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## **MENTAL HEALTH FIRST AID TRAINING for LAWYERS**

**Facilitated by: Suzanne Clark, LCSW**

### **Course Agenda**

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#### **8 – 10 a.m. Session 1, Part 1 (2 hours)**

- Introduction, Ice Breaker
- What Is Mental Health First Aid?
- Mental Health Problems in the USA; Prevalence of Mental Health Disorders; Co-Occurring Disorders; Stigma; Impact on Functioning; Recovery; Range of Interventions
- The Mental Health First Aid Action Plan Toolkit
- Understanding Mood Disorders including Depression, Bipolar Disorder, Postpartum Depression, Seasonal Depression; Signs and Symptoms
- Understanding Anxiety Disorders including Specific Phobias, Social Anxiety Disorder, Panic Disorder, Agoraphobia, Post Traumatic Stress Disorder, Generalized Anxiety Disorder; Signs and Symptoms; Risk Factors for Depression and Anxiety

#### **10 a.m. Break (15 minutes)**

#### **10:15-12:15 p.m. Session 1, Part 2 (2 hours)**

- Crisis First Aid for Suicidal Behavior with Depressive and Anxiety Symptoms – How to help someone experiencing depression; Suicide Risk Assessment; Warning Signs of Suicide; How to talk with someone who is suicidal and connect them with appropriate help; Appropriate Professional Help
- What is Non-Suicidal Self-Injury? Reasons for NSSI; How to help
- Non-Crisis First Aid for Depressive and Anxiety Symptoms; Types of Professionals and Types of Professional Help including lawyer assistance program; Self Help and Other Support Strategies with anxiety and depressive symptoms

#### **12:15-12:45 p.m. Lunch provided (30 minutes)**

**12:45-2:45 p.m. Session 2, Part 1 (2 hours)**

- First Aid for Panic Attacks – How to help someone experiencing a panic attack
- First Aid for Traumatic Events – How to help someone who's experienced a traumatic event
- Understanding Psychosis and Disorders in Which Psychosis May Occur, including Schizophrenia, Bipolar Disorder, Psychotic Depression; Schizoaffective Disorder; Drug Induced Psychosis; Signs and Symptoms; Impact of Early Intervention
- First Aid for Psychosis; Providing Assistance; De-Escalating; Connecting Someone with Appropriate Help

**2:45 p.m. Break (15 minutes)**

**3 -5:00 p.m. Session 2, Part 2 (2 hours)**

- Understanding Substance Use Disorders; Signs and Symptoms of Dependence; Co-Occurrence; Self Medication; Warning Signs; Prevalence of Common Substances; Risk Factors
- Crisis First Aid for Substance Use Disorders; How to Approach Someone About Their Drinking/Drug Use
- Non-crisis First Aid for Substance Use Disorders; Stages of Change; Appropriate Professional Help and Treatments Available; Recovery and Other Supports for Substance Use Problems
- Using Mental Health First Aid
- Quiz, Evaluation, and Certificates

Each attendee will receive a 133-page Mental Health First Aid Participant Manual.