

Mental Health First Aid Youth Training

Presentation by Angela DiCarne Sacks, LPC and Nicole Wolf, M.Ed.



Location: Lenape Valley Foundation
Large Meeting Room (Room 121)
500 N. West Street, Doylestown, PA

Two courses will be offered.
Dates: July 27, 2017 and August 10, 2017
Time: 8:30 am - 4:30 pm

What is Youth Mental Health First Aid?

Youth Mental Health First Aid USA is an 8 hour 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 teaches individuals how to help an adolescent in crisis or experiencing a mental health 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.

INFORMATION

These trainings are free. Lunch will be provided.

TO REGISTER

Visit Lenape Valley Foundation's website at:
<http://www.lenapevf.org/educationtraining/mental-health-first-aid/>
Space is limited; please select your training date and register as soon as possible.

Someone you know could be experiencing a mental health challenge or crisis.

You can help.

Sometimes, the best first aid is you.

**Take the course, save a life,
strengthen your community.**



What will participants learn?

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 – participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- ✱ **Assess** for risk of suicide or harm
- ✱ **Listen** nonjudgmentally
- ✱ **Give** reassurance and information
- ✱ **Encourage** appropriate professional help
- ✱ **Encourage** self-help and other support strategies

The Youth Mental Health First Aid USA curriculum is primarily focused on Information participants can use to help adolescents and transition-age youth, ages 12-18.