

YOUTH MENTAL HEALTH FIRST AID TRAINING

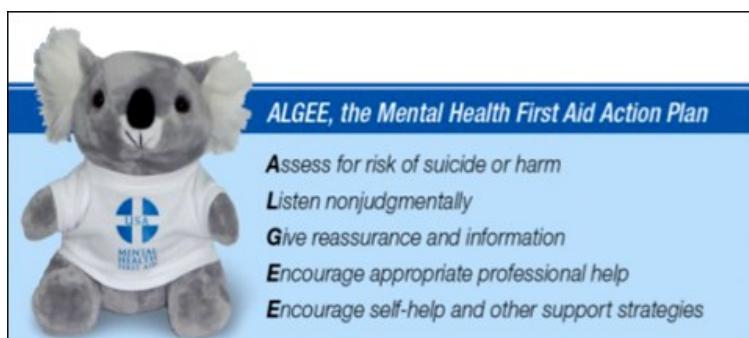
Date: Tuesday-September 17, 2019
Time: 8:30am to 4:30pm
Location: Dine College - Crownpoint, NM
Cost: FREE

What is 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 you will 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:



For more information or to register, please contact

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Just as CPR helps you assist an individual having a heart attack—even if you have no clinical training—Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

You will learn about:

- Anxiety
- Depression
- Substance Use Disorders
- Disruptive Behaviors
- Eating Disorders

