

Better Today's. Better Tomorrow's.

For Children's Mental Health

Red Flags Idaho

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A project of Idaho State University's Institute of Rural Health, the National Alliance on Mental Illness Idaho Chapter with support from the Executive Office for Families and Children, the Substance Abuse and Mental Health Services Administration, the National Child Traumatic Stress Network, the National Institute of Mental Health Constituency Outreach Program and Telehealth Idaho.

YOU'RE INVITED TO A FREE CHILDREN'S MENTAL HEALTH TRAINING

Better Today's (formerly Red Flags Idaho) offers an enhanced curriculum for 2006-2007 featuring new information on suicide prevention and child trauma. The *free* trainings for caregivers and gatekeepers still provide the latest scientific information on the signs and symptoms of mental disorders in children and youth. A new component on suicide risk assessment and intervention has been added. Trainings also will feature expanded information on child trauma and its consequences for children at home, at school and in the community. **If you already attended a Better Today's or Red Flags training, please pass this flyer on to someone you know.**

December 4, 2006	Caldwell Department of Health & Welfare 3402 Franklin Rd. Grand Teton & Sawtooth Rooms	March 14, 2007	Pocatello Holiday Inn-Jasper Room 1399 Bench Rd.
January 9, 2007	Twin Falls Department of Health & Welfare 601 S. Pole Line Rd.	April 17, 2007	Coeur d'Alene Best Western Coeur d'Alene Inn 506 W. Appleyway
February 5, 2007	Boise Holiday Inn-Peregrine Room 3300 S. Vista Ave.	April 18, 2007	Lewiston Red Lion Inn—Seaport 7 621 21 st Street.
March 13, 2007	Idaho Falls Cancer Center-EIRMC 3245 Channing Way Please park behind the center or at the hospital.	<u>All trainings will run from 8:00 a.m. to 5 p.m.</u> Free Continuing Education Credit is offered to social workers, nurses and licensed counselors. Certificates of completion are issued by ISU for other disciplines. <u>Parents, teachers, leaders of community groups and religious leaders are also encouraged to attend.</u>	

How will you benefit from Better Today's training? Many of the warning signs psychiatrists and psychologists have identified for depression, anxiety, trauma and other disorders as well as suicide risk factors are discussed in this program. Early and appropriate treatment for children can address Idaho's high suicide rate among young people. *Untreated, these illnesses can result in behavioral problems at school, difficulty learning, low self-esteem, poor school attendance and grades, impaired social development, difficulties with law enforcement and even death.* For information on signs and symptoms, visit the Better Today's website: www.isu.edu/irh/bettertoday's.

PRE-REGISTRATION IS REQUIRED

CONTACT CAROL SCHUBACH AT IDAHO STATE UNIVERSITY, INSTITUTE OF RURAL HEALTH
 208-373-1799 or email today's@isu.edu

Shorter or customized trainings are available by request in other communities. Call or email if you'd like to arrange for a special training in your area.