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. The Youth Mental Health First Aid USA curriculum is primarily focused on information participants can use to help adolescents and transition-age youth, ages 12-18.

**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, ADHD, 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 of:

* **A**ssess for risk of suicide or harm
* **L**isten nonjudgmentally
* **G**ive reassurance and information
* **E**ncourage appropriate professional help
* **E**ncourage self-help and other support strategies

**WHO SHOULD TAKE THE COURSE?**

The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.). The core Mental Health First Aid course has been successfully offered to more than 100,000 people across the USA, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

**To schedule a training, contact:**

Solutions Community Counseling & Recovery Centers

Attn: Julie Knueven, Child and Adolescent Director

Phone: 513.228.7800

**Available \*FREE\* to any Warren and Clinton County, Ohio, Organization, School, or Agency**

Sometimes, the best first aid is you... Take the course, save a life, strengthen your community.

This program is funded by the Strong Families Safe Communities Grant through Ohio Department of Mental Health and Addiction Services

and the Ohio Department of Developmental Disabilities And approved by the Mental Health Recovery Services of Warren and Clinton Counties.

  