



Youth Mental Health First Aid Training

What is Youth Mental Health First Aid?

Youth Mental Health First Aid educates adults to provide help to a young person experiencing a mental health challenge, mental disorder, or mental health crisis.

The course is not intended to teach how to diagnose or to provide treatment. Like CPR training helps a non-medical professional assist an individual following a heart attack, Youth Mental Health First Aid training helps an individual who doesn't have clinical training assist someone experiencing mental health issues until appropriate help is received or until a crisis resolves.

Youth Mental Health First Aid training teaches adults a 5-step process to

- assess a situation
- select and implement appropriate interventions, and
- help an individual connect with appropriate care.

Participants learn

- risk factors and warning signs of specific illnesses such as ADD/ADHD, anxiety, depression, psychosis, eating disorders, and substance use disorders,
- engage in activities that build understanding of the impact of illness, and
- learn to assess for risk of suicide or harm.

Youth Mental Health First Aiders learn to use a single strategy approach

Trainees learn to apply a simple approach to specific types of situations such as helping someone through a panic attack, engaging with someone who may be anxious, depressed or even suicidal, supporting a person experiencing psychosis, and helping an individual who has overdosed. An important component of the training is that trainees practice the intervention strategy rather than just learning about it, making it easier to actually apply the knowledge in a real-life situation.

Mental Health First Aid Program Effectiveness

Youth Mental Health First Aid was developed in 2011 and is designed to complement the internationally acclaimed Mental Health First Aid course that addresses adult mental health concerns. The National Council for Community Behavioral Healthcare chose to help bring Mental Health First Aid to the U.S. due to the strong evidence supporting the program's effectiveness and positive impact on mental health and well-being, and safety of individuals and the community.

Youth Mental Health First Aid uses the same effective 5-step method to assist adults in helping adolescents and young adults with mental health concerns. It is designed for adult members of the public such as school staff, coaches, youth workers, and volunteers who may become aware that a youth or young adult is exhibiting signs of emotional, behavioral, or mental health challenges. It also provides some useful information on how to assist a young person who has had long term mental health challenges or history of a serious mental disorder.

Certified Trainers

- Kristine Clay, PsyD, KMHS Intensive Children's Services Supervisor and Young Adult Transition Team Supervisor
- Kelly Schwab, KMHS Crisis Clinic Supervisor



Youth Mental Health First Aid Training

Course Objectives

- Understand the definition and goals of Youth Mental Health First Aid.
- Learn and practice the Action Plan for Mental Health First Aid using the *Five Basic Steps*:
 1. Assessing risk of suicide or harm
 2. Listening non-judgmentally
 3. Giving reassurance and information
 4. Encouraging person to get appropriate professional help
 5. Encouraging self-help strategies.
- Receive an overview of youth mental health problems.
- Learn about the most prevalent mental illnesses; their definitions, causes, risk factors, warning signs and symptoms.
- Obtain information on resources (websites/organizations) for continued study and reference.

Training Modules Cover:

1. Mental Health Challenges and Disorders in Youth.
2. Mental Health First Aid for Developing Challenges and Disorders in Youth.
3. Mental Health First Aid for Youth in Crisis.

Program Structure and Fees

In order to make Mental Health First Aid readily available to the public, the program is offered at minimal cost.

- A minimum of 12 participants and maximum of 32 participants per session.
- \$35 per participant fee includes Youth Mental Health First Aid Manuals.
- Payment must be received 7 days prior to training. Cancellations made less than 7 days prior to training are non-refundable.
- Youth Mental Health First Aid is an Evidence Based Practice; participants must attend the full 8-hour class to receive MHFA Certification. If a participant is unable to complete the full training and wishes to become certified, attendance at a later training date to complete the missing portion is possible. However, a new \$35 participant fee will be charged for participation in the session.
- Scheduling priority is for organizations located in Kitsap County.

KMHS offers training on our campus or, when possible, at your location:

- Training is provided as a day-long single 8 hour training or in two 4-hour training sessions.
- Snacks are provided when training is conducted at KMHS; lunch will be participant's responsibility.