



UNIVERSITY  
OF MANITOBA

Faculty of Health Sciences



Mental Health  
First Aid CANADA



# Mental Health First Aid (MHFA) Certificate Course

Saturday, October 17 & Saturday, October 24, 2015 | 8:00 a.m. - 4:50 p.m.

204 Brodie Centre | 727 McDermot Avenue | University of Manitoba | Winnipeg, Manitoba

12 HOURS CDE CREDIT

## OVERVIEW

Developed through the Mental Health Commission of Canada, this two-day certification course helps improve mental health literacy and gives participants the skills to provide early intervention to individuals developing or experiencing a mental health crisis. Trained mental health first-aid (MHFA) providers are able to recognize the signs and symptoms of mental health problems, provide initial support until either the crisis has resolved or appropriate treatment is found and provide guidance on follow-up care. With one in three Canadians experiencing some form of mental health problem at some point in life, the knowledge and skills acquired in this course have broad applications, including with family, friends, colleagues, coworkers, patients and oneself. This course employs a combination of lecture, small-group work, videos, case presentations and simulated scenarios to deliver the full 12-hour MHFA curriculum. Dr. Brothwell is certified to teach MHFA.

**Completion of the entire 12 hour course is mandatory for certification.**

**This course is limited to 24 participants.**

## THIS PROGRAM WILL BE OF INTEREST TO

Dentists, dental hygienists, dental assistants and clinic staff.

## FEE

### Breakfast & lunch included

\$450

**SEATING IS LIMITED! REGISTER EARLY TO AVOID DISAPPOINTMENT.**

## DISCLOSURE OF CONFLICTS OF INTEREST

In keeping with accreditation guidelines, instructors participating in this event are required to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material.

## REGISTRATION DEADLINE

October 3, 2015

## ONLINE REGISTRATION

[umanitoba.ca/cpd/mhfa.html](http://umanitoba.ca/cpd/mhfa.html)

## REFUND POLICY

A registration refund will be made upon written request prior to September 17, 2015. A \$35 administration fee will be retained. No refunds will be made for cancellations after September 17, 2015.

## Contact:

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College of Dentistry

CONTINUING PROFESSIONAL DEVELOPMENT

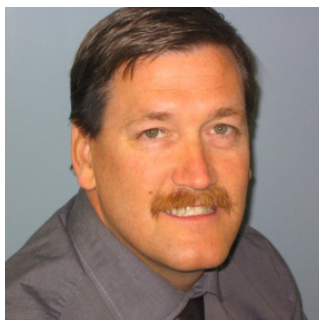


# LEARNING OBJECTIVES

Upon completion of this course, participants should be able to:

- Demonstrate non-judgmental listening.
- Perform a Mental Health First Aid intervention for a substance-related problem and overdose.
- Discuss mood disorders with respect to symptoms and effects on people.
- Perform a Mental Health First Aid intervention for a person demonstrating suicidal behavior.
- Discuss anxiety disorders with regard to their symptoms and effects on people.
- Perform a Mental Health First Aid intervention for a person demonstrating a panic attack or acute stress reaction.
- Discuss the different types of psychotic disorders with regard to their symptoms and effects on people.
- Perform a Mental Health First Aid intervention for a person demonstrating a psychotic episode.

## INSTRUCTOR



**Douglas Bothwell, DMD, BEd, DDPH, MSc, CertQM**  
Associate Dean (Academic), College of Dentistry

Douglas Brothwell graduated from dentistry at the University of Saskatchewan in 1984. Following nine years of private practice, Dr. Brothwell returned to the University of Saskatchewan where he achieved a bachelor's degree in education (1994). He then moved to Ontario where he achieved a Master's of Science degree and Diploma in Dental Public Health at the University of Toronto (1999), and served as the Dental Public Health Consultant for Ontario's Wellington-Dufferin-Guelph Health Unit. His research interests include the topics of tobacco cessation, epidemiology of disease in high-risk populations and the link between oral and systemic health. Dr. Brothwell completed his Certificate in Quality Management in (2006) and is a certified Mental Health First Aid instructor with the Mental Health Commission of Canada.

## WHY LEARN MENTAL HEALTH FIRST AID?

### MENTAL HEALTH CHALLENGES ARE COMMON

- 1 in 3 people will experience a mental health challenge at some point in life
- 30% of all short- and long-term disability claims are due to mental health challenges
- Suicide, a consequence of poor mental health, is the 9th leading cause of death in Canada

### MENTAL HEALTH CHALLENGES ARE STIGMATIZED

- People are often too ashamed to discuss their mental health
- Family, friends and colleagues are often poorly informed about mental health
- Professional help for mental health is often difficult to access in a timely manner

### MENTAL HEALTH CHALLENGES ARE TREATABLE

- Recognize common mental health challenges and provide a safe, timely intervention
- Reduce social distance from people with mental health challenges
- Facilitate conflict resolution at home, at work and at play for better mental health

SOURCE: [mentalhealthfirstaid.ca](http://mentalhealthfirstaid.ca)

## STUDY CREDITS:

This course is designated for 12 hours of Continuing Dental Education Credits.



This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program Approval for Continuing Education (PACE) through the joint program provider approval of Casey Hein & Associates and the College of Dentistry, University of Manitoba. Casey Hein & Associates is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by the AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from December 1, 2011 to November 30, 2015. Provider ID# 337890.

AGD Subject Code: 770