



8-22-24

Dear Parents and Caregivers,

Diamond Oaks will be including Mental Health First Aid (tMHFA) training this fall in all of our junior labs. Each lab will have two training sessions before Thanksgiving. This is an evidence-based training that teaches teens the skills they need to recognize and help their friends with mental health and substance use challenges and crises and how to get the help of an adult quickly.

Teens often turn to each other when stressed or upset, and when friends try to help, they sometimes take on too much. MHFA teaches them they don't have to take these problems on alone.

The following is an overview of what will be addressed:

- Recognize early warning signs that a friend is developing a mental health challenge.
- Recognize warning signs that a friend may be experiencing a mental health crisis. Describe how to talk to a friend about mental health and seeking help.
- Explain when and how to get a responsible adult involved.
- Discuss where to find appropriate and helpful resources about mental health challenges and professional help.
- Apply the tMHFA Action Plan to help a friend with a mental health challenge or crisis.

Teens will receive a Certificate of Completion for taking the course and a manual to use during the course that they can take home after the last session. The certification is good for three years. Many students use this accomplishment on applications for college and employment.

Students will be taking a pre and post assessment. These are anonymous surveys that ask students how they would respond to various situations around mental health challenges their friends might be dealing with. The data will be shared with project partners for reporting purposes only.

Thank you for your support with this endeavor. If you have any questions, please feel free to contact me directly.

Sincerely,

Dan Rush

Dean of Instruction

Diamond Oaks Career Campus