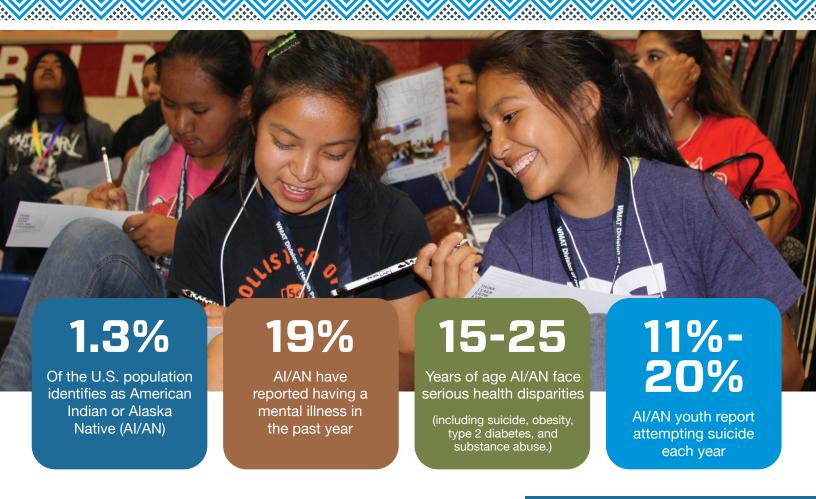
Youth Mental Health First Aid Training





WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group include:
 - Anxietv
 - Eating Disorders
 - Depression
 - Attention Deficit Hyperactive Disorder (ADHD)
- How to understand and respond to common signs of alcohol and substance abuse.
- · How to interact with a child or adolescent in crisis.
- · How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

TWO WAYS TO LEARN:

- IN-PERSON: Learners
 will receive their training
 as an 8-hour, instructor-led,
 in-person course.
- BLENDED: Learners
 complete a 2-hour, self-paced
 online course, and participate
 in a 4.5- to 5.5-houra,
 instructor-led training.
 This instructor-led training
 can be a video conference
 or an in-person class.

Youth Mental Health First Aid Training



WHY MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- School Staff
- Teachers
- Counselors
- Youth Group Leaders
- Parents
- Adults who work with youth in Tribal Communities

LEARN HOW TO RESPOND WITH THE MENTAL HEALTH FIRST AID ACTION PLAN (ALGEE)

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

REFERENCES:

*Collaborators, G. (2019, September 26). Mental health statistics in Native Americans: Numbers don't lie. Discovery Mood & Anxiety Program. Retrieved August 8, 2022, from https://discoverymood.com/blog/mental-health-statistics-in-native-americans-numbers-dont-lie

*Native and indigenous communities and mental health. Mental Health America. (n.d.). Retrieved August 8, 2022, from https://www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health

"Youth Mental Health First Aid." (n.d.). Retrieved August 17, 2022, from https://www.mentalhealthfirstaid.org/wp-content/uploads/2022/07/22.06.17_Youth-MHFA-Flier.pdf

For more information on the Youth Mental Health First Aid Training contact: Ms. Kelly R. Vallo, MSW at 480.417.2249 or email Kelly.Vallo@itcaonline.com