

# Mental Health First Aid

## For Older Adults



“A review of the evaluations showed that those who completed the training found it to be an extremely positive and valuable experience. This partnership with the National Council for Mental Wellbeing and Allergan to provide the Mental Health First Aid: Older Adults curriculum throughout the state of New Jersey has helped us build a case for the need to increase mental health literacy and reduce stigma within this population.”

— Ruth Kaluski,  
Director of Career Connection Employment  
Resource Institute at the Mental Health  
Association in New Jersey

### Why Mental Health First Aid?

Improve quality of life and learn how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based, early intervention training program. Older adults have high rates of late-onset mental health challenges, like anxiety and depression, and low rates of identification and treatment.

Whether you need to assist today or years from now, this certification gives you the confidence you need to have the conversations that will allow older adults to live as comfortably and independently as possible.

**1 IN 4\***  
Older adults  
have a mental  
health condition.

More than  
**1 MILLION\*\***  
adults age 65 and up had a  
substance use challenge.

Males aged 75 and over have a  
**HIGHER RATE OF  
DEATH BY SUICIDE\***  
than any other group.

#### Sources

\*[www.mamh.org/education/older-adult-behavioral-health](http://www.mamh.org/education/older-adult-behavioral-health)

\*\*[www.samhsa.gov/data/sites/default/files/report\\_2792/ShortReport-2792.html](http://www.samhsa.gov/data/sites/default/files/report_2792/ShortReport-2792.html)

### What it covers

- The unique impacts of mental health and substance use challenges on older adults.
- Risk factors and protective factors specific to older adults.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed to reflect the unique needs and experiences of older adults.
- National, regional and community mental health resources for older adults and their caregivers.

### Who should take it

- Individuals who are a part of, connected to or support older adults and their families.

### Training formats

- **In-person 1 Day:** Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **In-person 2 Day:** Learners receive their training during two 4-hour, Instructor-led, in-person sessions.
- **Blended, In-person 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, in person session.
- **Blended, Virtual 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, virtual session.

### Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.