



## MENTAL HEALTH FIRST AID FOR OLDER ADULTS



*A review of the evaluations showed that those who completed the training found it to be an extremely positive and valuable experience. This partnership with the National Council of Behavioral Health and Allergan to provide the Mental Health First Aid: Older Adults curriculum throughout the state of New Jersey has helped us build a case for the need to increase mental health literacy and reduce stigma within this population.”*

— **Ruth Kaluski**, Director of Career Connection Employment Resource Institute at the Mental Health Association in New Jersey

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Older Adults teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training — which focuses on the unique experiences and needs of adults over the age of 65 — gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

About  
**15%**

of adults aged 60 and over  
have a **mental disorder**.  
- World Health Organization

More than

**1 MILLION**

people aged 65 or older had a  
**substance use disorder** in 2014.  
- Substance Abuse and Mental Health  
Services Administration

### WHAT IT COVERS

- A discussion of life changes that occur in older adults.
- A discussion of the specific risk factors faced by older adults, such as chronic health conditions.
- How to discern the difference between talking about death and suicidal ideation.
- A breakdown of psychosis, dementia and delirium.
- How to communicate effectively with those who need help while using respectful language.
- How to combat the stigma around substance-related problems in the older adult population.

The course will teach you how to  
apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

### WHO SHOULD TAKE IT

- Families
- Caretakers
- Employers
- Nursing staff