



NEWS RELEASE

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For Immediate Release

Free Mental Health First Aid Training for Military Members, Veterans, and their Families on November 6

Spencer, IA – On Wednesday, November 6, Seasons Center for Behavioral Health, Iowa Lakes Corridor, and Clay County Veterans Affairs will host a free, 8-hour Mental Health First Aid Training for Military Members, Veterans, and their Families.

During this training, participants will learn how to help someone who is developing a mental health problem or experiencing a mental health crisis and how to notice and respond to signs of mental health and addiction challenges with a specific focus on the cultural factors related to military life. This training will be instructed by Joseph Coffey of BlueAid Consulting, Inc., who served a combined thirteen years in the Army and Reserve, last serving as an instructor at the Rhode Island Military Academy.

“The men and women of our Armed Forces, as well as their families, have sacrificed so much,” said Collin Bohlke, Seasons Center’s Veterans Services Specialist. “Mental Health First Aid can show those service members and their families that they are loved and appreciated, and that they don’t have to carry these invisible wounds on their own.”

Register online at <https://www.eventbrite.com/e/mental-health-first-aid-for-veterans-military-members-and-their-families-registration-75200443551> or contact Taylor Prather at tprather@seasonscenter.org or 1-800-242-5101 ext.1318. Seating is limited; registration is required.

Mental Health First Aid for Military Members, Veterans, and their Families will run from 8 AM – 5:30 PM at American Legion Post 1, 2320 Hwy Blvd in Spencer,

Iowa. Light snacks and refreshments will be provided. Lunch will be on your own.

“Mental Health First Aid can be a vital and valuable resource to veterans, military families, and anyone else looking to be the difference,” added Bohlke. “Mental Health First Aid is a means to spotting and responding to signs of mental illness and/or substance use issues. If someone is choking, we know to do the Heimlich maneuver; if someone’s heart has stopped beating, we know to do compression, mouth-to-mouth, or use a defibrillator; let’s make Mental Health First Aid as common as First Aid for medical emergencies.”

Funding was made available through the Mental Health Awareness Training Grant (MHAT).

For more information on this event or services provided by Seasons, Autumn's Center, and Camp Autumn, please visit our website at: www.seasonscenter.org or call 1.800.242.5101.

This event is funded by the Substance Abuse and Mental Health Services Administration.

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Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community’s economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons’ services, please visit www.seasonscenter.org or call 1-800-242-5101.

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