



TRAINING OPPORTUNITY MENTAL HEALTH FIRST AID

FRIDAY, SEPT 27 8:30 AM–4:00 PM

In-person at HHHRC Offices, 6 hours CEU credits for CSAC and Social Workers
\$50 registration fee; sign up at www.hhhrc.org/training

OVERVIEW

At the end of this training, participants will be able to

- Recognize 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.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

FACILITATORS

Melody Bell, Steven A. Cohen Military Family Clinic at Child & Family Service

Melody Bell holds a Bachelor of Science in Biology with a Minor in Chemistry from Georgia State University, earned in 2007. She served in the Hawaii Army National Guard from 2012 to 2020, where she held roles as a Non-Commissioned Officer, Medic, Physical Therapy Sergeant, and Master Resilience Trainer (MRT). As the Suicide Prevention Program Manager, she trained over 2,500 soldiers annually in suicide prevention, crisis management, and resiliency, and launched the HING Ready and Resilient Warrior Workshop during the pandemic, achieving zero suicides during her tenure. Her areas of specialization include suicide prevention, crisis management, healthy behavior promotion, and resilience training.

Natalia Werkoff, LCSW Hawai'i Health & Harm Reduction Center

Natalia Werkoff is a Licensed Clinical Social Worker and Certified Substance Abuse Counselor working for Hawai'i Health and Harm Reduction Center. Natalia is an advocate for providing client centered harm reduction services to those who use substances, regardless of their intent to stop, cut back, or continue using. Natalia is invested in helping others develop insight and coping skills into their mental wellness and runs a weekly mental health group for adults living with HIV. She welcomes all to come as they are and dictate their own personal goals without judgement. Additionally, Natalia is also a Certified Mental Health First Aid trainer. She is also passionate about educating the larger community on harm reduction, mental health, substance use and other aspects of social work through presentations and various types of trainings.



HAWAI'I HEALTH
& HARM REDUCTION CENTER

Reducing harm, promoting health, creating wellness, and fighting stigma in Hawai'i and the Pacific

677 Ala Moana Blvd. Suite 226 Honolulu, HI 96813 | info@hhrc.org | (808) 521-2437

[f](https://www.facebook.com/hawaiihealthandharmreduction) hawaiihealthandharmreduction [i](https://www.instagram.com/hhhrc_) hhhrc_ [t](https://twitter.com/hawaiihhrc) hawaiihhrc

EFFECTIVE
DOCUMENTATION

HARM REDUCTION

HIV, HCV & STDS

HIV, HCV, STDS &
BLOODBORNE
PATHOGENS

LAW ENFORCEMENT
ASSISTED DIVERSION

LGBT CULTURAL
HUMILITY

MENTAL HEALTH
FIRST AID

MOTIVATIONAL
INTERVIEWING

NATIVE HAWAIIAN
CULTURAL
COMPETENCY

OPIOIDS & OVERDOSE

OUTREACH, TESTING &
LINKAGE

PHLEBOTOMY

TRANSGENDER
CULTURAL HUMILITY

LEARN MORE AT
[HHRC.ORG/
TRAINING](http://HHRC.ORG/TRAINING)