



MENTAL
HEALTH
FIRST AID

YOUTH MENTAL HEALTH FIRST AID TRAINING

Date: **Friday, September 21, 2018**

Time: **8:00am – 4:30pm**

Location: **Park Street Complex Library**

648 Park Street

Honesdale, PA 18431

Youth Mental Health First Aid is an 8-hour certification course that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds an understanding of the importance of early intervention, and teaches how to help an adolescent in crisis or experiencing a mental health or substance use challenge.

Who should take the Youth Mental Health First Aid Training?

Adults whom regularly interact with adolescents (12 to 18 years old)

- Teachers, Coaches, Youth Leaders
- Juvenile Justice Professionals
- Nurses
- First-responders, Fire, Police
- Parents, Volunteers and the General Public



What will participants 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 a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.

Youth 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, and self-help care.

Youth Mental Health First Aid is listed in SAMHSA's National Registry of Evidenced Based Programs and Practices and is approved as one of the curriculums that meet the professional development requirement of Act 71. Professionals and educators may be eligible for CEU's.

To register, e-mail Clynd@ecneahec.org

Questions, call 610-379-2001

Course fee: \$10 (make check payable to NEPA AHEC)

(Fee includes all course materials, Continental breakfast and lunch!)

Send Course Fee to:

NEPA AHEC

5662 Interchange Road

Lehighon, PA 18235

Supported by:



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