

NEWS BY YOU

Training key to mental-health first aid

Submitted by Shawn Thiele, deputy CEO for Magellan of Arizona.

If you are like me, your heart breaks every time you see another tragedy in the news. You want to help but are asking yourself, "What can I do?" There may not be anything we as the general public can do in these high-profile tragic situations, but every day we can intervene if we encounter someone in a mental-health crisis and we can be empowered to offer assistance to someone demonstrating the signs and symptoms of mental illness.

Like CPR training for physical-health emergencies, Mental Health First Aid, or MHFA, empowers people to help others when they are experiencing mental-health issues. Just like CPR, MHFA can save lives. And, like CPR, anyone can learn Mental Health First Aid.

It's important to note that one out of every four adults in the United States will be affected by a mental illness. The general public doesn't know enough about behavioral/mental health issues

and this causes many to fear or stigmatize the people challenged by these issues.

In 2011, in response to the Tucson tragedy, Magellan Health Services of Arizona partnered with the Arizona Department of Health Services, or ADHS, and the other Regional Behavioral Health Authorities, or RBHA, statewide to train community members about mental health. Since the program launched, more than 700 community members in Maricopa County have been trained.

Magellan offers the 12-hour MHFA training free. Our goal is to train as many Arizonans as possible to assess a situation; select and implement appropriate interventions; and help a person in crisis or who may be developing the signs and symptoms of mental illness.

Magellan offers its next free MHFA training 9 a.m.-4 p.m. March 25-26 at our Learning and Performance Center at 4801 E. Washington St., Phoenix.

Register: www.MagellanofAZ.com.

Information: www.MentalHealthFirstAid.org.

ASU's charter school holding open house, 'roundup'

Arizona State University's public K-11 charter school, ASU Preparatory Academy-Polytechnic, is holding a kindergarten roundup for 2013-14 and an open house for its high school, which is adding 12th grade in 2013-14.

— *The Republic* | azcentral.com

BACKGROUND

The ASU charter school is part of a trend. From California to Texas, colleges and universities began getting into the business of running K-12 schools a little more than a decade ago. The higher-education institutions use these schools to put into practice new teaching techniques and approaches developed by education experts that are meant to help students of varying academic abilities prepare for college. ASU Prep is a tuition-free public charter school with what administrators call "a university embedded academic program and student-centered approach to learning." The grade school has relocated to a bigger site, at 6859 E. Rembrandt Ave., Mesa.

GRADE SCHOOL

The kindergarten roundup is 9-11 a.m. Saturday at the Rembrandt Avenue location. Information: 480-727-5700.

HIGH SCHOOL

Open-house information sessions will be held at the ASU Prep Polytechnic High School, 7350 E. Innovation Way South, Mesa, at 6 p.m. Thursday, March 21 and April 11. Information: 480-727-5769. Other information for both schools: asuprep.asu.edu.

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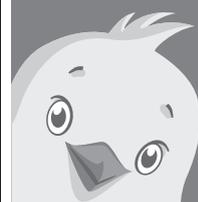
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