

## **Course Syllabus**

### **Handling a Crisis**

8:00 AM to 8:15 AM Instructor Intro, housekeeping instructions, and quick class intro.

8:15 AM to 9:00 AM Crisis management and intervention

9:00 AM to 9:10 AM Break

9:10 AM to 10:00 AM Helping someone dealing with a mental health crisis

10:00 AM to 10:10 AM Break

10:10 AM to 11:00 AM Helping someone dealing with a mental health crisis continued

11:00 AM to 11:10 AM Break

11:10 AM to 12:00 AM De-escalation techniques

The course is designed for a four-hour block. Videos included are not required but suggested so the student has a variety of teaching methods to keep them engaged.