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Subject: Mental Health First Aid eNews: Algee in Action at a call center; 1000 trained in MO; Where you use your Training

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NATIONAL COUNCIL
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MENTAL HEALTH FIRST AID™
News and Updates



Mental Health First Aider eNews

This biweekly newsletter from Mental Health First Aid USA will help you stay on top of the latest news and resources to be an informed first aider to your friends, neighbors, and colleagues.

More than 1,000 Missourians trained in Mental Health First Aid

More than 1,000 individuals in Missouri have taken Mental Health First Aid since August 21, 2013 as part of Governor Jay Nixon's initiative to strengthen the Missouri mental health system. Each of the trainings targeted specific audiences across the state.

Audiences included: faith leaders; elementary and secondary education counselors and administrators; and law enforcement, first responders and fire fighters.

Read more about Nixon's \$10 million initiative [here](#).



TRAINING & EVENTS



Interested in teaching Youth Mental Health First Aid? Join us in Atlanta for our instructor training August 25-29. Find more information about how to get certified as an instructor and other training dates and locations [here](#).



FAST FACT



Mental Health First Aid is now in 23 countries, including: Bermuda, Cambodia, Finland, Japan, and South Africa.

ALGEE in Action

Rhonda Umstead, an AmeriCorps member, serves at Call 211, a hotline in Muskegon, Michigan. After taking





the training in June, she was able to put ALGEE to use for an individual who called the hotline:

“Because of the Mental Health First Aid training, I recognized that some of [the caller’s] emotions and words were dangerous; so I started a conversation with him about the local mental health hotline. At first he scoffed, but as I talked with him he eventually agreed that his emotions were out of control, potentially dangerous, and that a phone call to the hotline may be very helpful. I know that the Mental Health First Aid training I received helped me with this caller. I knew to really listen to him and really hear him, and I knew to let him talk so I could hear his emotions. I knew that I did not, and should not, tell him what to do or give him my advice. I allowed him to make the decision to call.”

Send your story to info@mentalhealthfirstaid.org and it could be featured in our next issue!

Where Do You Use Your Training?

In the last issue, we asked where your Mental Health First Aid training has been most useful.

You said:

- o Work/Professional: 59%
- o General Public: 15%
- o Home: 11%
- o School: 7%
- o Faith Community: 4%
- o Other: 4%

Thanks for contributing to the poll; keep an eye out for more polls in our upcoming issues.

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.
