

# Youth Mental Health First Aid

## Thursday, October 6, 2016

### Registration details

**Registration is limited to 30 participants**

• **Date:** Thursday, October 6, 2016

• **Registration fee:** **FREE**

• **Lunch:**

- Bring a brown-bag lunch or lunch will be provided at a cost of \$8.00 per person. Send your 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:**

September 26, 2016

**Maximum:** 30 Participants

**Sponsored by the  
WI DPI and the Appleton Area  
School District**

**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](mailto:jschoening@cesa6.org) Cindy Czarnik-Neimeyer, M.S., Catalpa Health (920) 750-7025 [czarnikneimeye@asds.k12.wi.us](mailto:czarnikneimeye@asds.k12.wi.us)

### Register Online:

**Pine Lake** - <http://login.myquickreg.com/register/event/event.cfm?eventid=15166> - or - <http://www.mentalhealthfirstaid.org/cs/take-a-course/find-a-course/> (type in the zipcode 54981 and click on Youth next to Course type to find a course.)

