



## Details:

**Date:**

March 6, 2020

**Time:**

8 am—4:30 pm

**Cost:**

\$35, includes lunch

**Location:**

CESA 2 - Whitewater  
1221 Innovation Drive  
Whitewater, WI 53190

**Registration:**

[MyQuickReg.com](http://MyQuickReg.com)

**Contacts:**

Content Questions:

Kristi Kimberlin

[kristi.kimberlin@cesa2.org](mailto:kristi.kimberlin@cesa2.org)

Registration Questions:

Emily Zeimet

[emily.zeimet@cesa2.org](mailto:emily.zeimet@cesa2.org)

## Workshop Description:

**Presenters:** Two Trainers Certified in Youth Mental Health First Aid

This workshop is designed for adults working with youth ages 12-20 who are experiencing a mental health, addiction challenges, or is in crisis. It is good for teachers, administrators, aides, bus drivers, office support staff, Boys and Girls Club, etc. to attend. It would be a review, to some degree, for pupil services staff.

YMHFA is an eight-hour workshop led by 2 trained instructors. Material will cover information on mental health literacy, adolescent development, anti-stigma messaging and a five-step process to support youth with a mental health crisis and suicidality. Participants will learn the signs of a mental health crisis and have the information to refer to outside resources.

The YMHFA training manual will be included with the course.

Read more about YMHFA: <https://www.mentalhealthfirstaid.org>



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