The Mandell JCC is proud to partner with Cigna to offer Youth Mental Health First Aid Training

Cigna is committed to helping the people we serve improve their health, well-being, and sense of security. That is our mission. We realize that this is not possible without the understanding that mental health is equally important to physical health. As part of its ongoing commitment to addressing youth mental health, Cigna is proud to combine efforts and expertise with the JCC to offer Youth Mental Health First Aid Training and fight the stigma associated with it.

Together, we believe we can take significant steps in eradicating the fear, shame and guilt that prevents those who are suffering from mental illness from being diagnosed and receiving the care they need.

Cigna supports organizations sharing its strong commitment to improving the mental health of our youth and the responsibility to drive necessary change.

Won't you help make a difference?

Anyone, anywhere can be the one to make a difference in the life of someone with a mental health or substance use challenge – if they know what to do and what to say.

A MENTAL HEALTH ISSUE IS NOT "ONE SIZE FITS ALL"

In many ways, mental health is just like physical health: everybody has it and we need to take care of it. While the Mandell JCC is know for its fitness, we recognize that the conversation about mental health remains a sensitive discussion, and that the ‘stigma’ attached to mental illness prevents people from seeking the help they need. We want to join the mental health community in raising our voice to end the shame.

WHAT IS YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need 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.

YOUTH MENTAL HEALTH FIRST AIDERS ARE...

Adults who regularly interact with young people, ages 12-18:

- Teachers
- Parents
- Family Members
- Caregivers
- School Staff
- Neighbors
- Health & Human Service Workers
- Clergy
- Community Organizations
- Peers
- Police Officers
- Firefighters
- First Responders
- Pediatricians
- Municipal Professionals

INSTRUCTORS

Rebecca Ewald Krusinski is a Licensed Clinical Social Worker with over 15 years in the mental health field. The majority of her career has focused on forensic mental health, with five years as clinical social worker with the Connecticut Department of Correction and most recently as a Forensic Monitor for the Connecticut Department of Mental Health and Addiction Services.

Johanna Peck has over 15 years of marketing experience in New York City, Washington DC and Connecticut, Johanna is well-versed in not only strategic planning, but human resource and staff management situations. Her own personal life experiences have led her to enroll in a training in May 2018 to become a certified instructor in Mental Health First Aid.

Register online: www.mandelljcc.org/mhfa

On site classes are available to businesses and organizations with a minimum of 10 participants.