Mental Health/First Aid: Youth



Instructor:

Shauna Signorini (she/her)

Image Description:

A picture of Shauna smiling. She has short gray hair and is wearing a gray sweater, brick background.

Join us to Identify – Understand – Respond when helping an adolescent (age 12-18) who may be experiencing a mental health, addictions challenge or is in crisis. Topics include anxiety, depression, substance use disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Learn about:

- common mental health challenges for youth
- typical adolescent development
- a 5-step action plan to help young people in both crisis and non-crisis situation

Prerequisite required: Participants must complete a self-paced, two-hour, online course.

Event Details and Registration Information:

Dates: July 25 and 26, 2023 (Please attend both days)

Time: 9:30am – 12:30pm each day

Meeting Type: Virtual Training via Zoom, calendar invite sent to email.

Cost: $175.00

Registration Information: Register online here.

email: training@TheArcOregon.org or call: 503-581-2726