



# YOUTH MENTAL HEALTH FIRST AID

This training is made possible through funding from the Bureau of Justice STOP School Violence Funding.

## WHY YOUTH MENTAL HEALTH FIRST AID?

*As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way — or that it's just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says, 'How can I be helpful?' that is a powerful question."*

— **Alyssa Fruchtenicht**,  
school-based mental health counselor

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 7-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**64.1%**

of youth with major depression **do not receive any mental health treatment.**

– Mental Health America

**5.13%**

of youth report having a **substance use or alcohol problem.**

– Mental Health America

**1 IN 5**

teens and young adults **lives with a mental health condition.**

– National Alliance for Mental Illness

## Training Details:

- **Select Date** Please register for only one of the following dates:

**January 18, 2022    March 7, 2022**

**April 1, 2022**

- **Location:** San Joaquin COE, WEC 2707 Transworld Drive

- **IN-PERSON:** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course. 8:00am Registration; 8:30am-4:30pm

- **7 Continuing Education Contact Hours (CECH) will be available. Provider CEP# 10301 Provider approved by the California Board of Registered Nursing.**

## WHAT IT COVERS

- Common signs and symptoms of mental illness in this age group, including
  - » Anxiety
  - » Depression
  - » Eating disorders
  - » Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child or adolescent in crisis
- How to connect the person with help
- **New:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying

## WHO SHOULD TAKE IT

- TEACHERS
- SCHOOL STAFF
- COACHES
- CAMP COUNSELORS
- YOUTH GROUP LEADERS
- PARENTS
- PEOPLE WHO WORK WITH YOUTH

## The course will teach you how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

