



**CESA<sub>6</sub>**  
SOCIAL EMOTIONAL LEARNING



**MENTAL  
HEALTH  
FIRST AID**

# YOUTH MENTAL HEALTH FIRST AID

**JANUARY 18TH, 2023**

**9:00 AM - 2:00 PM**

## FACILITATORS

**Kristin Lorino | CESA 6 Social Emotional Learning Center  
Consultant & School Psychologist**

**Jenny Holle | WISH Regional Coordinator**

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. This training is facilitated by a nationally certified Youth Mental Health First Aid Instructor®.

## OBJECTIVES

- Understand common mental health challenges for youth including expanded content on trauma, substance use, self-care and the impact of social media and bullying
- Discriminate between typical adolescent development and behaviors and those that are cause for concern
- Develop the knowledge to execute a 5-step action plan to help young people in both crisis and non-crisis situations.

## TRAINING DETAILS

Youth Mental Health First Aid is an evidence-based curriculum that requires 6.5 hours of instructional time. Instruction occurs through approximately 2 hours of self-paced online pre-work followed by a 4.5 hour training with an instructor in-person or virtually. Upon request, it can be arranged for the entire training to be completely delivered by the instructor should the requirement of the pre-work be a barrier. The inclusion of all school staff is strongly encouraged (maintenance, secretarial, food service, transportation, etc...). Schools may choose to include community members in youth-serving organizations (law enforcement, churches, firefighters/EMTs, boys and girls' clubs, etc...) as well as families and other community members.

Trainers are available to come to your district or host a virtual training. Request a DPI funded YMHFA Training by completing this Request Form. More information about coordination for DPI funded YMHFA Trainings is available on the WISH Center website.

## EVENT DETAILS

### Register:

- Register ONLINE by January 5, 2024 at [www.cesa6.org/events](http://www.cesa6.org/events)

### Cost:

- Cost \$50/person (includes materials, snacks, beverages, and lunch when the training spans the lunch hour) for trainings held at CESA 6

### Location:

- CESA 6 Conference Center 2300 State Road 44, Oshkosh

CESA 6 is hosting a training on January 18th from 9:00 AM-2:00 PM. Independent pre-work will be shared and completed in advance of this date.

## QUESTIONS?

**Elizabeth Langteau | Director, Social Emotional Learning (SEL) Center**  
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**Kristin Lorino | Consultant & School Psychologist, Social Emotional Learning (SEL) Center**  
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