

Youth Mental Health First Aid (YMHFA) – Virtual Course

Part 1 - YMHFA Introduction:

The **2 Hour** YMHFA introduction course is composed of five learning segments. Participants complete the **self-paced** course through the MHFA Learning Management System. Certificate of completion must be emailed to the instructor **48 hours** prior to the start of the course.

Segment	Topic
1	Welcome and Introduction to YMHFA
2	Mental Health and Mental Illness in Youth
3	Typical Adolescent Development
4	Signs and Symptoms of Mental Health Disorders in Youth

Part 2 - YMHFA Skills Application: The **4.5 hour** YMHFA skills application portion of the course is composed of five learning segments. Participants are eligible to take this portion of the course after completing the 2-hour YMHFA Introduction. The interactive course is held **via ZOOM** with a live instructor.

Segment	Topic
1	Welcome to Youth mental Health First Aid
2	YMHFA Self-Paced Intro Recap
3	YMHFA in Non-Crisis Situation
4	YMHFA in Crisis Situation
5	Self-care for the Youth Mental Health First Aider

Registration: Please copy and paste <https://ems.azed.gov/Home/Calendar> into your browser. On the ADE Event Management Page, use the search bar to enter the name of the course, **or** click the down arrow to filter by *Program Area*, scroll and select *School Safety*, click the green search button, click *List View*, select your desired training and date, and follow the prompts.

You will receive your participant guide and access to the introduction pre-course through your registered email address, four weeks prior to the course starting. All course work must be complete 48 hours prior to the scheduled training date. Please submit your pre-course certificate of completion to SchoolSafety.SocialWellness@azed.org . If pre-course work is not complete you need to reschedule your class.

