

Youth Mental Health First Aid (YMHFA)

Spring 2022

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Youth Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better and use their strengths to stay well.

Participants will be able to:

- Identify risk factors and warning signs of mental health problems.
- Understand information on depression, anxiety, trauma, psychosis, and addiction disorders.
- Explore a 5-step action plan to help someone developing a mental health problem or in crisis.
- Identify where to turn for help — professional, peer, and self-help resources.

Note: This course includes 2 hours of asynchronous pre-work online and 6 hours of synchronous, live training via Zoom. You cannot participate in the live sessions unless you have completed the pre-work. Each course is open to 30 registrants. Choose which course you want to attend and register, according to the ID number.

REGISTER: <https://forms.washingtonea.org/Forms/pdonline>

1

ID #7218: Youth Mental Health and First Aid

Saturday, April 9 & Saturday, April 16, 2022 from 9 am - 12 pm

2

ID #7219: Youth Mental Health and First Aid

Monday, April 11 & Wednesday, April 13, 2022 from 4:30 pm - 7:30 pm

3

ID #7220: Youth Mental Health and First Aid

Saturday, April 23, 2022 from 9 am - 4 pm

4

ID #7221: Youth Mental Health and First Aid

Monday, April 25 & Tuesday, April 26 & Thursday, April 28, 2022 from 5 pm - 7 pm

Note: This course uses MHFA Connect to manage content, prework, course completion, etc. See instructions on next page.

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5

ID #7222: Youth Mental Health and First Aid

Saturday, April 30, 2022 from 9 am - 4 pm

6

ID #7226: Youth Mental Health and First Aid

Monday, May 2 & Wednesday, May 4 & Thursday, May 5, 2022 from 5 pm - 7 pm

7

ID #7252: Youth Mental Health and First Aid

Saturday, May 14 & Saturday, May 21, 2022 from 9 am - 12 pm

Please Read: YMHFA is a nationally recognized course that uses a learning management system (LMS), MHFA Connect, for your prework, live session, and course completion. After registering, you will receive three emails:

1. The usual registration confirmation, including the Zoom pre-registration link (from pd@washingtonea.org, within 48 hours of registering)
2. An invitation to our group & create your profile in MHFA Connect (Sent by Mental Health First Aid Team, notifications@learnupon.com, within 72 hours of registering)
3. An confirmation you have been enrolled in the course (Sent by Mental Health First Aid Team, notifications@learnupon.com 2-3 weeks prior to the start of the live session(s) *except for courses starting on 4/9 & 4/11, you will receive the course enrollment with 72 hours of registering)

Once enrolled in the course you will be able to complete your prework. If your prework is not completed prior to the 12:01 AM on the day of your first live session, you will be unenrolled from the course and will not be allowed into the live session.

Each YMHFA course has capacity for up to 30 registrants. Once registration is full, the course will no longer be available in the drop down menu. We do not maintain a wait list.

Courses are available to all. Courses are free. Clock hours will be provided within 5-10 business days, after the completion of the course.



Check for the most updated [synchronous course schedule](#).
Asynchronous courses via Canvas are [available](#).
We will be adding additional YMHFA course for May & June.

For more information or questions about our course offerings please email Thera Grady (tgrady@washingtonea.org) or Rosy Wokabi (rwokabi@washingtonea.org)

After each course, in approximately 5 -10 business days, you will receive a course evaluation via email. Once you've completed and submitted the course evaluation, you will receive a clock hour verification form via email. Please check your spam/junk folders for the emails. Use the clock hour verification form to process your clock hours and/or attendance according to your district policies.

