

Mental Health

Mental Health First Aid Certificate Course – focus adults



This is the official, internationally recognized Mental Health First Aid Certification course.

You will learn the facts vs misconceptions about the most common mental illnesses, including how to recognize the signs and symptoms, and importantly — what to do to support a loved one, friend or colleague in a non-crisis, or crisis, situation.

12-hour Course

In this participatory course, participants not only learn the facts; they practise through role-plays exactly how to engage in mental health first aid conversations in a variety of situations and with different personalities.



Who we are/why us:

Progressive Coaching is an official partner of ENSA. Ensa is a project of the Swiss foundation Pro Mente Sana, which has been working for mental health in Switzerland for over 40 years. Co-initiated and supported by the Beisheim Foundation.

There is no comparable offer in the world that teaches concrete ways of acting in a scientifically sound way and enables lay people to strengthen themselves and help others.

(Randomized controlled trials found at www.mhfa.com.au)



Effectiveness researched



Evidence-based and scientifically sound



Swiss foundation for over 40 years



Internationally licensed program

You will learn about:

- Depressive disorders
- Bipolar disorder
- Burnout
- Anxiety disorders
- Panic Attacks
- Suicidal tendencies
- Substance misuse
- Psychosis
- The role of stigma and how to combat this
- The 5-step process for holding a mental-health conversation, in order to reduce suffering and expedite recovery; and sign-posting the person to professional help as necessary
- And so much more!

Course

This is a 14-hour workshop including breaks, and can be adjusted to suit your exact requirements.

Participant receive a high-quality, comprehensive workbook with extensive resources.

Course Instructor:



Travis Simlinger

travis@progressive-coaching.ch



12-hour Course - Agenda

Agenda: Can be customized to suit your exact requirement:

e.g., more participatory, less participatory, length, content, etc

Session 1: (2 hours)

Introduction to mental health; first aid in 5 steps

- Introduction, welcome, agenda, objectives
- Mental Health vs well-being
- Group Exercise on stigma
- Mental Health statistics
- Minimizing stress
- Discussion on well-being (coping mechanisms)
- The Roger Model — First aid in 5 steps
- Discuss how to do each step of the model

Session 2: (2 hours)

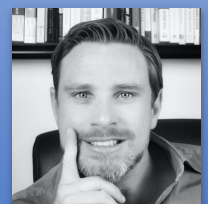
Depression Information and discussion

- Depression facts
- 10-minute film about depression and discussion
- Signs and symptoms of depression
- Risk factors for depression — biological, psychological, social
- Activity: (break-out rooms)
- Treatment options — psychological therapies, lifestyle changes, medication
- Bipolar disorder
- The cycle of Burnout – 25 mins

Session 3: (2 hours)

How to assist someone suffering with depression

- ROGER for depression discuss and review each step
- 10-minute video of Ron offering Jim first-aid for depression
- Discussion on video to deepen knowledge of ROGER model
- PRACTICAL: 30-minutes role-play 1 and debrief/discussion
- Crisis situations for depression (suicidal thoughts)
- Suicide Facts vs myths
- Language to use and avoid
- Risk factors for suicide
- How to assess severity of depression (warning signs for suicidal thoughts)
- Short clip — Sarah train station
- ROGER in a crisis — asking directly about suicide
- How to assist a suicidal person



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Session 4: (2 hours)

Anxiety Information and discussion

- PRACTICAL: 30-minutes role-play 2 and debrief/discussion (roleplay asking about suicidal thoughts)
- Discussion on anxiety
- The different anxiety disorders
- The anxiety cycle
- Activity: (break-out rooms)
- 10-min clip on 2 people with anxiety and how they recovered
- Discussion to extract learnings from clip
- Treatment for anxiety

Session 5: (2 hours)

How to assist someone suffering with anxiety

- Review Roger
- Anxiety crisis situations — panic attacks
- ROGER for panic attacks discussion
- Traumatic events facts
- ROGER for traumatic events

Session 6: (2 hours)

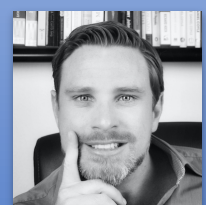
Substance Use Disorder Information and role-play

- Video and discussion on video
- Facts vs misconceptions about substance use disorder
- Most common — talk about alcohol
- Treatment options for substance use disorders
- ROGER for substance use discussion
- Break-out rooms – 30-minutes role-play 4 — Ben — and debrief/discussion
- Change topic to substance use crisis situations
- ROGER for intoxication discussion
- Change topic to Aggressive Behavior — deescalating techniques

Session 7: (2 hours)

Psychosis Information and discussion

- 12-minute film on Psychosis — A different reality
- Discussion on film to solidify key learnings
- Facts vs misconceptions around psychosis
- Treatment for psychosis
- ROGER for Psychosis
- Break-out rooms – case study discussion
- Change topic to psychosis in a crisis situation
- 10-minute film — psychosis crisis situation
- 10-minute discussion on film
- Debrief, congratulations, next steps (15 min open book “exam” — 4 weeks to complete; then receive certificate)
- Key take-aways, reflection



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