

# Mental Health First Aid & Psi Beta Presentation to Student Affairs Council

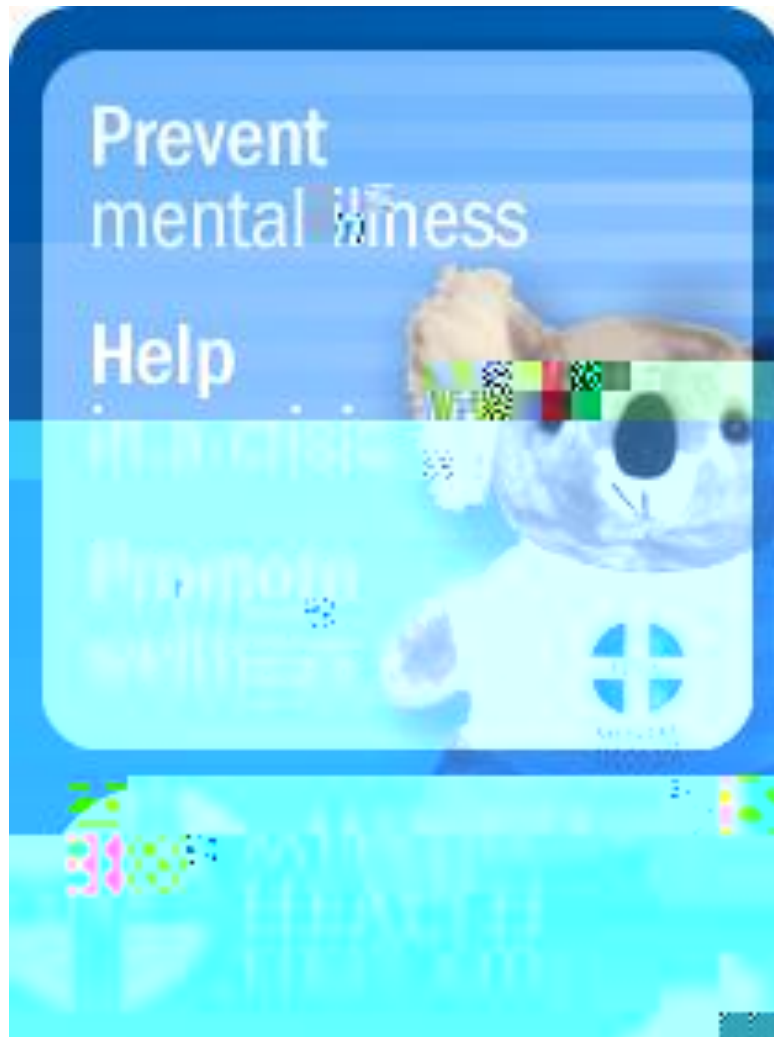
Alicia Edelen 11/15/2018



LORENZO GRITTI FOR THE BOSTON GLOBE <https://www.bostonglobe.com/ideas/2015/01/23/the-promise-and-limits-mental-health-first-aid/tasvsjma5tmnhzznitykm/story.html>

GROWING LEADERS

# Mental Health First Aid



Approximately what percentage of mental illnesses develop before age 25?

