



Youth Mental Health First Aid

8 hour Course

October 20, 2016, 8am-4:30pm

Hosted by Medina County ESC

Provided by the Ohio Mental Health Network for School Success, Ohio Department of Education and Miami University

Medina County Board of Developmental Disabilities Achievement Center, Conference Room 2
4691 Windfall Rd.

Medina, OH 44256

Medina County

Lead Instructors: Tyrrea Byrd and Andrea Plant

Funded by The Project Aware Initiative (a \$170 Value)

Lunch will be On Your Own or Bring a Lunch, snack, drinks

Certificate of Attendance issued upon completed course evaluation

This Workshop is limited to 30 maximum

REGISTRATION

To register contact Kathleen Oberlin at oberlink2@gmail.com with information below:

Name/Title, Phone number, E-mail address, County

For specific local concerns you may contact Rachel Kraus at 330-723-6393 ext. 137

Once you have registered, an online Pre-Questionnaire link will be emailed to you to complete before the training.

The Youth Mental Health First Aid workshop 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. 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. MHFA training is an evidence-based practice which has been demonstrated to reduce stigma and provides laypeople that have no mental health background with the tools to help people in their communities.

As a result of taking this course, you will also receive ongoing resources and supports for your school and community that will include Information Briefs, School and Community Continuum of Services mapping, Effective Programs and Practices, Pockets of Excellence and Professional Webinars.



ALGEE, the Mental Health First Aid 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

Questions? Contact email: oberlink2@gmail.com

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

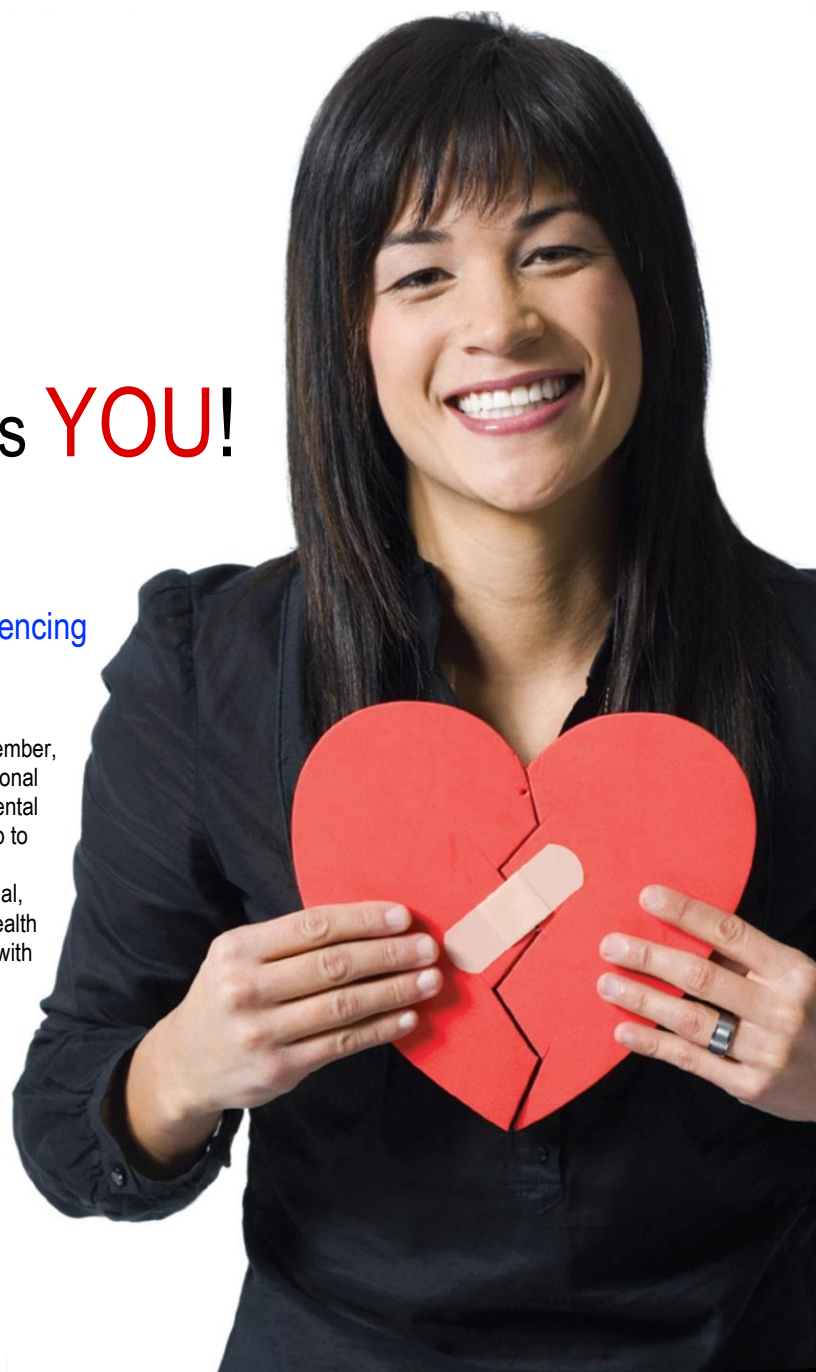
Sometimes, first aid is **YOU!**

A young person you know could be experiencing
a mental health challenge or crisis.

You can help them.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen
your community.



Youth Mental Health First Aid Course – 8-hour public
course.

8am-4:30pm October 20, 2016

Medina Co. Dept. of DD Achievement Center
4691 Windfall Rd. Medina, Ohio 44256

Lunch will be on Own

This course brought to you by Ohio Mental Health
Network for School Success