# Disaster Response & Recovery: Mental Health First Aid

## Day 1: Mental Health First Aid

## 9:00 a.m.– 5 p.m.

## Facilitators: Dr. Emily Johnson

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| 8:45 a.m. -9:10 a.m. | Sign-In, Introductions and Pre-Test |
| 9:10 a.m. – 12:00 p.m. | Session One  * **What is mental health?** Prevalence of mental disorders, Impact of mental disorders , Spectrum of interventions for mental health * Mental Health Opinions Quiz * **What is MHFA?** History, Overview of manual * **Depression & Anxiety Disorders** What is depression? What is anxiety? Risk Factors for Depression and Anxiety Helpful things to say activity * Suicide & Non-Suicidal Self Injury (NSSI) * MHFA Action Plan for Depression and Anxiety |
| 12:00 p.m. – 1:00 p.m. | Lunch Break |

# Disaster Response & Recovery: Mental Health First Aid

## Day 1: Mental Health First Aid, Cont.

## 8:00 a.m.– 5 p.m.

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| 12:00 p.m. – 1:00 p.m. | Lunch Break |
| 1:00 – 5:00 p.m. | Session Two  * Panic Attacks and Reactions to Traumatic Events * Psychosis * Schizophrenia * Bipolar Disorder * Symptoms of Manic episodes * MHFA for Psychosis * How to respond to a disruptive/agitated person; How to deescalate the situation * Helpful and Unhelpful actions * Actions for when communication is difficult * Substance Use Disorders * MHFA for Substance Use Disorders * Assessing for alcohol poisoning and medical emergencies * Recovery Position demonstration * Stages of Change Model * MHFA Exam and Certificates |
| 5:00 p.m. | End of Day One |

# Disaster Response & Recovery: Mental Health First Aid

## Day 2: Disaster Mental Health

## 9:00 a.m.– 12:30 p.m.

## Facilitators: Dr. Heidi Radunovich and Dr. Angie Lindsey

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| 9:00 – 9:10 a.m. | Introductions, Overview |
| 9:10 – 10:15 a.m. | Stress, Disaster Stress, Coping and Communities |
| 10:15 – 10:30 a.m. | Break #1 |
| 10:30 – 11:30 a.m. | How to Support Individuals, Families and Communities |
| 11:30 – 12:15 p.m. | Additional Resources and Best Management Practices (BMP) |
| 12:15 p.m. – 12:30 p.m. | Questions and Post-Test |
| 12:30 p.m. | Training Ends |