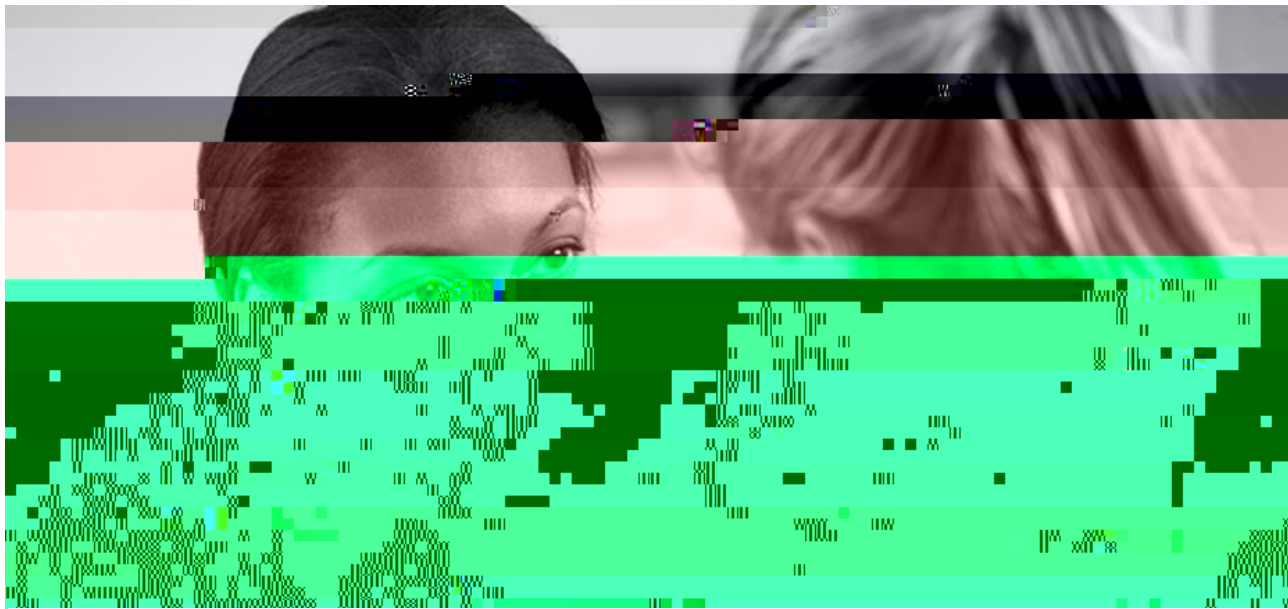
- A. 20%
- B. 45%
- C. 60%
- D. 75%



Approximately what percentage of students said they had felt so depressed in the prior year that it was difficult for them to function?

