



The Oregon Affordable Housing Management Association Presents

Mental Health First Aid

Continuing Education for Affordable Housing Providers

Salem Convention Center

Tuesday, April 23, 2024, 8:30 am to 4:30 pm, PDT

Are you an affordable housing manager who wonders, “*How do I manage this...*” when a resident exhibits behavior that is inappropriate, intimidating, or frightening to you, your staff, and to other tenants? **Mental Health First Aid** is an early intervention public education program. It teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen nonjudgmentally and give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services.

By the end of the course, participants will be able to:

- ✓ Describe the purpose of Mental Health First Aid and the role of the Mental Health First Aider.
 - ✓ Identify the impact of mental health challenges on the well-being of adults in the U.S.
 - ✓ Explain that recovery from a mental health challenge is possible.
 - ✓ Describe the principles of safety and privacy for both the Mental Health First Aider and the person receiving first aid.
 - ✓ Explain the 5 steps of the Mental Health First Aid Action Plan (ALGEE).
 - ✓ Recognize the signs and symptoms of mental health challenges that may affect adults.
 - ✓ Evaluate the impact of early intervention on mental health challenges.
 - ✓ Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) when a person shows early signs of a mental health challenge.
 - ✓ Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) when a person shows worsening signs of a mental health challenge.
 - ✓ Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) to crisis situations.
 - ✓ Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.
- Attendees will receive two books as well as a certificate of completion. The price of the books is included in the registration fee.

Our Instructor: **Miley Stanton-Flowers** is the Supervisor of Service Coordination and an Eviction Prevention Specialist at Schnitzer Properties. She works across four subsidized housing buildings serving seniors and people with disabilities, supervising a team of Service Coordinators and providing case management for residents at risk of eviction.

To Register: Please fill out, “*save,*” and email page 2 of this fillable form to oregonahma@frontier.com or, print the form, fill out by hand, then scan/email to oregonahma@frontier.com

FINAL Registration Deadline: Monday, April 8, 2024 (*An early registration deadline is needed so that the course materials will ship and arrive on time.*)

Class Registration Fees: For AHMA members: \$175; for non-members: \$225

Payment Options: **(WE DO NOT INVOICE.)**

◆ Pay by PayPal on this page of our website:

http://www.oregonaffordablehousingmanagement.com/education_schedule.htm

◆ **You CAN use PayPal as a GUEST if you don't have a PayPal account. Just read & follow the instructions carefully.**

◆ Or, send your check to Oregon AHMA, P.O. Box 1135, Forest Grove, Oregon 97116

◆ Payment is due by April 8. **Login is contingent upon receipt of payment.**

CEUS: This class fulfills 7.5 CEUs for those with broker or property management licenses.

Questions? Contact Oregon AHMA Director Maggie Meikle at oregonahma@frontier.com or by landline telephone at 503-357-7140.

REGISTER FOR THE WEBINAR:

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➔ Please fill out, "save," and email this fillable form to oregonahma@frontier.com or, print the form, fill out by hand, then scan/email to oregonahma@frontier.com

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