



■ **January 30, 2018**

CESA #11
225 Ostermann Drive
Turtle Lake, WI 54889

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

Registration
7:30 am-8:00 am

Workshop
8:00 am-4:00 pm

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!

REGISTER ONLINE:

■ **Turtle Lake** - <http://login.myquickreg.com/register/event/event.cfm?eventid=19041>

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

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