

PRESS RELEASE



Commonwealth Healthcare Corporation

Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road, Navy Hill, Saipan, MP 96950



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FOR IMMEDIATE RELEASE

CGC certifies 19 on Tinian and Rota in Mental Health First Aid

The Commonwealth Healthcare Corporation (CHCC) Community Guidance Center (CGC), in partnership with the Mayor's Office of Tinian and Mayor's Office of Rota, hosted Adult Mental Health First Aid (MHFA) trainings certifying a total of 19 individuals—12 on Tinian and 7 on Rota.

The CGC has administered 1,187 certifications in the CNMI, Palau, and Guam in either the MHFA youth curriculum or adult curriculum since the training initiative began in 2015.

The agencies represented at the Nov. 17 training on Tinian included the Division of Emergency Preparedness, Tinian Youth Center, and CGC Crisis Counseling Program. Agencies represented at the Nov. 18 training on Rota included Office of Programs and Grants, CGC Crisis Counseling Program, and CGC Behavioral Health Response Program.

As an evidence-based, early intervention program, MHFA teaches participants the tools to identify, understand and respond to someone who might be struggling with a mental health or substance use challenge – and connect them with appropriate support and resources when necessary. Participants gain confidence in reaching out to an individual and offering appropriate support, which ultimately helps to break down barriers and reduce stigma in the community.

For more information on MHFA, please visit <https://www.mentalhealthfirstaid.org>. For contact information and to request for the CGC's MHFA training, please visit <https://chcc.gov.mp/communitysupporttraining.php>.

For more information about CHCC programs, follow @cnmichcc on Facebook, Instagram, and Twitter; visit www.chcc.gov.mp; or call (670) 234-8950.

This press release may be found online at <http://www.chcc.gov.mp/pressrelease.html>.