



# Sarah Voigts named Colorado Mental Health First Aid Instructor of the Year

Sarah Voigts of La Junta was named 2016 Mental Health First Aid (MHFA) Instructor of the Year at the Colorado Behavioral Health Council's annual conference in Breckenridge on September 24th. Voigts is the Early Childhood Case Manager at Southeast Health Group, and as a certified MHFA instructor has conducted numerous trainings throughout the region. She is certified in both adult and youth MHFA, and has the rural and law enforcement endorsements, as well. "I am so honored, and I had no idea I was even nominated!" said Voigts.

"In typical rural fashion, she rolls her sleeves up and just gets the work done," said Brian Turner, CBHC coordinator for the statewide MHFA program. "In addition to coordinating one of the most robust MHFA programs we have in the state, Sarah is always the first person we can

count on to volunteer and participate in our events. She is one of the top performing and top quality MHFA instructors in this state, which means she is also one of the top performers in the country, because we are a national leader for the program. She has trained hundreds of individuals from criminal justice, education, the business community, healthcare, the mental health center and more. She's just a passionate and energetic member of our community."

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand,



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and respond to signs of mental illnesses and substance use disorders in your friends, family members, co-workers and acquaintances. Mental Health First Aid skills can be applied anytime, anywhere, and to anyone in distress.

**To request training in Mental Health First Aid, call Southeast Health Group at 1-800-511-5446.**