

Youth Mental Health First Aid

Wednesday, May 25, 2016

Registration details

Registration is limited to 30 participants

- **Date:** Wednesday, May 25, 2016
- **Registration fee:** **FREE**
- **Lunch:**
 - Bring a brown-bag lunch or lunch will be provided at a cost of \$8.00 per person. Individuals registering may pay for their lunch in advance or bring payment on the day of training.
 - Send payment (*checks only*) to:
Pine Lake Camp
Evergreen Lodge
W5631 Pine Lake Road
Waupaca, WI 54981
- **Time:** 8 a.m. - 4:30 p.m.
- **On-site check in:** 7:30 - 8 a.m.
- **Location:**
Pine Lake Camp
Evergreen Lodge
W5631 Pine Lake Road
Waupaca, WI 54981
- **Registration deadline:**
May 16, 2016

Maximum: 30 Participants

**Sponsored by the
WI DPI and NAMI Fox Valley**

**Funded by the
WI DPI Project AWARE Grant
and the Appleton Area School
District**

**Facilitator Trainings provided
thru the Project AWARE Grant**

Registration Questions:
Debbie Pinkerton (920) 236-0548;
dpinkerton@cesa6.org



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

Trainers:

Jackie Schoening, CESA #6 (920) 236-0515; jschoening@cesa6.org
Ann Jadin, NAMI Fox Valley (920) 954-1550; ann@namifoxvalley.org

Register Online:

Pine Lake - <http://login.myquickreg.com/register/agency/event/event.cfm?eventid=15127>

