mentalhealthfirstaid.org

Statewide Local Y/MHFA Coordinator Contact List

Association of Africans Living in Vermont

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Howard Center

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Health Care and Rehabilitation Services of Southeastern VT

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Lamoille County Mental Health Services

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888- 5026 Ext. 171

Northeast Kingdom Human Services

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Northwestern Counseling and Support Services

Lance Metayer
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802-582-8039

Rutland Mental Health Services

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United Counseling Services

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Vermont Lend

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Washington County Mental Health Services Kirk Postlewaite

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COMMUNITY FIRST

Vermont's Statewide Youth/Mental Health First Aid Initiative

WHO CREATED THE COURSE?

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. Since 2008, more than 100,000 individuals have taken the core Mental Health First Aid USA course, which is intended for all adult audiences. Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to develop the youth program.

WHERE CAN I LEARN MORE?

For more information about Community FIRST, or to set up a youth or adult Mental Health First Aid training in your area please contact Lance Metayer (802) 582-8039 lance.metayer@ncssinc.org or visit

vermontcarepartners.org

802-582-8039

















COMMUNITY FIRST



mentalhealthfirstaid.org

ABOUT COMMUNITY FIRST:

Community FIRST (First Signs, Intervention, Referral, Support, Treatment) provides FREE Youth and Adult Mental Health First Aid trainings to individuals throughout the State of Vermont. Community FIRST is a statewide collaboration between state designated and specialized service agencies, Vermont Care Partners, Vermont LEND and community partners. Community FIRST is made possible by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to Vermont Care Network/Vermont Care Partners.

COMMUNITY FIRST'S GOALS ARE TO:

- Increase the mental health literacy of Vermonters
- Reduce stigma though education and understanding
- Support the early identification and referral of those experiencing mental health disorders and/or substance use disorders (MH/SUD)
- Increase cultural competency among community members and professionals supporting individuals living with MH/SUD

1 in 5 teens & young adults lives with a mental HEALTH CONDITION.

National Alliance for Mental Illness

YOUTH AND ADULT MENTAL HEALTH FIRST AID:

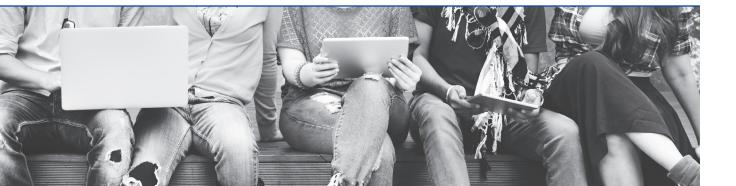
Youth and Adult Mental Health First Aid courses introduce participants to the unique risk factors and warning signs of mental health problems, build understanding of the importance of early intervention, and teach people how to help an individual in crisis or experiencing a mental health challenge. The 8 hour Y/MHFA course uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect people to professional, peer, social, and self-help care.

64.1% of youth with major depression do not

receive any mental

HEALTH TREATMENT.

Mental Health America



CULTURAL AND LINGUISTIC COMPETENCY TRAINING

Cultural and Linguistic Competency Training is an all day workshop that introduces participants to the cultural and linguistic considerations of diverse communities and broadens understanding of links between racial and health inequities and health disparities. Through small group discussion and activities individuals increase their self-awareness of racial, ethnic and class biases. Participants will understand how cultural beliefs shape encounters and health outcomes and will learn to incorporate cultural and linguistic competence into providing service and support.

WHO SHOULD TAKE THE COURSE?

Both the Youth and Adult Mental Health First Aid courses are designed to be taken by adults who want to learn how to better understand mental illness and support an individual who is struggling or in crisis. Over the last three years Vermont Care Partners' agencies and community partners have trained over 2,500 individuals in youth and adult Mental Health First Aid. These trainings included: educators and school staff, businesses, faith based organizations, Veteran groups, youth and adult serving agencies, law enforcement agencies, colleges and higher education, and community members.

In spring 2017, nearly 40%

of college students said they had felt so depressed in the prior year that it was difficult for them TO FUNCTION.

> Time via American College Health Association