- A. 10%
- B. 20%
- C. 30%
- D. 40%



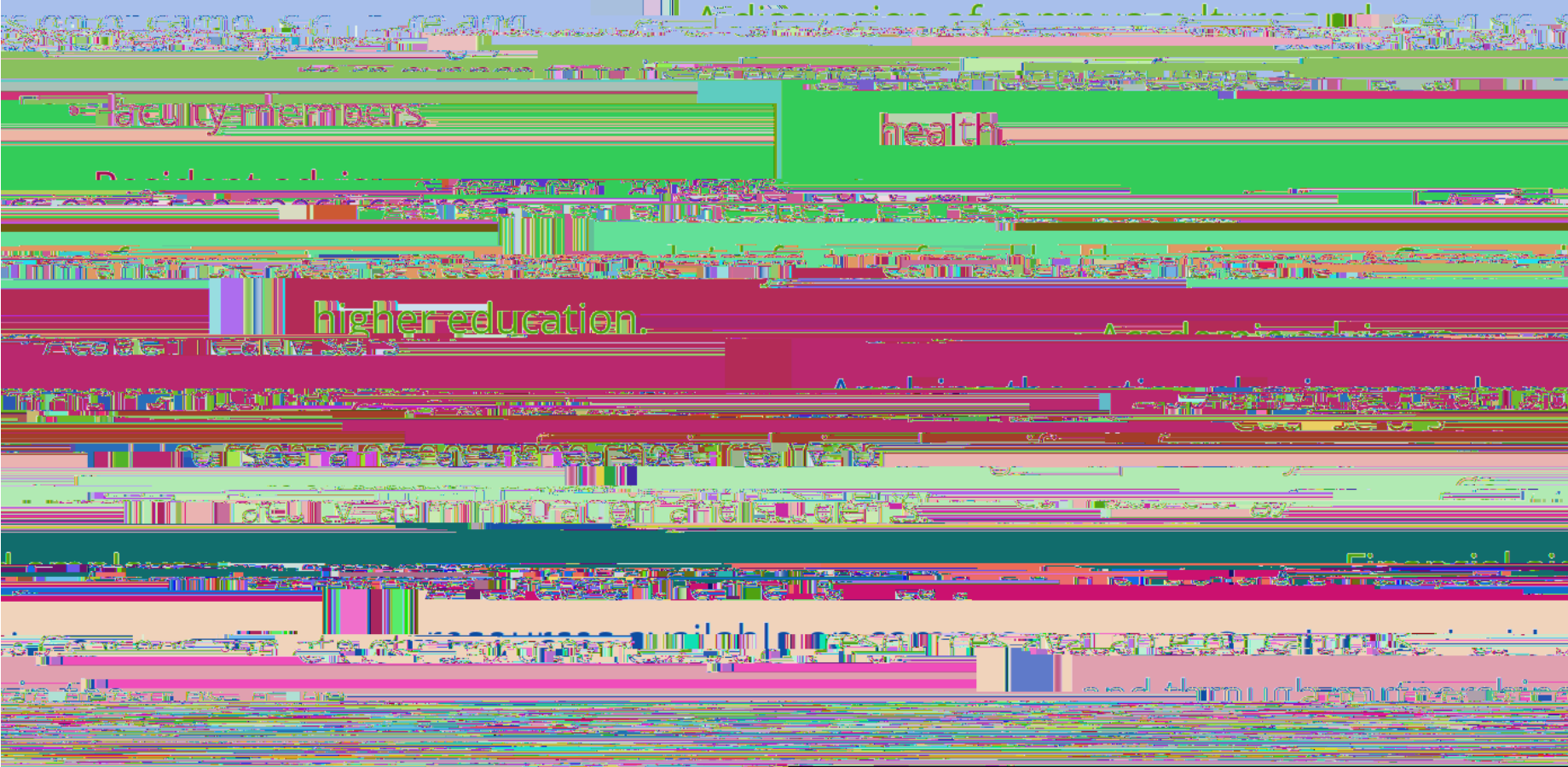


Mental Health First Aid...



## WHO SHOULD TAKE IT

## WHAT IT COVERS







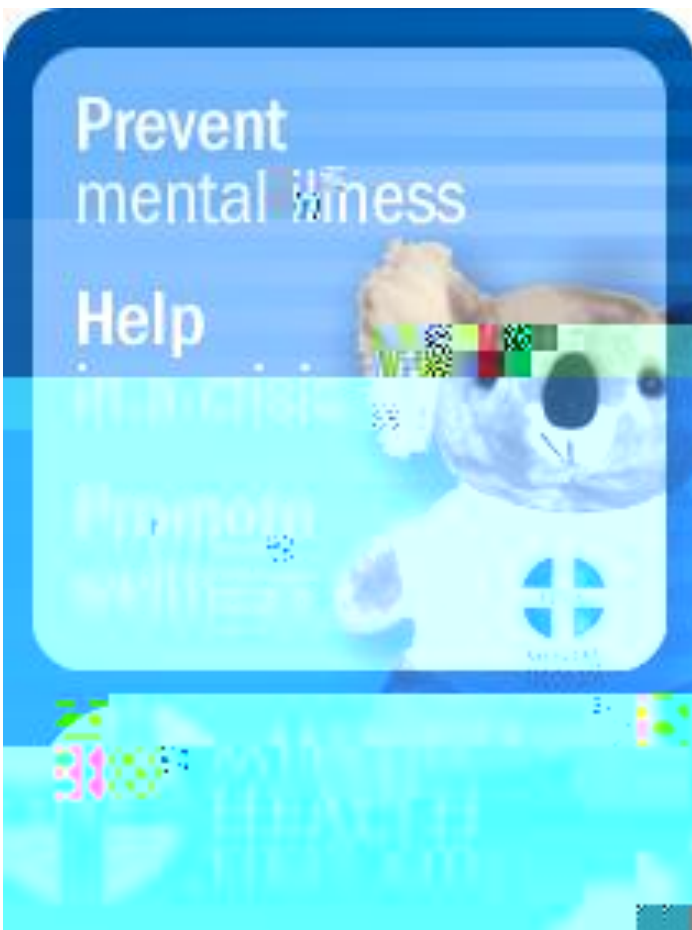
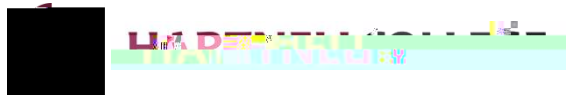
2017-2018 Academic Year, offered 3 Mental Health First Aid trainings, which led to certifications of 24 students, and 29 faculty and staff.

Total of 10 MHFA trainings at Hartnell College.

Certified 89 faculty/staff and 54 students since 2016.



