

Youth Mental Health First Aid Training

Saturday June 23rd, 2018

8:00 am – 4:30 pm

LUNCH AND LIGHT SNACKS PROVIDED

San Juan Unified School District Office—

Board Room

3738 Walnut Avenue, Carmichael CA 95608

Trainers:

Edlyn Corona and Ingrid Morales

About the Course:

Youth Mental Health First Aid (YMHFA) is a basic public education program that teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. This 8-hour course utilizes role-playing and simulations to demonstrate how to assess a mental health crisis; provide initial help; and connect young people to professional, peer, social, and self-help care.

Participants learn:

- ❖ Risk factors and warning signs of a variety of mental health challenges common among adolescents.
- ❖ A core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.

Participants must attend all 8 hours of training to earn the YMHFA certificate.

- This **FREE** training is designed for school staff, parents/guardians, and community members, age 18 and over.
- Continuing Education Units are offered to all certificated staff through the SJUSD ERO System.
- Participants must pre-register to assure availability of materials and lunch.
- To register, contact Gaylon Johnson, Prevention Programs Supervisor, at gaylon.johnson@sanjuan.edu or at 979-8611.

