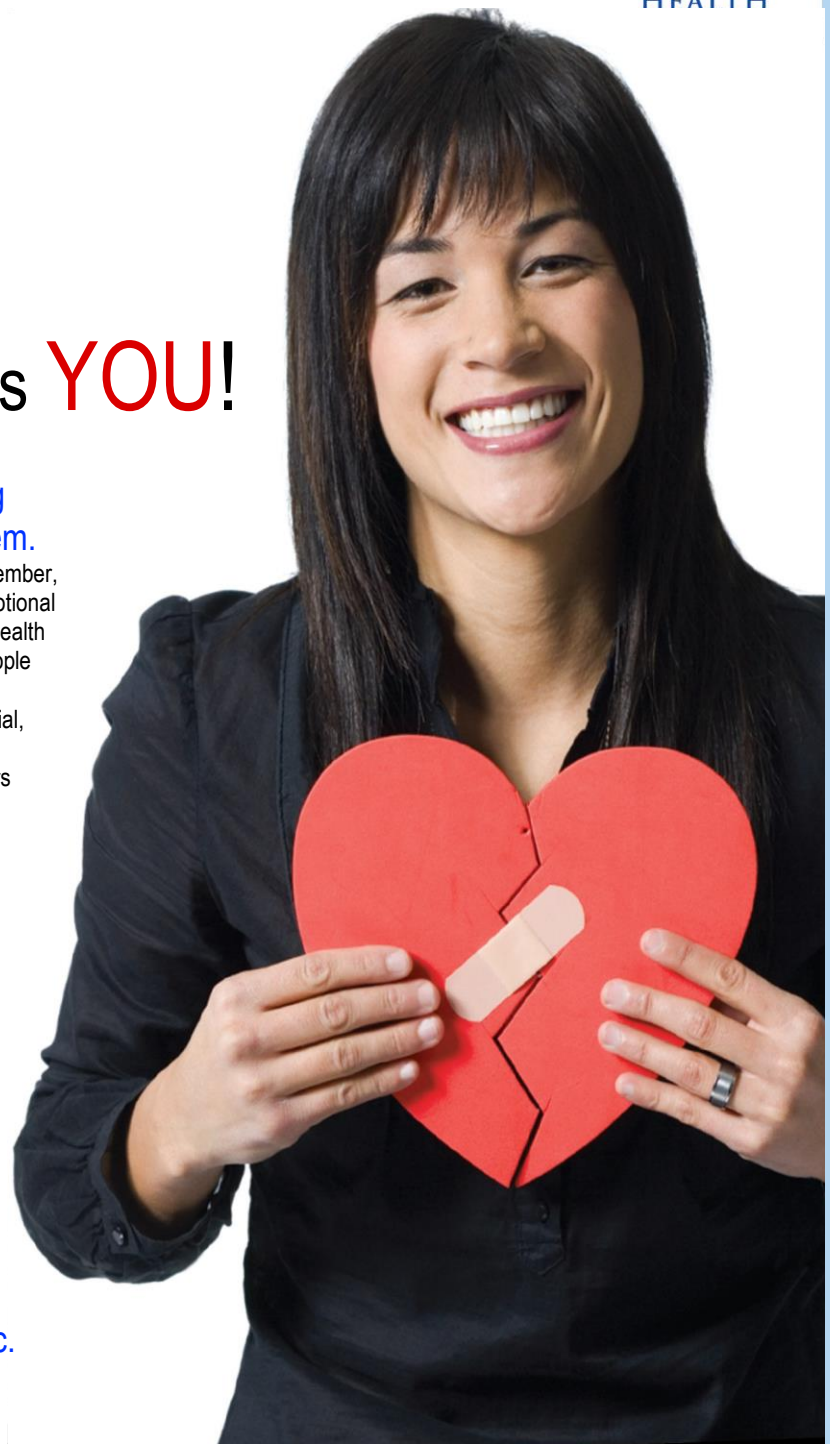
You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.  
Take the course, save a life, strengthen  
your community.

Our classroom sponsor:



Instructors provided by:  
Behavior Management Systems, Inc.



**Mental Health First Aid**

This course brought to you by Behavior Management Systems, Inc.

Classrooms provided by Regional Health.

Cost is \$20 which includes the Mental Health First Aid Manual. Checks payable to Behavior Management Systems. We can process credit card payments, too.

See back for registration and contact information