# Questions about MHFA



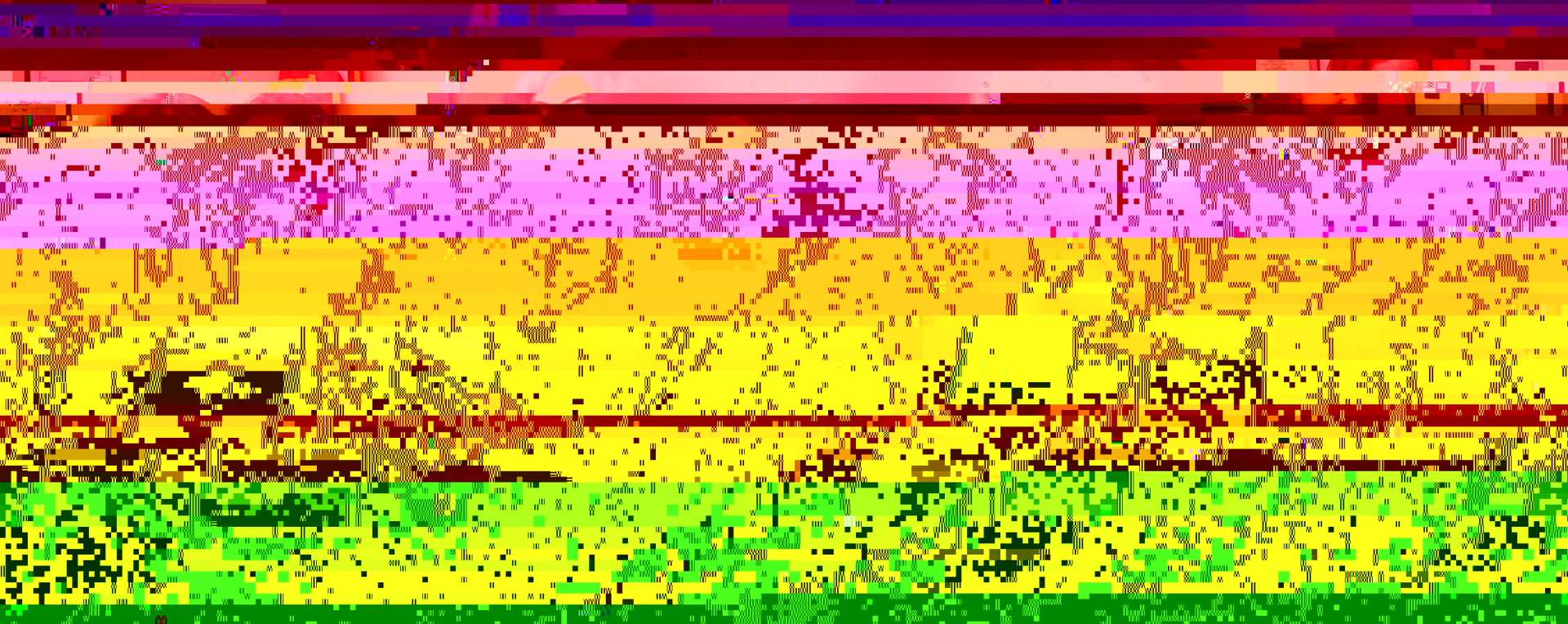


## Psi Beta Mission Statement:

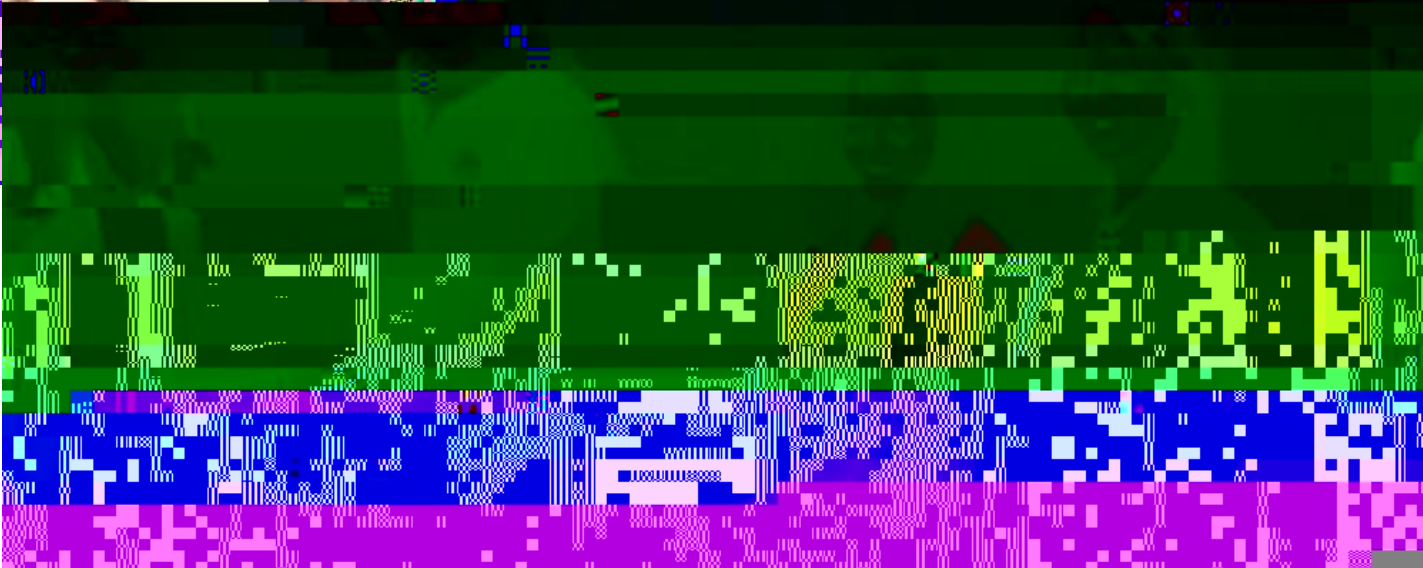
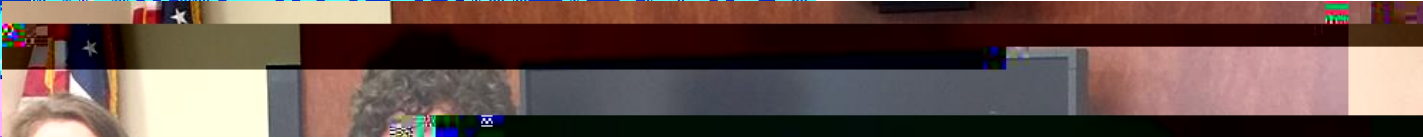
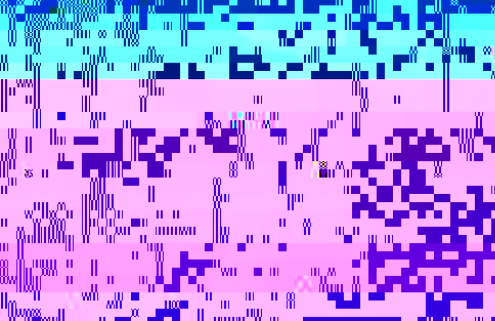
To recognize scholastic achievement, to enhance leadership skills and to encourage research in psychology.

- Participate in Research Projects
- Present Posters at Professional Conferences
- Participate in programs including:
  - Networking
  - Leadership training
  - Graduate School Preparation
  - Chapter Exchanges
- Unique Service Learning Projects
  - E.g. Phillip Zimbardo's Heroic Imagination Project

