

## Mental Health First Aid: A Program Overview

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11:30 AM - 12:30 PM

The cost of behavioral health related conditions now exceed \$200 billion in this country. These conditions are our nation's most expensive to treat surpassing both cardiac and cancer related diseases. Yet there remains quite a cloud of mystery surrounding mental illnesses and addictive diseases due to the negative stigma associated with these complex health issues. Mental Health First Aid is a training program that equips people with the skills to identify the signs and symptoms of an individual who may be in emotional distress and how to directly assist and then facilitate a referral for care.

### Presenter:



**Tod Citron** is the Executive Director of Behavioral Health at Alliant Health Solutions. Citron possesses more than 25 years of experience as a healthcare leader focused on improving quality of care, and operational and financial performance.



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