

# Youth Mental Health First Aid

## 2023 Summer Workshop



**Audience:** All school staff. *Space is limited.*

**Details:** Blended learning! Participants complete a 2-hour, self-paced online course and participate in a 4.5 to 5.5 hour, instructor-lead, in-person training at CESA 9.

### CESA 9 Facilitators



Angie Pliska  
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Madeline Conrad  
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**Date:** Friday, August 18, 2023

**Time:** 10:00 am to 3:00 pm (plus self-paced time)

**Location:** CESA 9

**Cost:** \$100 CESA 9 member  
\$200 non-member  
(lunch included)

**FREE!**

### Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18.



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

### What Mental Health First Aid Covers

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders, and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

### Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

Assess for risk of suicide or harm.

Listen nonjudgmentally.

Give reassurance and information.

Encourage appropriate professional help.

Encourage self-help and other support strategies.

**10.2%**

of youth will be  
diagnosed with a  
substance use disorder  
in their lifetime.

Source: Youth Mental Health  
First Aid\*\*

**1 IN 5**

teens and young adults  
live with a mental  
health condition.

Source: National Alliance for  
Mental Illness\*

**50%**

of all mental illnesses  
begin by age 14, and  
75% by the mid-20s.

Source: Archives of General  
Psychiatry\*\*\*

**Register by August 11th: <https://bit.ly/YMHFASUMMER>**