



Adult- Mental Health First Aid (MHFA)

WHAT IS IT? The 8-hour interactive course introduces common mental health challenges of adults and teaches a 5-step action plan for how to help people in both crisis and non-crisis situations. Topics covered include: anxiety, depression, trauma, substance use, addictions and disorders in which psychosis may occur. Community resources are also discussed throughout the training.



WHO SHOULD ATTEND? The Adult Mental Health First Aid course is appropriate for anyone 16 years and older who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis. Educators/school staff, health care workers, public safety and first responders, members of the faith community, health and human services workers, CASA/Mentor volunteers, and other interested organizations and community members are all encouraged to attend.

FEE: \$25. Due at registration.

No refund of registration fee with less than a 14 day cancelation notice.

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Date	Time	Location
July 26 & 27, 2017	8:00am-12:00pm	PCOE -Seavey Center-655 Menlo Dr., Rocklin, CA 95765
September 12, 2017	8:00am-4:30pm	Brandman University- #222- 400 Sunrise Ave, Suite 200, Roseville
September 19 & 20, 2017	8:00am-12:00pm	PCOE Main-Burns Room-360 Nevada St., Auburn, CA 95603
September 22, 2017	8:00am-4:30pm	Sierra College Fireside Room- 5000 Rocklin Rd, Rocklin, CA 95677
October 26 & 27, 2017	8:00am-12:00pm	PCOE -Seavey Center-655 Menlo Dr., Rocklin, CA 95765
January 24, 2018	8:00am-4:30pm	PCOE -Nobili Room-365 Nevada Street , Auburn, CA 95603
February 13 & 14, 2018	8:00am-12:00pm	PCOE Main-Burns Room-360 Nevada St., Auburn, CA 95603
March 10, 2018	8:00am-4:30pm	Economic Development Building- 145 Fulweiler Ave, Auburn, CA 95603
- Provided in Spanish-		



Youth- Mental Health First Aid (MHFA)

WHAT IS IT? The 8-hour interactive course reviews the unique risk factors and warning signs of mental health problems in adolescents while emphasizing the importance of early intervention and how to help an adolescent in crisis or experiencing a mental health challenge. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, and disruptive behavior disorders (including AD/HD), and eating disorders. Adult participants will learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional help and/or community resources.



WHO SHOULD ATTEND? Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people: parents, family members, caregivers, educators/school staff (including front office staff, coaches, bus drivers), health and human services workers, public safety and first responders, CASA/mentor volunteers, and other caring citizens.

FEE: \$25. Due at registration.

No refund of registration fee with less than a 14 day cancelation notice.

Date	Time	Location
August 18, 2017	8:00am-4:30pm	PCOE - Seavey Center-655 Menlo Dr., Rocklin, CA 95765
May 18, 2018	8:00am-4:30pm	PCOE - Seavey Center-655 Menlo Dr., Rocklin, CA 95765

To register for a training, visit:

<https://placercoe.gosignmeup.com/public/course/browse>

Trainings are subject to change. Please refer to our website for the most updated training information.

Registration fee scholarships are available on a limited and demonstrated hardship basis.

For questions about registration, please contact:

Tammy Cherry: tcherry@placercoe.k12.ca.us or (530) 745-1322



The Placer County Office of Education, in a unique collaboration with Placer County Health and Human Services, Roseville Joint Union High School District and Kids First are working to improve mental health outcomes for individuals, families and our community. These trainings are facilitated by a collaborative training team made up of these partners and with funding, in part, by the County of Placer Mental Health Services Act.



(1)NAMI National Alliance on Mental Illness