We are continuing our work with Four County Mental Health Center to offer ICC employees the opportunity to attend a Mental Health First Aid training course focusing on tools to help identify someone struggling with mental health issues or substance abuse.  Four County has been a great partner to work with and has scheduled our next class for **Wednesday, March 30th from 9am – 3pm**.

Please see the course announcement below for details.  This course will be open to the **first 20** ICC employees to register. ICC will pay the $20.00 required fee.  To register, please respond to this email and let me know you would like to attend.  HR will contact Four County with your information and get you registered so you can complete the pre-work required for the course:

**Registration deadline for this course is March 1st. The onsite training at 4 County will include lunch. If you have any food restrictions or allergies please let me know when you RSVP.**

**Four County Mental Health Center**

**Mental Health First Aid (MHFA) Training in Independence, KS**

Four County Mental Health Center will be offering Mental Health First Aid (MHFA) training. This training course provides people with tools to identify when someone might be struggling with a mental health or substance use problem and to connect them with appropriate support and resources when necessary.

One in five Americans has a mental illness, but many are reluctant to seek help or might not know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect. For friends and family members, it can be hard to know when and how to assist. As a result, those in need of mental health services often delay getting help.

Just as CPR helps even those without clinical training assist an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis. Mental Health First Aiders learn a 5-step action plan that guides them through the process of reaching out and offering appropriate support.

**DATE: Wednesday, March 30, 2022

LOCATION: Four County Mental Health Center, 3751 W. Main, Independence, KS  67301**

**TIME: 9:00 am – 3 pm**

**FEES**: Covered by ICC.

**DETAILS**: You must complete the 2-hour self-paced online pre-course work to be eligible to attend the in-person session. Class size has a minimum of 10 and maximum of 20 people to allow for social distancing.

**QUESTIONS**: For more information, please contact Robin Brannum, 620-332-5111, email-rbrannum@fourcounty.com or Kathy Newman 620-464-3151 email-knewman@fourcounty.com.