



**Featured Speaker**  
**Terrasine Gardner, M.A.**  
Community Relations Manager  
for Alliance Behavioral Healthcare

# Adult **Mental** **Health First Aid**

Tuesday, January 23, 2018

8 a.m. – 5 p.m.

Location:

Southern Regional AHEC  
1601 Owen Drive, Classroom E (3rd Floor)  
Fayetteville, NC 28304

## Target Audience

This class is designed for any human service professionals interested in this topic.

## Program Description

Mental Health First Aid is an evidence-based 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

## Objectives

Upon completion of this workshop, participants will be able to:

- Discuss the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury;
- Describe the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities;
- Identify a 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care; and
- Discuss the evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.

## Speakers

**Terrasine Gardner, M.A.** is currently the Community Relations Manager for Alliance Behavioral Healthcare and within this role serves as an Adult Mental Health First Aid Instructor. She has a MA degree in Counseling from Webster University and has a combined total 23 years of experience working within the Mental Health System. She has held positions in the areas of IDD, Sex Offender Youth, Community Supports, and Advocacy. Her passion is people and being a change agent in the community to better assist the populations in which we serve. Terrasine feels that being a MHFA instructor is another avenue to bring awareness to our community through education and is an important community resource. Her hobbies include meeting people, attending social community events and traveling. Terrasine is married to Antonio Gardner.

**Bertina Parkins, M.A.** is the Director of Continuing Education Mental Health for Southern Regional AHEC. Before joining Southern Regional AHEC, Bertina worked in the mental health field in different capacities with KidsPeace Foster Care and Family Services, Cardinal Clinic LLC and NC Department of Health and Human Services in the Field Services Unit for over 13 years. Bertina received her B.S. and M.A. from Fayetteville State University in Fayetteville, NC.

## Fee

\$25.00

## Credit

**C.E.U.:** 0.8

**Contact Hours:** 8.0

**NC Psychologists Category A:** The program will provide 8.0 contact hours (category A) continuing education credit to NC Psychologists.

**NBCC:** Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.



Southern Regional AHEC is solely responsible for all aspects of the programs.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.

Credit will be awarded to participants who attend 100% of the program.

## Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel two (2) business days (Monday-Friday), before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel two business days (Monday-Friday) before the program and obtain a refund for 70% of the registration fee.

Cancellations less than two business days (Monday-Friday) before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

**Please bring a jacket or other additional covering since we will not be able to adjust the thermostat.**

## Contacts

Bertina Parkins, Director Mental Health CE

910-678-7032 / Bertina.Parkins@sr-ahcec.org

Kate Smith, Program Assistant for Mental Health CE

910-678-7305 / Kate.Smith@sr-ahcec.org

# Registration Form

Form may be duplicated.

**Adult Mental Health First Aid**

CASCE #54088 / MH180123

**Phone:** 910-678-7226 **Fax:** 910-323-0674

**Online:** <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=54088>

**Mail:** SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

Name \_\_\_\_\_ Last 4 digits of SS# \_\_\_\_\_

Certifications/Degrees \_\_\_\_\_ Specialty Area \_\_\_\_\_ Are you an NCC? \_\_\_\_\_

Employer \_\_\_\_\_ Job Title \_\_\_\_\_

Work Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (work) \_\_\_\_\_ (home) \_\_\_\_\_

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) \_\_\_\_\_ (secondary) \_\_\_\_\_

Do not send email announcements of upcoming SR-AHEC programs.  Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies \_\_\_\_\_

## Payment Information

Check (Make payable to SR-AHEC)

Mastercard / Visa # \_\_\_\_\_ Expiration Date (mm/yy) \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

**Office Use Only:** Check Auth # \_\_\_\_\_ Date \_\_\_\_\_ From \_\_\_\_\_ Amount \$ \_\_\_\_\_

SR-AHEC.org  
1601 Owen Drive • Fayetteville, NC 28304  
(910) 678-7226

Southern Regional  
**AHEC** | Area Health  
Education Center