



## Friday Class- Afternoon

### 14. A First Responders' Guide for Mental Health Issue Recognition

Instructors: River Valley Behavioral Health

This class will utilize several 'mini courses' that are educational for the recognition of issues leading to mental health or behavioral emergencies that the First Responder may respond to, including:

**Suicide Prevention** - Attendees will be able to identify myths & facts about suicide, risk factors for suicide, and how to identify the appropriate resources for individuals experiencing suicidal ideation

**Intro to Substance Use Disorders** - Attendees will be able to identify signs of a potential substance use disorder, understand the varying models of addiction and stages of change, and identify a variety of substance use disorder treatment options.

**Code Red** – CODE RED is a safety planning tool informed by evidence, designed to engage youth and adults in identifying trusted individuals, postponing risky decisions, and finding activities that provide relaxation and distraction from suicidal thoughts.

#### About the Instructor:

***RiverValley Behavioral Health*** is Your Community Mental Health Center.

Since 1967, RiverValley Behavioral Health has provided vital behavioral health services that fit the ever-growing needs of our communities. Our state- designated Community Mental Health Center serves the Green River region of Daviess, Hancock, Henderson, Ohio, McLean, Union and Webster counties.

We offer a full range of mental health services and support, in addition to substance use treatment, and specialized care for those with intellectual and developmental disabilities. We prioritize your needs, offering a full continuum of evidence-based services tailored to you and delivered by a caring and dedicated team of professionals.

This class will be conducted by one or more of the professional full-time staff.