Youth Mental Health First Aid

April 4, 2014

A 1-Day Training in Mental Health First Aid for Youth

Youth Mental Health First Aid is a 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 most importantly – teaches individuals how to help a youth in crisis or experiencing a mental health or substance use 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.

Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to adapt the Australian youth manual for US audiences. Mental Health First Aid USA is grateful for the support from the Child, Adolescent and Family Branch at the Center for Mental Health Services of the Substance Abuse and Mental Health Services Administration of the US Department of Health and Human Services in the development of the youth manual.

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:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies
WHO SHOULD TAKE THE COURSE?

The course is designed for adults whom regularly interact with adolescents, but may also be appropriate for older adolescents (16 and older) so as to encourage youth peer to peer interaction. Anyone who regularly works or interacts with youth – teachers, athletic coaches, mentors, juvenile justice professionals – may find the course content useful. The core Mental Health First Aid course has been successfully offered to a variety of audiences including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

Note: Youth Mental Health First Aid is not specifically designed for parents of youth with mental health challenges. Although parents & families may find the course content useful, the course provides a basic level of information and guidance, rather than more in-depth information on navigating the healthcare system, which parents may wish to explore.

Trainers: Janie Chappell and Kent Leslie
Certified Youth Mental Health First Aid trainers

Date: April 4, 2014

Time: 8:00 – 4:30pm

Place: Deaconess Hospital
Health Science Building
Room 104
600 Mary Street
Evansville, Indiana

Cost: There is no participant cost for this training. The cost of the training is covered by the community benefit efforts of Deaconess Cross Pointe and the Deaconess Health System.

Contact Janie Chappell at 800-947-6789 or 812-471-4521 to register or for additional information. Or you may contact her at janie.chappell@deaconess.com

The Indiana Social Worker, Marriage and Family Therapist and Mental Health Counselor Board has approved Deaconess Cross Pointe to provide Category I Continuing Education for LSW, LCSW, LMFT and LMHC. However, licensees must judge the program’s relevance to their professional practice. Deaconess Cross Pointe is an approved provider for continuing education programs for Psychologists.
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Health Science Building
Room 104
Deaconess Hospital
600 Mary Street

Full Name: _______________________________________________________________

Organization: ___________________________________________________________________

Preferred Mailing
Address: ____________________________________________________________________

City: _____________ State: _____________ Zip Code: ___________

Telephone: ______________ Email: ___________________

YMHFA Fees:
Includes training materials and continental breakfast...............................$50.00 (waived)

Agreement to attend

Signature: ________________________________________________________________

Date: ____________________________

Please mail, email, or fax completed application form to:

Janie Chappell
Deaconess Cross Pointe
7200 E. Indiana Street
Evansville, Indiana 47715
812.471.4521
800.947.6789
Fax: 812.471.4514
janie.chappell@deaconess.com