

Youth Mental Health First Aid (YMHFA)

Mental Health First Aid **YOUTH** is an award-winning, evidence-based training program for **ADULT** members of the public with little-to-no knowledge of mental health issues. It offers information and develops skills to support an **ADOLESCENT** in a mental health crisis, or who is developing a mental health disorder. Participants learn the risk factors

and warning signs of a variety of mental health challenges common among adolescents including anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders and substance use disorder. Participants do not learn to diagnose nor how to provide any therapy or counseling – rather, participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.



Next Session

When: **Wednesday, March 15, 2023 – 7:45 a.m. – 3:15 p.m.** (6.5 Hours of content + Breaks & Lunch)

Where:

Tesla Professional Development Center (2560 International Cir, Colorado Springs, CO 80910)

Room TBD

Cost: All costs will be covered by Curriculum and Instruction (***Including:*** cost of course, YMHFA Manual, Substitutes, lunch, and snacks for up to 25 participants)

Register: ***Deadline March 8, 2023** (see registration information at D11 Professional Development)

Notes:

- **Once you sign up for the course with D11, you will be added to the National Council for Mental Wellbeing's YMHFA Portal for the course. There will be about 30 minutes or less of work to be done prior to the in-person course on March 15th.**
- **Please arrive no later than 7:30 a.m.**
- **Lunch will be provided. We may be having a partial working lunch.**
- **Must be present entire time to earn certification.**

Instructors:

- **Tim Garland**, School Counselor, Russell Middle School
- **Kathy Reed**, AP Psychology/SS Teacher, Doherty High School

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

[see more information on next page]



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

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 12–18.

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 lives 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***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

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**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

THREE WAYS TO LEARN

- **In-person (2nd Edition)** – Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
 - A video conference.
 - An in-person class.

Sources

* National Alliance on Mental Illness. (n.d.). *Kids*.

** Mental Health First Aid. (2020). *Mental Health First Aid USA for adults assisting children and youth*. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593–602. doi: 10.1001/archpsyc.62.6.593