

IO20-30 Mental Health First Aid For Individuals Who Interact With Youth

**PRESENTED BY****Jana McKinley****SERIES SESSIONS**

Date	Time
May 06, 2020	9:00 AM - 4:00 PM
May 07, 2020	9:00 AM - 4:00 PM

**LOCATION****Light of Christ Catholic School - 10140-104 Street****FEE****\$215.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****[lnes.ca](https://www.lnes.ca)**

Program

If you've taken a physical first aid course, you've learned the skills needed to help someone experiencing a sudden illness or injury. People can also experience a mental health crisis, and it is important that more Canadians know how to provide help in these situations too. Mental health problems often first develop during adolescence or early adulthood. This course will help you to better understand and support students who may experience the following: mood disorders, eating disorders, anxiety disorders, substance use disorders, deliberate self-injury, and psychotic disorders. Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis, until appropriate treatment is found or the situation is resolved. Learn the skills needed to boost your confidence in supporting student mental health.

This learning opportunity is being offered through curriculum implementation funding from Alberta Education.

Presenters

Jana McKinley

Jana McKinley is an instructor for the Community Social Work program at Portage College in Lac La Biche. She also worked for Northern Lights Public Schools for 18 years in a variety of roles including: Student Advocacy Counsellor, Mental Health Capacity Building Program Coordinator, and Mental Health Consultant.

Jana holds a Masters of Social Work from the University of Calgary and has done additional training in trauma through the Child Trauma Academy, where she is certified in the Neurosequential Model of Therapeutics. Jana has been a MHFA instructor for the past six years and is passionate about reducing stigma, and helping school staff gain the tools they need to support student mental health.



Registration Notes

Registration includes a continental breakfast, lunch and manual (valued at \$35.00).