

# Youth Mental Health First Aid

Sponsored by the Safe & Healthy Schools Department

**January 7 & January 13**

8:30am-2:00pm CESA 5, 626 E. Slifer St., Portage

**\*Breakfast and Lunch Provided\***

**Certified Trainer: Heather Fish**



## What is Youth Mental Health First Aid (YMHFA)?

Youth Mental Health First Aid is a public education program focused on equipping adults who work with youth who may be experiencing a mental health challenge or in a crisis. Similar to traditional First Aid and CPR, Youth Mental Health First Aid is providing help to a youth with a mental health problem or a youth experiencing a crisis until professional treatment is obtained or until the crisis is resolved.

## What will participants learn?

- The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.
- Participants do not learn to diagnose, nor how to provide any therapy or counseling.
- Participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis:
  - \*Assess for risk of suicide or harm
  - \*Listen non-judgmentally
  - \*Give reassurance and information
  - \*Encourage appropriate professional help
  - \*Encourage self-help and other support strategies

**Who Should Attend:**  
Administrators, Teachers,  
Pupil Services Staff, or  
Paraprofessionals  
from all grade levels and  
any subject area

**Please register by Tuesday, December 23, 2014**

### Testimonials:

“It was practical for what I do in my profession every day. There were useful ideas that were presented. “

“I think Special Education Assistants and Secretaries in school settings would greatly benefit from this training!”

### Register online at:

<http://www.myquickreg.com/>

### Questions:

Heather at 608.745.5490  
or [fishh@cesa5.org](mailto:fishh@cesa5.org)

### Cost:

**CESA 5 SHS Network Schools =  
\$150/person**

**Non-SHS Network Schools\* =  
\$200/person**

Fee includes lunch, materials, and book  
*Youth Mental Health First Aid USA.*

\*Call Heather at 608.745.5490 to see if your school belongs to the Safe & Healthy Schools Network.  
Refunds will only be given for cancellations received up to five working days before workshop start date.