

## PRESS RELEASE



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# Commonwealth Healthcare Corporation

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



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## FOR IMMEDIATE RELEASE

### Community Guidance Center certifies 47 individuals in Mental Health First Aid

The Commonwealth Healthcare Corporation (CHCC) Community Guidance Center (CGC) Healthy Transitions and System of Care programs hosted Mental Health First Aid (MHFA) trainings throughout the month of March and early April certifying 47 individuals.

A total of 28 individuals were certified in the Adult MHFA: 6 staff from Department of Labor, 4 staff from CGC Behavioral Response Program, 4 staff from CGC Crisis Counseling Program, 6 staff from Northern Marianas Protection and Advocacy Systems, Inc., and 8 students enrolled in the Northern Marianas College Rehabilitation and Human Services Program.

With continued partnership with the Division of Youth Services (DYS), 19 staff and parent leaders from DHS were certified in the Youth MHFA on March 29, 2022.

MHFA is an evidence-based, early intervention program designed to teach people how to identify, understand, and respond to someone who might be struggling with a mental health or substance use challenge, and connect them with appropriate support and resources when necessary.

Participants are required to complete pre-work assignments, attend the entire instructor-led class, and complete post-work assignments to obtain a 3-year MHFA certification. Participants, at the end of the training, gain confidence in providing initial support to others through a non-linear 5-step action step referred to as ALGEE:

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

For more information on MHFA, visit <https://www.mentalhealthfirstaid.org>.

For more information or to request for the CGC's MHFA training, visit <https://chcc.gov.mp/communitysupporttraining.php> or call (670) 323-6560/61.

For more information about CHCC programs, follow @cnmichcc on Facebook, Instagram, and Twitter; visit <https://www.chcc.health>; or call (670) 234-8950.

This press release may be found online at <https://www.chcc.health/pressrelease.php>.