



## TIME (All workshops):

Registration 7:30 am-8:00 am

Workshop 8:00 am-4:00 pm

## DATES/LOCATIONS:

### ■ March 14, 2017

CESA #9

304 Kaphaem Road  
Tomahawk, WI 54487

**Contact:** Lynn Verage, CESA #9  
(715) 453-2141 Ext. 228  
[lverage@cesa9.org](mailto:lverage@cesa9.org)

### ■ June 15, 2017

CESA #10

725 W. Park Avenue  
Chippewa Falls, WI 54729

**Contact:** Carol Zabel, CESA #10  
(715) 720-2145  
[czabel@cesa10.org](mailto:czabel@cesa10.org)

## Trainers:

- Lynn Verage, CESA #9
- Carol Zabel, CESA #10

**Maximum:** 30 Participants

**Cost:** \$75 per person  
(Lunch and refreshments and participant manual included)

**Payable to:** CESA #4

## Send Payment to:

CESA #4 **ATTN:** Mary Devine  
923 East Garland Street,  
West Salem, WI 54669

**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

## Register Online:

■ Tomahawk - <http://login.myquickreg.com/register/event/event.cfm?eventid=17607>

■ Chippewa Falls - <http://login.myquickreg.com/register/event/event.cfm?eventid=17608>

## Registration Questions:

Mary Devine (608) 786-4800; [mdevine@cesa4.org](mailto:mdevine@cesa4.org)