



# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

*Join us for a two-day  
mental health  
training led by*

Ericka Lysell

- USD 305 Behavioral  
Health School Liaison

Hayley Sprecker

- Lakewood MS  
Certified Student  
Support

*Learn more at:*

[https://www.ckmhc.org/  
g/education/](https://www.ckmhc.org/education/)



Questions? Contact the Office  
of Professional Learning at  
785-309-4748 or  
[Deanna.Cullins@usd305.com](mailto:Deanna.Cullins@usd305.com)



## **Day 1: Youth Mental Health First Aid**

Participants will learn how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives the skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

## **Day 2: Wellness and Mental Health Care**

Participants will study aspects of self-care with an emphasis on overall wellness.

**Dates:** June 11 from 8:00 am - 4:00 pm

June 12 from 8:00 am - 12:00 pm

**Where:** SEC at BOE, 1511 Gypsum St.

**Who:** Any certified staff serving a Salina  
Public School

Space is limited to 25 participants - register by May 5, 2025.

*Registrants will be notified by May 9, 2025 if they are a  
course member or on a wait list.*

**\$100 stipend will be provided for each participant**

*\*must attend both days to receive the stipend*

**Optional: One graduate credit hour (\$75) is available through  
MidAmerica Nazarene University and/or 12 CEUs**

**REGISTER** by either  
scanning the QR code or  
clicking on the link:

<https://forms.gle/LJyyu1CFLpepDnzR7>



This event is presented by Salina Public Schools.  
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