YOUTH MENTAL HEALTH FIRST AID TRAINING



WHY IS YMHFA IMPORTANT?

Youth Mental Health First Aid® is the help offered by an adult to a young person (ages 5-18) experiencing a mental health challenge, mental disorder, or a mental health crisis. Schools have highly trained and skilled professionals in place to support student mental health. The first aid is given until appropriate help is received or until the crisis resolves. The first aider plays a critical role in identifying and connecting youth with the available resources.

According to the National Alliance on Mental Health (NAMI), " 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year." By ensuring that all District employees are certified Youth Mental Health First Aiders, we are saving lives and providing all employees with the tools necessary to identify signs and symptoms that may indicate a mental health challenge in any youth and appropriately respond, and provide immediate support.

WHAT IS THE DISTRICT'S GOAL?

Mental Health and Wellness is a priority and is one of the District's 2022-2027 Strategic Plan themes. According to the Strategic Plan, District employees are responsible for acknowledging and supporting student emotional, behavioral, mental, and physical wellness. To achieve this goal, the District is expanding access to comprehensive mental health support for student and employee well-being. District-wide systems are in place so that all students can develop a positive relationship with at least one adult at schools and be recognized for their achievements. Current initiatives addressing mental health are being enhanced as new initiatives are being implemented.

WHAT IS MY ROLE AS A YOUTH MENTAL HEALTH FIRST AIDER?

By becoming a Youth Mental Health First Aider, you are fulfilling one of the District's core beliefs that "we all have a role in student success." To accomplish this, it's our responsibility to acknowledge and support student emotional, behavioral, mental, and physical wellness. All employees are the engine of our School District and we must also support their overall wellness so that they can be fully engaged in supporting our students and families. If you see a struggling student, you now have the tools and training to recognize potential signs and symptoms. By being able to connect students displaying mental health challenges with the appropriate mental health resources available on school campus, you are supporting and promoting the mental well-being for all our youth.

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

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