



# MHFA Maryland

MENTAL  
HEALTH  
FIRST AID

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## HR PROFESSIONALS GET CREDIT FOR MENTAL HEALTH FIRST AID

Mental Health First Aid Maryland is now approved to provide recertification credits for Human Resource professionals by the Society for Human Resource Management's HR Certification Institute. "HR staff are often on the front lines when mental health problems begin to emerge in the workplace," says Donna Rawlings, a human resource specialist and president of the Mental Health Association of Maryland. "Employees, supervisors and senior managers all turn to HR for guidance."

The HR Certification Institute approved Mental Health First Aid for 12 credit hours applicable to the Professional in Human Resources (PHR), Senior Professional in Human Resources (SPHR), and Global Professional in Human Resources (GPHR) certifications.



According to the World Health Organization, four of the six leading causes of disability are psychiatric disorders. Left untreated, mental illness takes a significant toll on families, society and the workplace, costing more than \$193 billion annually; \$44 billion in lost productivity alone.

Creating more informed workplaces,--where Human Resources experts, supervisors and colleagues are better aware of how to recognize the early signs of mental health problems, appropriately support individuals with mental illness and manage crises--can improve not only individual well-being, but also the bottom line of organizations. Such awareness and enhanced skill can translate directly into higher productivity, reduced absenteeism, and more motivated employees.

## ADMINISTRATIVE LAW JUDGES RECEIVE MHFA TRAINING

MHFA Maryland is excited to announce a partnership with Maryland's Administrative Law Judges (ALJ) to train all ALJs in the state. ALJs hear more than 500 different types of cases for more than 30 state agencies, including the State Department of Transportation, the State Insurance Administration, and the Department of Labor, Licensing and Regulation.

"We often work with people during the most stressful times of their lives," says Denise Clark, an Administrative Law Judge and director of quality assurance for the Maryland Office of Administrative Hearings. "Understanding how to better communicate and support someone who's in crisis can help us encourage greater participation in the hearing process and work to ensure the best possible outcome."

## MHFA MARYLAND SCORES WITH HIGHER EDUCATION

Maryland colleges and universities are among the first and most active partners in Mental Health First Aid. The following schools currently offer the program to students, faculty, staff and communities:

- Chesapeake College
- Montgomery College
- Prince George's Community College
- Salisbury University
- UMBC

- University of Maryland - Eastern Shore
  - Washington College
- "We've already trained 200 faculty and staff," reports Kim Leisey, PhD, UMBC's associate vice president for student affairs. "Without fail, those who participate in the training walk away with a better understanding of mental health issues and report reduced anxiety when dealing with issues."

## BY THE NUMBERS

### Maryland

- 2000 trained
- 82 certified instrutors

### Nationwide

- 5500 trained
- 700 certified instrutors

## CONGRATULATIONS TO OUR NEWEST INSTRUCTORS

Kim Burton  
MHAMD

Heather Canepa  
Harford County Public Schools

Cindy Paige Desi  
UMBC

Adie Ekanem  
Resource Connections of PG County

Saundra Lynch Ervin  
Prince George's Community College

Kari Gorkos  
MHAMD

Lindsey Harbert  
Harford County Public Schools

Dawn Higinbothom  
Harford County Public Schools

Angela Killebrew  
Prince George's Community College

Cindy Lewis  
Key Point Health Services

Ryan Logue  
MHA of Montgomery County

Joanne Meekins  
MHAMD

Sheila Murphy  
Upper Bay Counseling & Support  
Services, Inc.

Lisa Palmer  
MHAMD

Susan Parks  
MHAMD

Gwen Parrack  
Cecil County Health Department

Susan Plitt  
UMBC

Royal Riddick  
Baltimore VA Medical Center

Cheryl Sharp  
On Our Own of Maryland

Carey Shaw  
Harford County Sheriff's Office

Pamela Thomas  
Prince George's Community College

Karen Wilson  
Baltimore VA Medical Center

## BRIEFLY NOTED...

The **Harford County Sherriff's Office** officially adopts Mental Health First Aid as entry level training for all new hires, including sworn and civilian, law enforcement and corrections staff.

**Chesapeake Cooperative Extension** hosts a Caroline County training for 14 community members.

**Maryland State Department of Education** recognizes 12 hours of Health, Safety and Nutrition core hours for child care providers certified in Mental Health First Aid.

**Howard County General Hospital** adds MHFA to its community education outreach.

The **Veteran's Administration** begins MHFA pilot in key state locations.

## FREE TRAINING HELD FOR MILITARY AND COMMUNITY MEMBERS

Generous donations from the Maryland Foundation for Psychiatry, Inc. and Northrop Grumman have enabled MHFA Maryland to expand its free trainings.

Northrop Grumman, a leader in Maryland's efforts to provide quality behavioral health care for returning veterans, has provided a leadership donation to ensure that MHFA training will be available to veterans, their families and the broader military community in Maryland.

The Maryland Foundation for Psychiatry, a charitable organization that acts as a bridge between psychiatric medicine and the general public, provided an educational grant to underwrite free community training sessions in each region of the state.

## ABOUT MENTAL HEALTH FIRST AID

Mental Health First Aid is the initial help given to someone developing a mental health problem or in a mental health crisis until appropriate professional or other assistance, including peer and family support, can be engaged.

The Maryland Mental Health Transformation Office, the Missouri Mental Health Office of Transformation, and the National Council for Community Behavioral Healthcare collaboratively develop and coordinate the MHFA USA Training Program.

## LEARN MORE

For general information on Mental Health First Aid:

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MHAMD  
410-235-1178, x209  
Lbmcnee@mhamd.org

## TO SCHEDULE TRAININGS

MHFA Regional Coordinators are housed at local Mental Health Association of Maryland (MHAMD) chapters. To request training in your community contact:

**Central Maryland:** Erin Leatherwood (eleatherwood@mhamd.org, 410-235-1178, x202)

**DC Suburbs:** Rachel Larkin, LCSW (rlarkin@mhamc.org, 301-738-8517)

**Western Maryland:** Amy Thompson (athompson@fcmha.org, 301-698-4975)

**Eastern Maryland:** Tina Mills (tmills@mhamdes.org, 410-822-0444)

visit our website at:

**[www.mhfamaryland.org](http://www.mhfamaryland.org)**