

## PROGRAM DETAILS:

- IGU'S 4-hour program is presented to 8th graders in the fall and 10th graders during the winter.
- Students attend IGU at Central Mississippi Residential Center in Newton or another off-campus location.
- In addition to the IGU program, a series of posters about each IGU topic is provided to schools at no cost.
- Students complete pre, post, and follow-up surveys to help evaluate and improve IGU.
- Mental Health First Aid Certification is available for faculty and staff through IGU.

To develop and expand the I Got You program, Central Mississippi Residential Center was awarded a U.S. Department of Health and Human Services, Health Resources and Services Administration, Rural Health Care Services Outreach Grant of \$150,000 a year for three years, which covers approximately 88% of the program cost. At least \$20,000 of the program cost is contributed by CMRC and its program partners



**MENTAL  
HEALTH  
FIRST AID**

Become a certified Mental Health First Aider by taking the 8-hour Mental Health First Aid (MHFA) course. Mental Health First Aid presents an overview of mental illness and substance use disorders, including risk factors, warning signs, impact, and common treatments. Participants learn a 5-step action plan to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

## Project Partners



**Central  
Mississippi  
Residential  
Center**  
Is...  
**Building Bridges**

A Facility of the Department of Mental Health



**GET ANSWERS  
TO THE TOUGH  
QUESTIONS YOU  
FACE EVERY DAY.**

## Topics Include:

- Suicide Prevention
- Alcohol & Drug Prevention
- Healthy Dating Relationships
- Understanding Mental Illness
  - Self-Injury (Cutting)
- Bullying & Cyber Bullying
- Healthy Coping Skills

# *I Got You! Topics:*



*Understanding*  
**MENTAL ILLNESS**



*Alcohol & Drug*  
**PREVENTION**



*Healthy*  
**COPING SKILLS**



*Bullying & Cyber*  
**BULLYING**



*Suicide*  
**PREVENTION**



*Self-Injury or*  
**CUTTING**



*Healthy*  
**RELATIONSHIPS**

**GET ANSWERS  
TO THE TOUGH  
QUESTIONS YOU  
FACE EVERY DAY.**



**I Got You! Healthy Life Choices for Teens** is a community health outreach program developed by Central Mississippi Residential Center in partnership with area schools, local law enforcement, the Mississippi Department of Mental Health Bureau of Alcohol and Drug Abuse, Care Lodge Domestic Violence Shelter, Mississippi State University Extension Service, and the Mississippi Attorney General's Office. Students learn how to better cope with challenging situations, why it is important to seek help, and what resources are available. Survey results indicate that the program has had a significant positive impact on students. Participating schools report that they have observed an improvement in academic performance and an increase in coping skills as well as a decrease in behavior-related office referrals.

**FOR PROGRAM INFORMATION CONTACT:**  
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