

## For Immediate Release

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May 15, 2018

### **The Arc New London County Receives Grant for Mental Health First Aid Training**

The Arc New London County has won one of 41 statewide Safety Grants from The Workers' Compensation Trust. The \$2,300 award will allow The Arc NLC's Chief Operations and Compliance Officer, Laurie Herring, to become a certified Mental Health First Aid Trainer. The certification allows The Arc NLC to train program managers and supervisors of employees who work directly with people with intellectual and developmental disabilities (IDD) in how to help employees who may be developing a mental health problem or experiencing a mental health crisis. The training is especially helpful for employees working in high-stress positions in the agency. The COO's certification will benefit all 318 employees of the agency, as well as the over 660 people whom The Arc NLC serves each year.

Studies have shown that Mental Health First Aid increases appropriate care provided to people in need, increases guidance to professional help, and improves coordination with health professionals regarding necessary treatment. It is also useful in improving trainees' mental health knowledge and reducing the stigma associated with emotional and mental health issues.

To learn more about The Arc NLC's programs, please visit [thearcnlc.org](http://thearcnlc.org) or contact Denise Tift at (860) 889-4435, ext. 116.