# Chartered Psi Beta March 2018



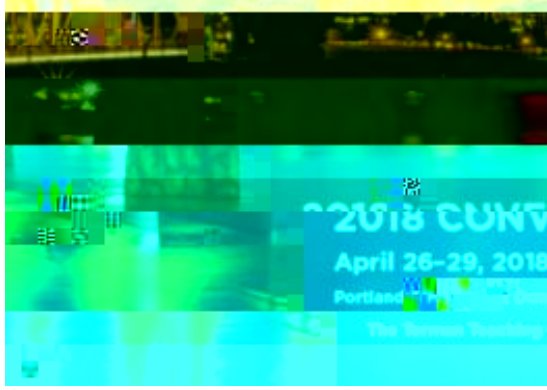
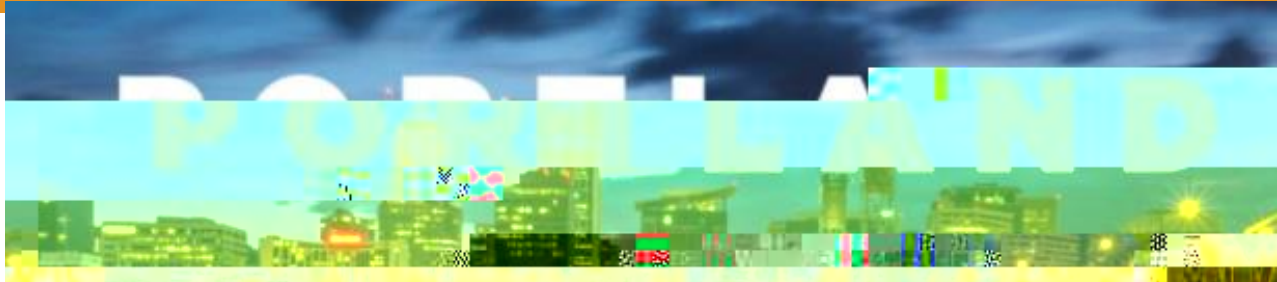
# Induction Ceremony



