



**YOUTH
MENTAL
HEALTH
FIRST AID**

Youth Mental Health First Aid

Youth Mental Health First Aid USA is a training to teach participants how to help adolescents (ages 12-18) who are developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders. Youth Mental Health First Aid 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.

Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – Mental Health First Aid helps you assist someone experiencing a mental health related crisis.

FREE!

Who should take this class?

- ❖ Anyone over 18 that interacts with adolescents ages 12-18: parents, teachers, coaches, social workers, faith leaders and other caring citizens

Mental Health First Aid Teaches:

- ❖ The prevalence of various mental health disorders
- ❖ Risk factors, warning signs, and symptoms of mental health concerns
- ❖ Protective factors and resilience factors
- ❖ A 5-step action plan for how to help young people in both mental health crisis and non-crisis situations
- ❖ Available evidence-based professional, peer, and self-help resources

TRAINING IS LIMITED TO THE FIRST 30 REGISTRANTS

Dates/Times: <u>You must attend the entire training</u>	Location:	Instructors	Sign-up Here!
March 9th, 11th, and 12th 2020 4:00-7:00 each night	Fox Valley Technical College 150 N. Campbell Road Oshkosh, WI 54902 (Room 133)	Katie Kosobucki OASD School Psychologist & Abby VandeHei OASD School Counselor	Click here to sign-up!
June 10th & 11th, 2020 12:00-4:30 each day	(Pending) Fox Valley Technical College 150 N. Campbell Road Oshkosh, WI 54902 (Room 133)		Click here to sign-up!
August 17th, 2020 8:00-4:30	(Pending) Fox Valley Technical College 150 N. Campbell Road Oshkosh, WI 54902 (Room 133)		Click here to sign-up!

If you have any questions, please contact Katie Kosobucki @ 920-424-4090 ext. 3083 or katie.kosobucki@oshkosh.k12.wi.us or Abby VandeHei 920-424-4090 ext: 3078 or abigail.vandehei@oshkosh.k12.wi.us

YOU WILL RECEIVE AN EMAIL CONFIRMING YOUR REGISTRATION AND THE TRAINING approximately 2 weeks prior to the training