

Statewide Local Y/MHFA Coordinator Contact List

Association of Africans Living in Vermont

Thato Ratsebe
tratsebe@aalv-vt.org
802 985 3106

Clara Martin Center

Christie Everett
ceverett@claramartin.org
802-728-4466 ext 563

Howard Center

Kristen Rajewski
krajewski@howardcenter.org
802-488-6000 ext. 6726

Health Care and Rehabilitation Services of Southeastern VT

Jack Heddou
jheddou@hcrs.org
802-886-4567

Lamoille County Mental Health Services

Chris Glowac
ChristinaG@lamoille.org
888- 5026 Ext. 171

Northeast Kingdom Human Services

Janet Hussey Monette
jmonette@nkhs.net
802-334-6744 ext 2135 | 802-748-3181 x 1164

Northwestern Counseling and Support Services

Lance Metayer
Lance.metayer@ncssinc.org
802-582-8039

Rutland Mental Health Services

Tom Cox
tcox@rmhscn.org
(802) 775-2381

United Counseling Services

Amie Niles
ANiles@UCSVT.org
(802) 442-5491

University of Vermont

Anne Valentine
Annie.Valentine@uvm.edu
802-656-0441

Vermont Lend

Virginie Diambou
Virginie.Diambou@med.uvm.edu
802-656-0204

Washington County Mental Health Services

Kirk Postlewaite
kirkp@wcmhs.org
802-229-1399 ext 702

COMMUNITY FIRST

Vermont's Statewide Youth/Mental Health First Aid Initiative

WHO CREATED THE COURSE?

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. Since 2008, more than 100,000 individuals have taken the core Mental Health First Aid USA course, which is intended for all adult audiences. Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to develop the youth program.

WHERE CAN I LEARN MORE?

For more information about Community FIRST, or to set up a youth or adult Mental Health First Aid training in your area please contact Lance Metayer (802) 582-8039
lance.metayer@ncssinc.org or visit

vermontcarepartners.org
802-582-8039



COMMUNITY FIRST



ABOUT COMMUNITY FIRST:

Community FIRST (First Signs, Intervention, Referral, Support, Treatment) provides FREE Youth and Adult Mental Health First Aid trainings to individuals throughout the State of Vermont. Community FIRST is a statewide collaboration between state designated and specialized service agencies, Vermont Care Partners, Vermont LEND and community partners. Community FIRST is made possible by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to Vermont Care Network/Vermont Care Partners.

COMMUNITY FIRST'S GOALS ARE TO:

- Increase the mental health literacy of Vermonters
- Reduce stigma through education and understanding
- Support the early identification and referral of those experiencing mental health disorders and/or substance use disorders (MH/SUD)
- Increase cultural competency among community members and professionals supporting individuals living with MH/SUD

1 in **5**

teens & young adults
lives with a mental
HEALTH CONDITION.

National Alliance for Mental Illness

YOUTH AND ADULT MENTAL HEALTH FIRST AID:

Youth and Adult Mental Health First Aid courses introduce participants to the unique risk factors and warning signs of mental health problems, build understanding of the importance of early intervention, and teach people how to help an individual in crisis or experiencing a mental health challenge. The 8 hour Y/MHFA course uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect people to professional, peer, social, and self-help care.

64.1%
of youth with major
depression do not
receive any mental
HEALTH TREATMENT.

Mental Health America

CULTURAL AND LINGUISTIC COMPETENCY TRAINING

Cultural and Linguistic Competency Training is an all day workshop that introduces participants to the cultural and linguistic considerations of diverse communities and broadens understanding of links between racial and health inequities and health disparities. Through small group discussion and activities individuals increase their self-awareness of racial, ethnic and class biases. Participants will understand how cultural beliefs shape encounters and health outcomes and will learn to incorporate cultural and linguistic competence into providing service and support.

WHO SHOULD TAKE THE COURSE?

Both the Youth and Adult Mental Health First Aid courses are designed to be taken by adults who want to learn how to better understand mental illness and support an individual who is struggling or in crisis. Over the last three years Vermont Care Partners' agencies and community partners have trained over 2,500 individuals in youth and adult Mental Health First Aid. These trainings included: educators and school staff, businesses, faith based organizations, Veteran groups, youth and adult serving agencies, law enforcement agencies, colleges and higher education, and community members.

In spring 2017, nearly
40%
of college students
said they had felt so
depressed in the prior
year that it was
difficult for them
TO FUNCTION.

*Time via American
College Health Association*

