



# Mental Health Forum for School Counselors

Monday November 13, 2017

## **Mental Health First Aid**

***Patricia C Graham, Hartford Healthcare***

Mental Health First Aid (MHFA) is an 8 hour certification course similar to CPR. Information covered in the course includes depression, anxiety, suicide and non-suicidal self-injury, psychosis and substance use. The MHFA program teaches participants to better understand mental illness, how to respond to when a mental health problem may be developing or upon a crisis. MHFA utilizes the ALGEE action plan to assist Mental Health First Aiders in what to do to get the person the appropriate help they may need. This overview will discuss the standard MHFA course as well as the Youth MHFA course (for adults who work with youth 12-18 years of age), discussing the important topic areas of each training. This overview will not certify participants in MHFA or YMHA but opportunities to get trained will be discussed.

## **Universal Mental Health Screening in Connecticut Schools**

***Peg Donohue, Assistant Professor, Central CT State University***

We screen our students for vision and hearing impairments; we screen for deficiencies in literacy and numeracy; we check for scoliosis. Is it time for us to screen students for emergent mental health concerns? Universal mental health screening involves the systematic screening of all students for a given criteria and is discussed as a key component of a multi-tiered system of support, such as PBIS. Universal screening can be included in a comprehensive school counseling program to identify, plan for, and assess students with elevated mental health needs through individual/small group counseling. In this workshop, Dr. Donohue will discuss the benefits and challenges of universally screening students K-12 for emergent mental health concerns and the school counselor's role in identifying and implementing US.

## **United Services/211/EMPS**

***Sarah Camerota, LICSW, Program Manager 211; Amy Evison, LMFT, Service Director CHR; Arnold Tresemente, EMPS Intervention Services Contract Manager, Department of Children & Families***

This presentation will provide information on the EMPS Mobile Crisis Intervention Services which is a specialized community based intervention service for children and adolescents experiencing a behavioral or mental health crisis. The presentation will provide more specific information on what Mobile Crisis is, what its goals are, what its components are, when to call for the service and what to expect from the service. Information will also be provided on the statewide utilization of the service including the number of calls and who uses the service. In addition, information will also be provided on how 211 can assist people in accessing a wide range of community health and human service resources.

## **Parents & Teachers as Allies**

***Kate Norton, Grace Grinnell & Chelsea Klein, National Alliance on Mental Illness (NAMI)***

“**Parents and Teachers as Allies** – this program offers educators and school administrators an in-service training covering the neurobiological basis of mental illness, the signs, and symptoms associated with early onset of serious mental illness in children and adolescents as well as local and state resources to share with parents. A trained panel consisting of a family member, a person with mental illness, and an educator delivers the program.