

YOUTH MENTAL HEALTH FIRST AID

What is it?

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

ALGEE

The course will teach you how to apply the MHFA Action Plan (ALGEE)

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

What is Covered In Training?

- 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.

Statistics:

-10.2% of youth will be diagnosed with a substance use disorder in their lifetime

-1 in 5 teens and young adults live with a mental health condition

-50% of all mental illnesses begin by age 14 and 75% by the mid-20s.

PRM Training Info:

In person training at PRM in Library on October 22nd and October 29th from 5pm-8pm. You need to attend both sessions to get your certification! It is completely free of charge! If you have any questions please contact the trainers: Allie Quinter(quinteacpsboe.k12.oh.us) or Becky Junewick (junewibcpsboe.k12.oh.us)

How to register?

Fill out the following google form and Allie/Becky will be in contact with you!



<https://forms.gle/w7Xaqca88QDbWfoH7>