



Youth Mental Health First Aid



The Mindful Schools Project is excited to announce Youth Mental Health First Aid

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

WHAT WILL PARTICIPANTS LEARN?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants **do not** learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan.

WHO SHOULD TAKE THE COURSE?

The course is designed for adults who regularly interact with adolescents: administrators, teachers, school staff, coaches, deans, etc.

Register Now!!

Youth Mental Health First Aid
PDS Scheduler = Search Module > YMHFA

Day 1 and Day 2 MUST be completed in order to be a certified YMHFAider. **TRAINING DATES MUST BE CONSECUTIVE/WITHIN THE SAME WEEK.**

	Day 1	Day 2	Location
September 2015	Tuesday 22 nd 8-1	Thursday 24 th 8-1	Airbase Amelia Earhart
October 2015	Monday 26 th 8-1	Tuesday 27 th 8-1	Airbase Amelia Earhart
November 2015	n/a	n/a	
December 2015	Wednesday 9 th 8-1	Thursday 10 th 8-1	Airbase Amelia Earhart
January 2016	Tuesday 12 th 8-1	Wednesday 13 th 8-1	Airbase Amelia Earhart
February 2016	Thursday 11 th 8-1	Friday 12 th 8-1	Airbase Wright Brothers
March 2016	Wednesday 16 th 8-1	Thursday 17 th 8-1	Airbase Wright Brothers
April 2016	Monday 18 th 8-1	Wednesday 20 th 8-1	Airbase Wright Brothers
May 2016	Tuesday 17 th 8-1	Wednesday 18 th 8-1	Airbase Wright Brothers

For additional information contact Eric Ehrhart @ eric.ehrhart@polk-fl.net

www.mentalhealthfirstaid.org