

## CERTIFIED TRAINERS

Two Student Services staff members at the Pembroke Waterfront Campus of Algonquin College have become certified trainers through the Canadian Mental Health Commission.

**LAURIE ANN KLAWITTER** is a certified Mental Health First Aid trainer with 24 years of experience as a registered nurse, the last eight of which have been devoted to promoting student well-being at Algonquin College in the Ottawa Valley providing health services.

Prior to her position at Algonquin College, Laurie Ann worked at the University of Ottawa Heart Institute for a number of years. She has taken several workshops on suicide intervention, and was also recently involved in bringing the Purple Couch project, which promotes starting mental health conversations amongst one another on campus, to our Waterfront Campus in the Ottawa Valley.

**JEFF ILES** is a certified Mental Health First Aid trainer with 14 years of teaching experience from kindergarten through college. In his current role as the Disabilities Counsellor at Algonquin College, Jeff works with students with learning, physical, and mental disabilities to provide supports necessary for success.

Prior to his work with Algonquin College, Jeff served as Vice Principal of Heritage Academy, a private Ottawa school dedicated to children with learning disabilities and mental health issues.



*Certified MHFA trainers Laurie Ann Klawitter and Jeff Iles teach the two-day course at Algonquin College in Pembroke.*

## MENTAL HEALTH FIRST AID TRAINING COURSES

Please refer to our website to see the most current schedule of courses and costs.

**\*Course Cost:** \$229.50 per registrant.  
(Cost includes student manual and HST)

For more information, contact  
**Jamie Bramburger, Manager  
Community & Student Affairs**  
**613-735-4700, ext. 2756.**

*\* Subject to change. The content of this pamphlet is subject to change and is effective as of August 1, 2018. Visit website for most current information.*

## HOW TO REGISTER

1. Choose an available course date listed on our website;
2. Print and complete the Mental Health First Aid Registration Form available on our website or at the Pembroke Campus;
3. When form is completed, fax it to: 613-735-8805, OR scan the form and email it to Jamie Bramburger at: [brambuj@algonquincollege.com](mailto:brambuj@algonquincollege.com).

## IMPORTANT INFORMATION:

- Applicants will be registered on a first-come, first-served basis. If the course for your chosen date has filled, the individual or organization will be contacted to select an alternate available course.
- Algonquin College reserves the right to postpone training if there are insufficient registrants.

*Most courses will be offered at the  
Pembroke Waterfront Campus of  
Algonquin College.*

**Visit our website for details:**

**[www.algonquincollege.com/pembroke/  
mental-health-first-aid-course/](http://www.algonquincollege.com/pembroke/mental-health-first-aid-course/)**

# MENTAL HEALTH FIRST AID TRAINING AT ALGONQUIN COLLEGE

**ONE IN FIVE CANADIANS WILL EXPERIENCE  
MENTAL HEALTH ISSUES IN THEIR LIFETIME.**

Algonquin College's Waterfront Campus in Pembroke has taken a leadership role in Renfrew County by encouraging its students and staff to better understand mental health, and how they can help others who are experiencing mental health issues.

In the past two years, most of the Pembroke Campus employees have completed the 12-hour Mental Health First Aid (MHFA) certification course--training that has taught them how to be first responders when a student is experiencing a mental health problem.

**Algonquin College's  
two-day basic Mental Health  
First Aid Training course is  
recommended for professionals.**

### What is Mental Health First Aid (MHFA)?

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. It gives people the skills to provide some early assistance which is so important in recovery.

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. It does teach people to: recognize the signs and symptoms of mental health problems, provide initial help, and guide a person towards appropriate professional help.

### Who should take an MHFA Canada course?

The upcoming courses offered by Algonquin College in the Ottawa Valley are recommended primarily for professionals or volunteers who work in health or social agencies, human resources, community organizations, school boards, etc.

If you are not affiliated with a professional organization and are interested in taking this course, please contact:

**Jamie Bramburger, Manager  
Community & Student Affairs  
613-735-4700, ext. 2756**

## COURSE OVERVIEW

Mental Health First Aid is a two-day, 12-hour basic course developed by the Mental Health Commission of Canada.

It is a collaborative training program that includes the presentation of information by certified facilitators, videos, group discussion and role plays.

All participants receive a manual as part of the training. Students must attend the entire 12-hour course in order to receive a Mental Health First Aid Certificate from the Mental Health Commission of Canada

### The following mental health problems are covered:

- Mood disorders
- Anxiety disorders
- Psychosis
- Substance use disorder

### The following mental health crisis situations are covered:

- Suicidal behaviour
- Overdoses
- Panic attacks
- Reactions to traumatic events
- Psychotic episodes



## COURSE OUTLINE

### Session 1: Mental Health and Mental Illness

- Mental Health First Aid
- Common mental health problems
- The five basic steps of mental health first aid
- What are substance use disorders?
- Symptoms and risk factors
- Crisis first aid for overdose
- Mental health first aid for substance use disorders
- Treatment and resources

### Session 2: Mood Disorders

- What is depression?
- Symptoms of depression
- Risk factors for depression
- What is bipolar disorder?
- Symptoms of bipolar disorder
- Risk factors for bipolar disorder
- Alcohol, drugs and depression
- Suicide in Canada
- Crisis first aid for suicidal behaviour
- Mental health first aid for mood disorders
- Treatment and resources

### Session 3: Anxiety Disorders

- What are anxiety disorders?
- Symptoms of anxiety disorders
- Risk factors for anxiety disorders
- Alcohol, drugs and anxiety disorders
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reaction
- Mental health first aid for anxiety disorders
- Treatment and resources



### Session 4: Psychosis

- What are psychotic disorders?
- Symptoms of psychotic disorders
- Risk factors for psychosis
- Alcohol, drugs and psychotic disorders
- Crisis first aid for acute psychosis
- Mental health first aid for psychosis
- Treatment and resources
- Other expressions of distress

*Some material in this pamphlet and the course overview/outline are from the Mental Health First Aid Basic Course developed by the Mental Health Commission of Canada:  
[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)*

### Quotes from Past Course Participants:

*"Should be mandatory for everyone!"*

*"Amazing two days! . . . I'm walking away with a better understanding and concrete tools."*

*"Passionate, professional, awesome facilitators!"*