

YOUTH MENTAL HEALTH FIRST AID



SWWC is committed to providing its member school districts training and guidance in mental health awareness and evidence-based tools to intervene when necessary.

Please go to the link to start the registration process

www.swsc.org

(Workshops/Registrations)

Training Dates

Friday, January 27, 2017 ~ 8:00-4:30 - Marshall Coop Offices

Monday, February 6, 2017 ~ 9:00-5:30 - Martin County Library in Fairmont

Monday, February 13, 2017 ~ 8:00-4:30 - Montevideo Community Center

Wednesday, March 1, 2017 ~ 8:00-4:30 - Redwood Falls Public Library

Friday, March 3, 2017 ~ 9:00-5:30 - Granite Falls Kilowat Community Center

**Lunch provided*

\$100/person

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Youth Mental Health First Aid Training

The Youth Mental Health First Aid (YMHFA) program is an international program that reviews the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It emphasizes the importance of early intervention and covers how to help an adolescent in crisis or experiencing a mental health challenge. The youth course is intended for anyone 16 years or older to learn how to help young people. YMHFA uses role-playing, simulations, active discussion, and videos to demonstrate how to assess a mental health crisis. 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. Member districts who receive training will be taught:

- Risk factors and warning signs of mental health concerns
- Information on ADD, ADHD, ODD, anxiety disorders, bipolar disorder, depression, eating disorders, psychosis, and substance use disorder.
- A 5-step action plan to help someone developing a mental health concern or in crisis
- Available evidence-based professional, peer, and self-help resources.

YMHFA

- 8 hour minimum (can be split into two 4-hour sessions)
- Minimum number of participants per training - 15 (sessions with fewer than 15 will be cancelled)
- Maximum number of participants per training – 100

Learning objectives:

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: ADD, ADHD, ODD, anxiety disorders, bipolar disorder, depression, eating disorders, psychosis, and substance use disorder.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.
- Assess their own views and feelings about mental health problems and disorders.

Effectiveness

- YMHFA is listed in the Substance Abuse and Mental Health Services Administration National Registry of Evidence-based Programs and Practices.
- Studies show that individuals trained in this program increase their knowledge of signs, symptoms, and risk factors of mental illness and addictions, can identify multiple types of professional and self-help resources, increase their confidence in and likelihood to help an individual in distress, and show reduced social distance to individuals with mental illness and decreased stigmatizing attitudes.

Who takes the course?

- Anyone who wants to learn how to provide initial help to youth who may be experiencing symptoms of mental illness. The course gives people tools to help friends, family, colleagues, or others in the community.
- Teachers, administrators, nurses, human resources professionals, primary care workers, public safety personnel, members of faith communities, social service staff, coaches, volunteers, policymakers, substance abuse professionals, social workers, or other caring citizens.

To become a Youth Mental Health “First Aider”

- Attend the entire course, be an active participant throughout the training, and pass a short final test
- Each participant receives a manual to keep that is filled with resources, tips, tools, etc.
- \$100/person