

# ONE DAY. ONE CITY. ONE GOAL.

Teaching Kansas City how to recognize, understand and respond in a mental health and substance use crisis.

# KC

KANSAS CITY

## MENTAL HEALTH FIRST AID DAY

AT TRUMAN MEDICAL CENTER BEHAVIORAL HEALTH

**Friday, January 31 | 8:30am - 5:00pm**  
Truman Medical Center Behavioral Health - Healing Canvas  
300 West 19th Terrace, Kansas City, Missouri

### ALL KANSAS CITY TRAINING SITES

#### Kansas Locations

Mission  
Kansas City

Johnson County Mental Health Center  
Wyandot Behavioral Health Network

#### Missouri Locations

Parkville  
Independence  
Lee's Summit  
Kansas City

Tri-County Mental Health Services  
Comprehensive Mental Health  
ReDiscover Mental Health - **SOLD OUT!**  
Truman Medical Center Behavioral Health  
Swope Health Services

**\$25 Registration Fee**  
Includes lunch, materials and parking

Learn more and register at:  
[mentalhealthkc.org/mental-health-first-aid-day/](http://mentalhealthkc.org/mental-health-first-aid-day/)

Questions? Contact Jenna Harper at  
816-404-5708 or [jenna.harper@tmcmcd.org](mailto:jenna.harper@tmcmcd.org)

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**ONE DAY. ONE CITY. ONE GOAL.**  
Recognize. Understand. Respond.

## KC MENTAL HEALTH FIRST AID DAY

Join us for the first, all-day KC Mental Health First Aid Day on January 31, 2020. With 7 training locations across Kansas City, our goal is to give you the tools and knowledge you need to respond with confidence in a mental health or substance use crisis. Registration for this special one-day event is discounted to only \$25 per attendee and includes lunch, materials and parking. Register online at [mentalhealthkc.org/mental-health-first-aid-day/](http://mentalhealthkc.org/mental-health-first-aid-day/). Seating is limited!

## WHY MENTAL HEALTH FIRST AID

Mental Health First Aid teaches you how to recognize, understand and respond to signs of mental illness and substance use disorders. This 8-hour training will give you the skills you need help to someone who may be developing a mental health or substance use problem and connect them to appropriate care. It is a valuable resource that can make a difference in your life, your coworkers' and families' lives and in your community.

## WHO SHOULD ATTEND

- Employers/Front-line Staff
- Social Service Providers
- Health Care Professionals
- Public Officials
- School District Personnel/Teachers
- Ministers and Faith Leaders
- First Responders
- Security Personnel
- Parents and Grandparents
- Concerned Citizens

## WHAT IT COVERS

- Common signs and symptoms of mental illness and substance use
- How to interact and defuse a person(s) in a crisis
- How to connect the person with appropriate help and care
- Combat the stigma of mental illness
- Promoting early intervention
- How to administer naloxone in the event of an opioid overdose

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