

Course: Mental Health First Aid (Older Adult)

Montefiore Hudson Valley Collaborative (MHVC) is hosting Mental Health First Aid for Older adults and Those Dealing with Later-Life Issues training in 2019. This is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses.

About this course:

Mental illness and aging can often be a double stigma. According to the National Council on Aging, there are more than 6 million Americans aged 85 and older. That number is expected to more than triple by the year 2050 when the youngest baby boomers turn 86. Older adults and care partners are less likely to identify a problem as a symptom of a mental health disorder.

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid (Adult) helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

The Mental Health First Aid for Older Adults and Those with Later-Life Issues module builds upon the effectiveness of the standard Mental Health First Aid curriculum by focusing on older adults and the gaining population. This supplement is intended to blend with the existing 8-hour adult /“core” Mental Health First Aid course and is not appropriate for use with the Youth Mental Health First Aid curriculum.



When you take a course, you learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing:

- Panic attacks
- Suicidal thoughts or behaviors
- Nonsuicidal self-injury
- Acute psychosis (e.g., hallucinations or delusions)
- Overdose or withdrawal from alcohol or drug use
- Reaction to a traumatic event

The opportunity to practice — through role plays, scenarios, and activities — makes it easier to apply these skills in a real-life situation.

Training Information

Date	Time	Location	Presenter	Registration Deadline
Oct 10, 2019	8:30 AM – 5:00 PM	Cornwall, NY	Adyna Gamboa	Oct 8, 2019
<i>Two (2) days</i> Oct 24 & 25, 2019	10:00 AM – 3 :00 PM	Tarrytown, NY	Adyna Gamboa	Oct 22, 2019
Nov 12, 2019	8:30 AM – 5:00 PM	Tarrytown, NY	Adyna Gamboa	Nov 8, 2019

[Click here to REGISTER](#)