



# Are you ready to assist a young person facing a mental health crisis?

Join us for:

## Mental Health First Aid for Adults who Interact with Youth Training

Friday, Oct. 14 & Monday, Oct. 17, 2022 (2 days)  
9:00 a.m. to 4:30 p.m. • Check-in at 8:30 a.m.  
Knowles Centre, 2065 Henderson Hwy, Winnipeg

Registration \$275 per person  
See registration form for more info or contact us at (204) 339-1951 or [info@knowlescentre.org](mailto:info@knowlescentre.org)

One in three Canadians will experience a mental health problem at some point in their life. Problems often first develop during adolescence or early adulthood, with half of all mental disorders beginning by age 14, and 75 per cent beginning by age 24.

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The program does not teach people how to be therapists.

Mental Health First Aid for Adults who Interact with Youth (aged 12-24) is a 14-hour course that discusses the

following mental health problems:

- Substance related disorders
- Mood related disorders
- Anxiety and trauma related disorders
- Psychotic disorders
- Eating disorders
- Deliberate self injury

Crisis first aid skills for the following situations are learned:

- Substance overdose
- Suicidal behaviour
- Panic attacks
- Acute stress reaction
- Psychotic episode

### Certified facilitators:

**Lauren Hershfield, BA, MSW**  
**Clinical Director, Knowles Centre**

Lauren has over 20 years clinical experience working with at-risk children, youth, adults and families dealing with histories of trauma, abuse, neglect, and mental health issues. Lauren has provided crisis response services, facilitated group programs for domestic violence offenders, facilitated solution-focused groups for male youth offenders, and provided counselling for immigrant women.

**Debra Radi, BEd, BA, MEd**  
**Educator, Community Facilitator**

Debra Radi is an educator who is passionate about lifelong learning. She brings over 25 years of experience working with youth and professionals through teaching and administrative roles at the K-12 and university levels. Deb builds individual and community capacity by offering high quality professional learning experiences that break down stigma through positive mental health promotion sessions.

Presented by:



Commission de la santé mentale du Canada

Mental Health First Aid CANADA