# First Psi Beta Group, March 2018!



# Star struck at the Western Psychological Association April 2018!





# Presentation Time!



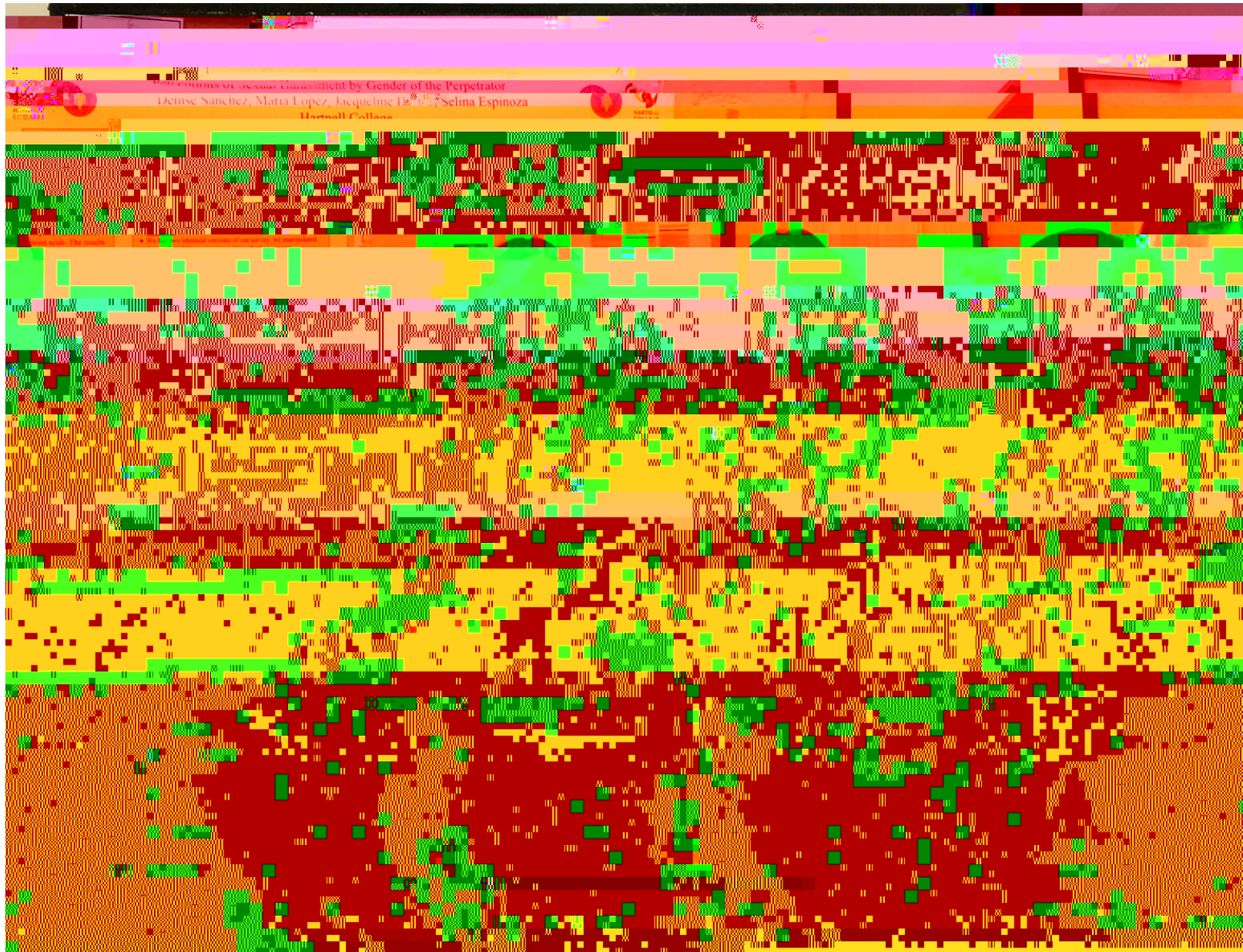


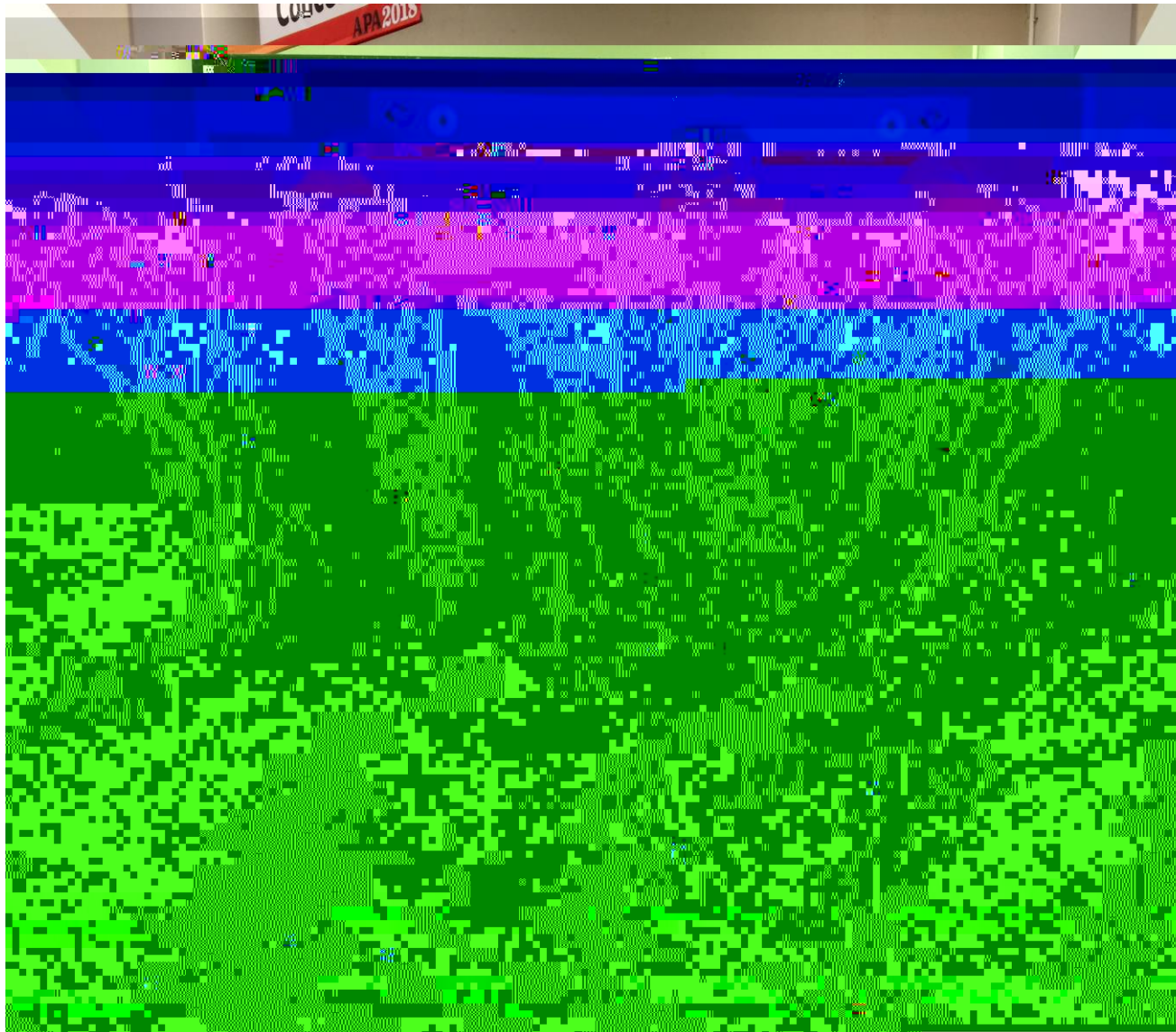


