

PRESS RELEASE



Aug. 5, 2021
8 a.m. ChST

Commonwealth Healthcare Corporation

Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road, Navy Hill, Saipan, MP 96950



CHCC-PR-21-173

FOR IMMEDIATE RELEASE

CHCC CGC certifies 12 in Adult Mental Health First Aid

The Commonwealth Healthcare Corporation (CHCC) Community Guidance Center (CGC) certified 12 individuals from various agencies on Tinian, July 29, 2021 in Adult Mental Health First Aid (MHFA).

The Adult MHFA is an evidence-based public education program that focuses on recognizing the patterns of thoughts, feelings, behaviors, and appearance that show there might be a mental health or substance abuse challenge. Individuals are taught to safely and responsibly identify and address warning signs and symptoms through the use of an action plan.

Part of the training also included topics on suicide, non-suicidal self-injury, and psychosis. The five-step, nonlinear, action plan for non-crisis and mental health crisis is as follows:

1. Assess for risk of suicide or harm.
2. Listen nonjudgmentally.
3. Give reassurance and information.
4. Encourage appropriate professional help.
5. Encourage self-help and other support strategies.

To date, the CGC has certified 1,106 individuals within the CNMI, Palau, and Guam in either the MHFA youth curriculum, adult curriculum, or both.

The agencies represented at the training included the Tinian Health Center, Commonwealth Ports Authority, Public School System Office of Student and Support Services, Tinian Junior Senior High School, Division of Youth Services, Pacific Island Health Officers' Association, and Tinian CGC.

For more information on MHFA, please visit <https://www.mentalhealthfirstaid.org>. For more information and to request for the CGC's MHFA training, please visit <https://chcc.gov.mp/communitysupporttraining.php>, or contact the CGC Health Transitions or System of Care programs at (670) 323-6560.

For more information about CHCC programs, follow us on Facebook, Instagram, and Twitter at @cnmichcc; visit www.chcc.gov.mp; or call (670) 234-8950.

This press release may be found online at <http://www.chcc.gov.mp/pressrelease.html>.