

Mary Free Bed  
Rehabilitation Hospital

MENTAL HEALTH  
FOUNDATION  
OF WEST MICHIGAN  
**be nice.**<sup>®</sup>

# MENTAL HEALTH FIRST AID

SPONSORED BY MARY FREE BED  
REHABILITATION HOSPITAL

*Friday, Oct. 11*

*8:30 a.m. – 4:30 p.m.*

*Registration and continental breakfast begin at 7:45 a.m.*

## LOCATION

Mary Free Bed Professional Building  
Meijer Conference Center  
350 Lafayette Ave. SE, Grand Rapids, MI 49503

## TARGET AUDIENCE

The Mental Health First Aid course is appropriate for anyone who wants to learn how to help an individual – youth or adult – who may be experiencing a mental health crisis or concern, including nurses, nurse practitioners, occupational therapists, physical therapists, physicians, physician assistants, psychologists, social workers and administrators.

## COURSE OVERVIEW

Mental health challenges, such as depression, anxiety, psychosis and substance use, are shockingly common in the United States. In fact, more than one in five American adults will experience a mental health problem in any given year. The need to begin a conversation about mental health challenges is necessary, and it can start with Mental Health First Aid. MHFA has been identified on SAMHSA's National Registry of Evidence-Based Programs and Practices and is available here in Michigan. The eight-hour course gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Evidence behind the program demonstrates that it does build mental health literacy, helping the public to identify, understand and respond to signs of mental illness.

## PROGRAM INSTRUCTORS:

### Christy Buck

Executive Director, Mental Health Foundation of West Michigan

Christy Buck has more than 30 years of experience in the mental health field. Her passion for transforming and saving lives through mental health education led her to develop two classroom programs, "Live, Laugh, Love" for middle and high school students, and "be nice." Since 2006, she and her staff have passionately presented to over 100,000 people in West Michigan on mental health awareness, bullying and suicide prevention. Buck regularly delivers speaking engagements to community and business groups on mental health awareness. She is certified in Mental Health First Aid and has been recognized as one of the top 100 in the country.

Buck serves on the Grandville school board and is involved with numerous community organizations and coalitions. Buck was honored with Grandville's Distinguished Person of the Year Award, the Peacemaker Award from the Dispute Resolution Center of West Michigan and Hometown Hero from the American Red Cross. She is a graduate of Michigan State University.



### Catherine Lanting

Program Coordinator, Mental Health Foundation of West Michigan

Catherine (Cat) started at the MHF as an AmeriCorps member in 2011. She works as a program coordinator, orchestrating "be nice." in middle and high schools, as well as instructing all MHF programs, including be nice, Action Plan, Mental Health First Aid and QPR. Cat is a native Grand Rapidsian who graduated from Michigan State University with a bachelor's degree in Interdisciplinary Studies - Health Studies. In her free time, Cat races sailboats, feeds chickens and hikes the North Country Trail to protect her mental health.



## OBJECTIVES:

After this course, the participant will be able to:

- Describe Mental Health First Aid (MHFA)
- Identify risk factors and warning signs of mental health concerns, including depression, anxiety, trauma, psychosis and substance use
- Describe available evidence-based professional, peer and self-help resources
- Discuss the MHFA Action Plan
- Explain the importance of all citizens becoming certified in MHFA

## PLANNING COMMITTEE

- Bruce Brassler, RN, MSN, MBA, FACHE
- Marilyn Burkhardt, LMSW
- Michael Jakubowski, MD, Medical Director
- Bonita M. Pawloski M.Ed., R.T. (R)(T)(ARRT)
- Christina Platko, PT, DPT
- Jeannette Pollatz, RN, BSN, MSN
- Kayleigh Rogers, MS, OTR/L

## DISCLOSURES

### Planning Committee

Planning Committee members do not have any relevant financial relationships or non-financial relationships to disclose.

### Speakers

#### Christy Buck

**Financial** – Employed as executive director, Mental Health Foundation of West Michigan

**Nonfinancial** – No relevant nonfinancial relationship exists

#### Catherine Lanting

**Financial** – Employed as program coordinator, Mental Health Foundation of West Michigan

**Nonfinancial** – No relevant nonfinancial relationship exists

## CONTINUING PROFESSIONAL EDUCATION

Mary Free Bed Rehabilitation Hospital is accredited by Michigan State Medical Society to provide continuing medical education for physicians.

Mary Free Bed Rehabilitation Hospital designates this live educational activity for a maximum of **8.0 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Mary Free Bed Rehabilitation Hospital is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. **8.0 contact hours** will be awarded for successful completion.

