



YOUTH MENTAL HEALTH FIRST AID VIRTUAL TRAINING 2023

64.1%

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

Mental Health America

1 IN 5

Teens and young adults live with a mental health condition.

National Alliance for Mental Illness

5.13%

Of youth report having a substance use or alcohol problem.

Mental Health America

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

- **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

TRAINING OVERVIEW

Youth Mental Health First Aid (YMHFA) trains adults who work with youth (ages 12-18) how to identify, understand, and respond to signs of mental illness and substance use disorders. The **4.5-hour virtual training** will provide skills needed to reach out and provide initial support to adolescents who may be developing a mental health or substance use problem and help connect them to appropriate professional support and services. **Pre-training requirement** includes completion of a 2-hour self-paced intro course prior to starting the scheduled virtual training. There is no cost for this community training.

TRAINING CONTENT

- ✓ Common signs and symptoms of mental illnesses, includes
 - Anxiety
 - Depression
 - Eating disorders
- ✓ Common signs and symptoms of substance use
- ✓ How to respond to an adolescent in crisis or non-crisis situation
- ✓ How to connect adolescents to appropriate help and resources

TARGET AUDIENCE

Teachers, School Counselors, Coaches, Camp Counselors, Youth Group Leaders, Parents, non-Mental Health, Psychiatry, Psychology clinicians, non-clinical staff, open to anyone working with teens/adolescents 12-18 years old.

VIRTUAL TRAINING DATE

2023 dates to be determined (9:00am-1:30pm)

REGISTRATION AND NEXT STEPS

Step 1: To register email Sal.C.Chavez@kp.org, provide name, title, organization, email, phone number.

Step 2: Look for an email confirmation and pre-training requirement link from Youth Mental Health First Aid.

Step 3: Complete the required 2-hour introduction course, prior to the actual start of the virtual training.

Step 4: Attend and complete the 4.5-hour virtual training and complete survey.

Certified Instructor: Sal Chavez, LMFT, Psych Social Worker, Kaiser Permanente, San Bernardino County Area.

YMHFA Instructors have been certified by Mental Health First Aid® USA ©2019, National Council for Behavioral.

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