



DATES/LOCATIONS:

February 16, 17, 18
(3-Day Virtual Course
hosted on ZOOM)

[See page 2 for the virtual
course outline and IT
requirements]

CONTACT for more information
and/or submit an application
and register by **JANUARY 19,
2021** to:

- Jackie Schoening, CESA #6
(920) 420-5170
jschoening@cesa6.org
- Alie Hubing, WISH Project
Coordinator
ahubing@cesa4.org

Maximum Limit: 16 Participants
(Future trainings will be offered in
2021 for interested applicants)

COST to instructors: FREE

This training is \$1625.00 per
instructor, funded by ESSER/
CARES Act

**APPLY & REGISTER ONLINE by
JANUARY 19, 2021:**

[https://login.myquickreg.com/register/
event/event.cfm?eventid=28441](https://login.myquickreg.com/register/event/event.cfm?eventid=28441)

Registration Questions:

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



Youth Mental Health First Aid Virtual Training of Trainers

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 identify and respond to signs of mental health concerns in youth, ages 12-18.

Role of Instructor

The primary role of instructors is to teach the Mental Health First Aid course. When they offer the course, instructors must teach the full course with fidelity to the core program model and key messages. Each instructor has a set of materials to help guide them through course facilitation.

Read more at: <http://www.mentalhealthfirstaid.org>

PLEASE NOTE—Participants must:

- Apply to be accepted. Submit application no later than January 19, 2021 (future trainings will also be offered in 2021).
Application Link:
https://docs.google.com/forms/d/e/1FAIpQLScTztNTkq22i2ViU8r3H-RBnZPmISqIKeV-o8TU1WqHDxazjA/viewform?usp=sf_link
- **Attend all days** of training **without exception** (See page 2 for virtual course outline)
- Review all instructor commitments in application prior to registering for training

OUTCOME:

- You are certified to train in Youth Mental Health First Aid. Trainings are designed for up to 30 participants with a co-trainer for each session.
- Your certification requires a minimum of three trainings per year to remain current.

Virtual Course Outline

Once the participant's registration is confirmed, they will receive additional instructions, including directions for ordering all course materials. There's no additional cost for the materials.

- One week before the instructor-led training, participants will gain access to eight hours of online, self-paced work that they must complete before the first scheduled day of Instructor-led training. At this time, participants will also be asked to review the safety guidelines and sign an agreement form.
- Upon completing the pre-work, MHFA staff will meet individually, by video conference, with each participant to review their technology set-up, safety questions and completed prework. The meetings should last 15 to 20 minutes.
- The trainer will lead an interactive online course in real time over three days, each with four to eight hours of content. (Participants will receive a full agenda when registration is confirmed.)

Day 1 – Unpacking the course, questions and answers (six to eight hours)

Day 2 – Coaching by appointment (30 minutes), independent prep for presentation (two to four hours), teaching strategies (one to two hours)

Day 3 – Candidates present an assigned section of the course, review one-on-one feedback from the trainer, and participate/view other candidate presentations

Upon successful completion trainers will be certified to provide in-person, blended and virtual formats of YMHA course sessions.

IT Requirements

The course will be hosted through Zoom, and National Council will provide a how-to guide for participants who have never used this platform.

- Computer – Windows or Apple desktop or laptop computer OR Mobile Device/Tablet/Surface: iOS, Android, Windows
- Phone (backup audio option) – It is highly recommended that users join the course from a tablet, laptop or desktop computer for the best experience. Phones may be used for audio support.
- Microphone and speakers – Participants whose computers do not have a microphone and/or speakers can use the dial-in option from their phone for audio.
- HD Webcam – Either built into the user's device or external.
- Internet Connection – We recommend an internet speed of at least 5 mbps upload/download speed. Users can test their internet speed here: <https://www.speedtest.net/>