

Youth Mental Health First Aid



2024-25 | 9 AM - 2 PM | OCT 16 (in-person) | JAN 21 (virtual) | APR 23 (in-person)

Facilitator: Kristin Lorino, SEL Center Consultant, School Psychologist, YMHFA Certified Trainer



"This training was packed with great information on how to support students before, during, and after a crisis." - 2023 YMHFA participant

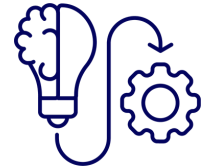
Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. 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[®].



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

Who Should Attend?

All school staff is strongly encouraged to attend (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.

Details

- Registration deadline: 2 weeks prior to each event
- \$50.00, includes all materials and lunch for in-person events
- In-person events are hosted at the CESA 6 Conference Center 2300 State Road 44 Oshkosh, WI 54904
- Upon completion, participants will receive a Youth Mental Health First Aid Certificate valid for 3 years
- This evidence based curriculum requires 6.5 hours of instruction (2 hours pre-work, 4.5 hours with a certified instructor)
- Trainers are also available to come to your school community



920-236-0510
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Request a DPI-funded YMHFA Training
by completing this [request form](#).