



# Mental Health First Aid Training for Senior Care Providers

Dates: Two Consecutive Tuesdays, June 13 and 20, 2017 (two day training)

Time: 10:00 am – 3:00 pm (lunch will be provided))

Where: The Presbyterian Church of Chatham Township  
240 Southern Boulevard  
Chatham, NJ 07928

Facilitators: Lucille Deutsch, CALA, CMC  
Madine Despeine, MA

Learn to recognize the signs and symptoms of

- **Depression**
- **Anxiety**
- **Bi-Polar Disorder**
- **Schizophrenia**
- **Substance Abuse**
- **Risk of Suicide or Self Harm**

and connect your clients or family members  
to the help they need!

Any one of the seniors you know could be experiencing a mental illness or crisis.  
[You can help them.](#)

If you are personally or professionally involved in providing care to any senior, **you are more likely to encounter someone in an emotional or mental crisis than you are to encounter 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.

[Sometimes, the best first aid is you.](#)

Take this course, save a life, strengthen our community!

This 8-hour course is offered in partnership between the Mental Health Association of Morris County and LHD Eldercare Solutions and is funded, in part, by a grant from the Morris County Board of Chosen Freeholders.

**Attendees will be certified in Mental Health First Aid for a period of three years from date of attendance.**



Mental Health First Aid for Seniors  
June 13 & 20; 10:00 am – 3:00 pm

The Presbyterian Church of Chatham Township  
240 Southern Boulevard  
Chatham, NJ 07928

See back for registration and contact information.

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.



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**NO CHARGE FOR PCCT MEMBERS**

Cost: \$50 per attendee (full value: \$175 per attendee)

Payment must be provided at time of registration. No refunds after June 9.

## REGISTRATION IS REQUIRED

To register, please complete this registration form and return to Ceri Gilpin in the church office. You may also scan and email this form to [cgilpin@pcct-nj.org](mailto:cgilpin@pcct-nj.org), or fax it to Ceri's attention at (973) 635-2447.

If you do not have access to email or fax, register by calling the church office at (973) 635-2340.

You may also print and mail this completed form to:

The Presbyterian Church of Chatham Township  
240 Southern Boulevard  
Chatham, NJ 07928  
Attn: Ceri Gilpin

**REGISTRATION DEADLINE:**  
**FRIDAY, JUNE 9**

Name (as you would like it to read on your certificate) \_\_\_\_\_

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

E-mail address \_\_\_\_\_

Occupation and employer name \_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_



### *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 Lucille Deutsch at (973) 267-3616, or via e-mail at [eldercareplanner@aol.com](mailto:eldercareplanner@aol.com).

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