



TIME (All workshops):

Registration 7:30 am-8:00 am
Workshop 8:00 am-4:00 pm

DATES/LOCATIONS:

■ October 15, 2015

CESA #9
304 Kaphaem Road
Tomahawk, WI 54487
Contact: Lynn Verage, CESA #9
(715) 453-2141 Ext. 228
lverage@cesa9.org

■ January 14, 2016

CESA #7
595 Baeten Road
Green Bay, WI 54304
Contact: Christine Kleiman, CESA #7
(920) 617-5465
ckleiman@cesa7.org

■ February 2, 2016

CESA #8
223 W. Park Street
Gillett, WI 54124
Contact: Christine Kleiman, CESA #7
(920) 617-5465
ckleiman@cesa7.org

Maximum: 30 Participants

Cost: \$25 per person
(Lunch and refreshments included)

**Sponsored by the
WI DPI Project AWARE Grant**

Payable to: CESA #4

Send Payment to:
CESA #4
923 East Garland Street,
West Salem, WI 54669

ATTN: Mary Devine
**PLEASE include and clearly
define: Participant name, exact
name of workshop, and date,
with all checks or purchase
orders.** Thank you!



Youth Mental Health First Aid

What is Youth Mental Health First Aid?

Youth Mental Health First Aid is an evidence-based training course designed to give members of the public key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. The 8-hour course covers a range of common disorders and potential crises such as helping a young person who is having a panic attack, contemplating suicide or struggling with substance abuse. Read more on: <http://www.mentalhealthfirstaid.org>

Who should take a Youth Mental Health First Aid course?

This course is designed for adults who work with or are around youth ages 12-18 on a regular basis including (but not limited to): teachers, coaches, juvenile probation officers, youth program and school staff, clergy, parents, health and human service providers and more. Training is for individuals who do not have any background as a mental health professional.

OBJECTIVES—Participants will learn:

- To understand the prevalence of various mental health disorders impacting youth and the need for reduced stigma in communities
- To recognize the warning signs of mental health problems that may impact youth
- To understand the risk and protective factors that can impact a youth's mental health and resiliency
- To apply a five-step action plan encompassing the skills, resources, and knowledge to assess the situation; to select and implement appropriate interventions; and to help the youth in crisis connect with appropriate, evidence-based treatment and supports
- To identify and access the community resources available to support youth and their families

Trainer:

Jackie Schoening, CESA #6 (920) 236-0515; jschoening@cesa7.org

Register Online:

Tomahawk - www.myquickreg.com/event/event.cfm?eventid=13462

Green Bay - www.myquickreg.com/event/event.cfm?eventid=13463

Gillett - www.myquickreg.com/event/event.cfm?eventid=13464

Registration Questions:

Mary Devine (608) 786-4800; mdevine@cesa4.org