



**RHODE ISLAND DEPARTMENT OF PUBLIC SAFETY**  
**Municipal Police Training Academy**

*Community College of Rhode Island — Flanagan Campus*  
*1762 Louisquisset Pike, Lincoln, RI 02865-4585*  
*Telephone: (401) 722-5808 — Fax: (401) 722-3151*



Colonel Ann C. Assumpico  
Superintendent, Rhode Island State Police  
Director, Department of Public Safety

Lieutenant Christopher J. Zarrella  
Executive Director  
Municipal Police Training Academy

## **RIMPTA Training Announcement**

### **Mental Health First Aid**

**Program Date: June 15, 2018**

**Time: 0800-1700 Hours**

**Location: RI Department of Public Safety  
Municipal Police Training Academy  
Classroom**

Hosted by the Rhode Island Department of Public Safety/Municipal Police Training Academy, 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.

Mental Health First Aid does not teach police officers to be therapists. Rather it will teach them how to recognize the symptoms of mental health problems, how to provide initial help and how to go about guiding a person towards appropriate professional help. It also focuses on the stresses that officers are exposed to in the course of their duties and how that relates to maintaining good mental health.

Training Topics Include:

- Common Mental Health Problems
- What is Depression? Symptoms & Causes of Depression
- Treatment & Resources of Depression
- Crisis First Aid for Suicidal Behavior

## Training Topics (Continued)

- Symptoms and Causes of Anxiety Disorders
- Treatment & Resources for Anxiety Disorders
- Crisis First Aid for Panic Attacks
- Symptoms & Causes for Psychotic Disorders & Psychosis
- Crisis First Aid for Psychotic Disorders and Psychosis,
- Crisis First Aid for Overdose Victims
- Maintaining good mental health of officers

Who should attend: All law enforcement and public safety personnel.

Dress for this workshop will be uniform of the day or business casual attire.

This workshop is offered free of charge. Enrollment is **limited**, please register early. A Mental Health First Aid Manual will be provided to all attendees. To register, please complete the attached registration form and fax or e-mail to Mrs. Donna Lavalley at (401) 722-3151, [donna.lavalley@risp.gov](mailto:donna.lavalley@risp.gov), by Friday, June 8, 2018.

For more information regarding the Rhode Island Department of Public Safety Municipal Police Training Academy, please go to: [www.rimpa.ri.gov](http://www.rimpa.ri.gov).



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**Mental Health First Aid**

**PLEASE PRINT CLEARLY**

Course Title: <hr/> <p style="text-align: center;"><b>Mental Health First Aid</b></p>	Police Department/Agency: (name and full address)	
Course Dates/Location: <b>June 15, 2018</b> <b>RI Department of Public Safety</b> <b>Municipal Police Training</b> <b>Academy Classroom</b>	Contact Person (Supervisor):	Department/Business Phone:
<b>PARTICIPANT(S) NAME &amp; RANK</b>		
1 <sup>st</sup> Selection:		
E-Mail Address:		
2 <sup>nd</sup> Selection:		
E-Mail Address:		
3 <sup>rd</sup> Selection:		
E-Mail Address:		
<p><b><u>Please FAX or Email this form to the attention of:</u></b></p> <p>Mrs. Donna Lavallee at <a href="mailto:donna.lavallee@risp.gov">donna.lavallee@risp.gov</a> or (401) 722-3151 (Academy Fax)</p> <p>Please contact Captain David Ricciarelli at <a href="mailto:david.ricciarelli@risp.gov">david.ricciarelli@risp.gov</a> or (401) 722-7096, with any questions regarding this training. <b>RSVP by date June 8, 2018.</b></p>		