...of your hard work assisting your community and ...

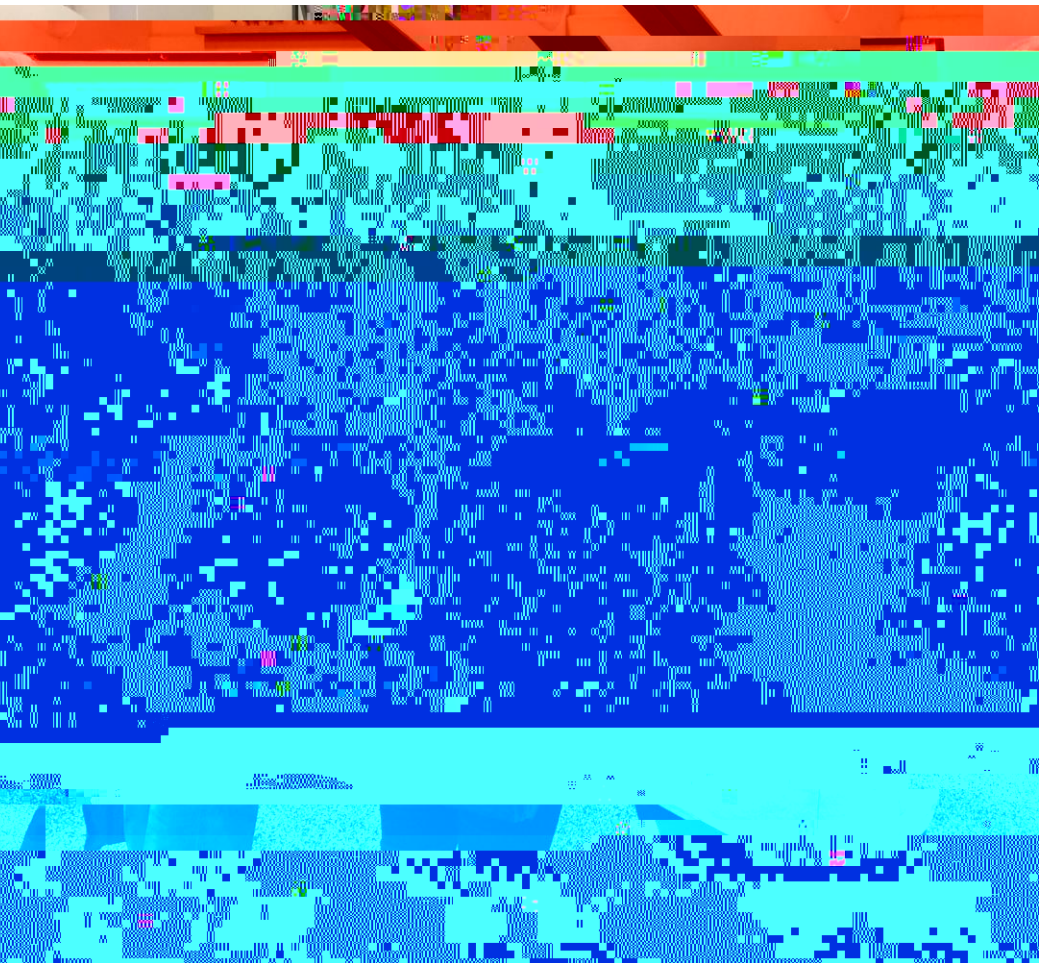
Thank you so much for  
congratulations again

Sincerely,  
Jerry Rudmann, PhD





# Students Presenting at APA!





# Questions about Psi Beta