This continuing education program has been submitted for **8.0 clock hours** as recognized by the Michigan Social Work Continuing Education Collaborative.

This program has been submitted to the Michigan Physical Therapy Association for **8.0 credit hours** of physical therapy education in Michigan.

Mary Free Bed is an AOTA Approved Provider of continuing education. Provider #11133. Full attendance at this course qualifies for **8.0 contact hours or 0.8 CEUs** in the Category 3 Professional Issues. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course level: Introductory.



Certificates will be awarded and emailed to participants who attend the course, complete the required evaluation and sign in. The number of continuing education credits/units awarded will be based on the hours attended and the requirements of the specific accreditation body. Certificates will be sent within three weeks of course date.

## FEES

Course Fees Early Bird*	Through 8/16	After 8/16
MFB Professionals/Network	<input type="checkbox"/> \$85	<input type="checkbox"/> \$110**
Professional Staff (outside MFB)	<input type="checkbox"/> \$110	<input type="checkbox"/> \$135**

\*To be eligible for the Early Bird Special, you must register by Aug. 16.

\*\*Course fee includes course materials, continental breakfast and lunch.

## REGISTRATION FORM

### Participant Information (please print)

You must complete the entire section to register.

Name: \_\_\_\_\_

Credentials (degrees/certifications): \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Name as it should appear on badge: \_\_\_\_\_

## PAYMENT INFORMATION

Check enclosed payable to: Mary Free Bed Fund/Mental Health First Aid '19

Please select one:  Visa  MasterCard

Card number: \_\_\_\_\_

Exp. date: \_\_\_\_\_ / \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Billing address for card: \_\_\_\_\_

Card holder's signature: \_\_\_\_\_

Card holder's phone: \_\_\_\_\_

## CONTINUING EDUCATION CREDITS (CEUS)

- No Certificate of Attendance needed
- CME (Continuing Medical Education for Physicians, Psychologists and Mid-Level Providers)
- General Certificate of Attendance (CTRS, SLP, etc.)
- Continuing Nursing Education (LPNs, MSNs, RNs) State license number required at sign in.
- MPTA (PT, PTA)
- AOTA (OT, OTA)
- MSW/CEC (Social Workers — State license number required at sign in.)

## 3 EASY WAYS TO REGISTER AND PAY

### 1.) Mail

Complete the attached registration form and mail to:  
Attn: Bonita Pawloski, Director of Education  
Mary Free Bed Rehabilitation Hospital  
235 Wealthy St. SE, Grand Rapids, MI 49503  
**Payment option:** Check, Visa or MasterCard

### 2.) Fax

Complete the attached registration form and fax to:  
616.840.9626/Attn: Mental Health First Aid  
**Payment option:** Visa or Mastercard

### 3.) Email

Complete the attached registration form and email to:  
Medical.education@maryfreebed.com/Attn: Mental Health First Aid  
**Payment option:** Visa or Mastercard

Please make check payable to: Mary Free Bed Fund/Mental Health First Aid '19

\*A service fee of \$35 will be assessed for all checks returned for insufficient funds or for charges made to closed accounts.

## REGISTRATION CONFIRMATION

Registration will be taken in the order in which the registration form and payment is received. Payment must accompany the registration form to confirm a seat at this course. You will receive email confirmation of your registration within 10 business days. If you do receive confirmation, please contact the Medical Education Department at 616.840.8292 or medical.education@maryfreebed.com

## REFUND POLICY

Registrants unable to attend may send an alternate with prior written notification. The alternate must complete a registration form. The registration fee, less a \$50 service charge, is refundable if written notice of cancellation is received by Sept.20. No refunds will be issued for cancellations received after Sept. 20 or for non-attendance.

## CANCELLATION OR REPLACEMENT OF SPEAKER

Although unlikely, in the event of an activity cancellation, the liability of Mary Free Bed Rehabilitation Hospital will be limited to a full or partial refund of registration fees. Mary Free Bed will alert registered attendees via email if the course is cancelled. Mary Free Bed reserves the right to substitute an equally qualified speaker.

## PARKING

Use the parking ramp directly south of 350 Lafayette Ave. SE, labeled C.

## DRESS CODE

Business casual. The conference room temperature can fluctuate; it is recommended you bring a sweater or jacket.

## QUESTIONS

Contact the Medical Education Department at  
medical.education@maryfreebed.com or 888.492.9934.

If you require special arrangements to fully participate in this workshop, please call 616.840.8292

