

OLDER PERSON MENTAL HEALTH FIRST AID

LIMITED
PLACES

With Fred Stern

MONDAY 26TH AND
TUESDAY 27TH
MARCH, 2018



**9.15am for a 9.30 am start
till 5.00 pm each day**

MHFA Australia has developed a Older Person Mental Health First Aid (OMHFA) Course for families and carers assisting people aged 65+. The aim is to train the community to respond appropriately as early as possible to older people developing mental health problems, rather than wait for a mental health crisis before taking action.

What the course covers:

- Learn the signs and symptoms of the common mental health problems in older people
- How to offer initial help, where and how to get professional and other help
- What sorts of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Mental health problems covered are:

- Depression
- Anxiety problems
- Confusion and dementia
- Psychosis.

Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Panic attacks
- Delirium
- Challenging and Unsafe behaviours due to confusion

Course participants receive a copy of the Older Person MHFA Manual to keep and the opportunity to sit an online exam to become an accredited first aider for 3 years.

COST:- \$280.00 per person

includes lunch, morning & afternoon tea each day

Registration Details on Back.

Fred Stern is the Senior Consultant and Program Director of Conflict Solvers. He is a Nationally Accredited Mediator, a Family Dispute Resolution Practitioner (Attorney General's Department) and an Accredited Mental Health First Aid trainer (Principal Master Trainer). He also has a B.A. Youth Affairs, Cert IV Training & Assessment and Cert IV Telephone Counselling.

In the area of mental health training, Fred has provided training for over 2000 people who have become mental health first aid responders from a broad range of professions including, teachers, community workers, youth workers, health professionals, the clergy and business people.

Fred describes his life as busy but rewarding and says he enjoys the diverse nature of work he undertakes.

REGISTRATION FORM

Personal Development day with Fred Stern - Older Person Mental Health First Aid

Monday 26th and Tuesday 27th March, 2018

TIME: 9.15am—5.00pm each day

**COST: \$280.00 per person
(includes lunch, morning & afternoon tea each day)**

Please fill in the details on this form and make payment in full to secure your seat for this 2 day course.

Payments can be made by:-

- Cheque—post this form with a cheque made payable to:
Beacon Community Connections Inc.
PO Box 694, Shepparton VIC 3632
- EFT—either email, fax, phone or post form and make payment to:-
BUV Financial Services
Name: Beacon Community Connections Inc.
BSB: 704 922
Account: 1000 145 38
REF—(Your Name) GNCS Training

Receipts will be sent to the address given on the registration form.

Please note, your details will be handed onto Conflict Solvers for issuing of your certificate.

For further information please contact :-
Office - (03) 5831 5119
Email - admin@gncs.com.au
Fax - (03) 7000 5031

Name

Business

Address

City

State

Postcode

Phone

2nd Phone

E-mail

Any Special Dietary Requirements:-

Tick the box if you wish to be notified of any future training events held/hosted by the Good News Counselling Service. (Please note, your details will not be used for any other purpose stated on this form).