

TWO FREE TRAININGS

The CommUNITY Adult Mental Health Initiative, in partnership with Guardian Angels Senior Housing of Elk River,* is pleased to bring you two FREE trainings by NAMI (National Alliance on Mental Illness).

See below for the schedule and training details.

Please join us for one or both of the trainings!

Date: Thursday, September 21, 2017

Location: Guardian Angles Senior Housing
Angel Ridge Dining Room**
280 Evans Ave, Elk River, MN 55330

10:00 to 12:30 p.m. – 1st Class – Gray Matters: Mental Illness Co-Occurring with Dementia

12:30 to 1:30 p.m. – Break (Lunch: On your own, not provided)

1:30 to 3:00 p.m. – 2nd Class – QPR: Question, Persuade, Refer (Suicide Prevention)

Advance registration is required for these trainings as seating is limited. Please RSVP to CAMHI@co.benton.mn.us; be sure to state which class or classes you plan to attend.

Class #1:

Gray Matters: Mental Illness Co-Occurring with Dementia

Training will:

- Describe mental illness basics in adults
- Describe dementia basics in older adults
- Identify the risk factors and warning signs of key mental illnesses and dementia in older adults
- Bring an understanding to treatment, management and recovery
- Discuss strategies for working with someone living with the two disorders
- Provide resources for older adults living with the co-occurring disorders of mental illness and dementia

Class #2:

QPR Training (Suicide Prevention)

Attendees will:

- Acquire skills for identifying the warning signs of suicide and responding appropriately and quickly
- Identify crisis resources in the area and learn how and when to access them
- Achieve a greater understanding of means restriction and its relationship to completed suicide
- Learn various options for restricting access to firearms and other lethal means

A Certificate of Attendance for each training will be provided for Board of Social Work CEUs

* Guardian Angels Senior Housing of Elk River is hosting a Service Coordination conference on this day and the trainings during their conference are open for the public to attend. Please note that access to the room is limited to ten minutes before the training is scheduled to start.

** Parking is available in the front lot off of Evans Ave. There are three buildings all connected, you'll want to go in the one on the far right to get to the room.