

## YOUTH MENTAL HEALTH FIRST AID

February 10, 2018 8:00am - 12:30pm  
and February 11, 2018 1:00pm - 6:00pm  
*With Robert Harrison, M.D. and S. Scott Mueller*



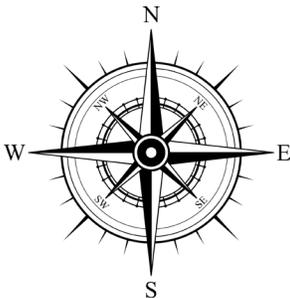
**MENTAL  
HEALTH  
FIRST AID®**

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

*Brought to you as part of an initiative of the Washington County Coalition for Children*

## NAVIGATING THE ROAD FROM ACTIVE ADDICTION TO EARLY RECOVERY

March 6, 2018 7:00pm - 8:30pm  
*With Fr. Tom Hoar, SSE and Tom Bennett*



Topics to include: How to identify addictive behaviors (involving alcohol, drugs, gambling, gaming, pornography or food), the addictive cycle, how to plan and carry out an intervention and coping strategies for family and friends of the addicted individual.

## SUICIDE PREVENTION

April 14, 2018 10:00am - 12:00 noon  
*With Robert Harrison, MD*

Every 12 minutes, someone completes suicide in our country. Just like CPR, QPR is a National Suicide Prevention Training that will teach you how to recognize someone in crisis... How to ask the **Q**uestion. "Are you thinking about suicide?", how to **P**ersuade the person to get help and how to make the **R**eferral for help. The signs of crisis are all around us and anyone can intervene.



All programs are free. Please pre-register.

*Sponsored by Arcadia Health Care*

Youth Mental Health First Aide .....February 10 & 11, 2018  
Navigating Addition.....March 6, 2018  
Suicide Prevention .....April 14, 2018

Register online at  
[www.endersisland.com](http://www.endersisland.com)

1 Enders Island  
PO Box 399  
Mystic, CT 06355  
(860) 536-0565

**OFFICE HOURS:**  
Monday - Friday  
8:30 am - 4:30 pm  
*Closed Noon - 12:45*