



YOUTH MENTAL HEALTH FIRST AID

APRIL 5, 2024
8:00 AM - 1:00 PM



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Youth Mental Health First Aid (YMHFA) 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 addiction 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

- YMHFA is an evidence-based curriculum that requires 6.5 hours of instructional time
 - 2 hours of self-paced online pre-work
 - 4.5 hour training with an instructor in-person or virtually
 - Upon request, training can be completely delivered by the instructor should the pre-work requirement 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/host a virtual training
 - Request a DPI-funded YMHFA Training by completing this [Form](#) or find more information at the [WISH Center](#)

EVENT DETAILS

CESA 6 is hosting a virtual training on **April 5 from 8:00 AM - 1:00 PM**. Independent pre-work will be shared and completed prior to this date.

Register:

- Register [ONLINE](#) by March 18th, 2024

Cost:

- Free

Location:

- Virtual via Zoom



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SOCIAL EMOTIONAL LEARNING