

Youth Mental Health First Aid Training

Saturday, February 23rd, 2019, 8:00-5:00 p.m.

Gateway Church, 160 Cowan Road, Parkesburg, PA 19365

Please join us for this **free** 8-hour program sponsored by the Chester County Department of Mental Health/Intellectual and Developmental Disabilities and The COAD Group.

Youth Mental Health First Aid is a public education program that teaches participants how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives adults who work with youth (i.e. Teachers, School staff, Coaches, Youth group leaders, Parents) the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem, and help connect them to the appropriate care.

The program covers the common signs and symptoms of mental illnesses in this age group, including anxiety, depression, eating disorders, ADHD, and common signs and symptoms of substance use. The training uses role-playing and simulations to demonstrate how to assess a mental health crisis, provide initial help, and connect adolescents to professional, peer, social, and self-help care.

Youth Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis.

Youth Mental Health First Aid participants do not learn how to diagnose, nor how to provide any counseling or therapy. The program offers concrete tools and answers key questions like “what do I do?” and “where can someone find help?” Certified Mental Health First Aid Instructors provide participants with a list of community healthcare providers and national resources, and on-line tools for mental health and addictions treatment and support. All trainees receive a program manual to compliment the course material.

Registration is required. To register, email chescoMHFATrainings@gmail.com with name, session date, and cell phone number by February 20th.